

Analyzing the Effect of Urban Space Design on Happiness in the Global City of Yazd: A Quantitative Approach Based on Alain de Botton's Architectural Philosophy

Ahmad Esteghlal¹  

1. Corresponding author, Department of Architecture and Urban Planning, Ya.C., Islamic Azad University, Yazd, Iran. E-mail: ahmad.esteghlal@iau.ac.ir

Article Info

ABSTRACT

Article type:

Research Article

Article history:

Received November 09, 2025

Accepted November 30, 2025

Published online December 24, 2025

Keywords:

Yazd,
Urban Space Design,
Happiness,
Alain de Botton's
Architectural
Philosophy,
Historical Texture,

Objective: The historical city of Yazd, as a global city with a unique architectural and cultural context, has significant potential in promoting the happiness of citizens and tourists. This research aimed to analyze the relationship between urban space design and happiness based on the architectural philosophy of Alain de Botton.

Methods: The research method was quantitative and descriptive-analytical, and data were collected in 1404 through a standard questionnaire. The samples were determined using the Cochran formula and the questionnaires were completed by 120 citizens and 100 tourists in the historical context. The reliability of the instrument was confirmed with a Cronbach's alpha coefficient of 0.87, and the content validity was also evaluated by architecture and urban planning professors. The data were processed using SPSS software and descriptive and comparative statistical analyses.

Results: The results showed that the components of "history and cultural identity" play the greatest role in promoting the happiness of both groups, and the citizens' scores in this component were slightly higher than those of tourists. Other components such as "social interactions", "aesthetics of space", "green spaces" and "function and accessibility" had a lesser impact, although social interactions were more important for citizens than for tourists.

Conclusion: These findings indicate that preserving and exploiting Yazd's historical and cultural values, especially in historical contexts and public spaces, is of fundamental importance for promoting citizens' happiness and positive tourist experiences, and can be used as a guide for urban policy-making and the design of public spaces in similar historical cities.

Cite this article: Esteghlal, A. (2025). Analyzing the Effect of Urban Space Design on Happiness in the Global City of Yazd: A Quantitative Approach Based on Alain de Botton's Architectural Philosophy. *International Journal of Applied Arts Studies*, 10(4), 99-114.



© The Author(s).

Publisher: Islamic Azad University, Yazd Branch.

Introduction

Historic cities always represent unique cultural, social, and architectural features and instill identity and meaning in urban space (Samavati et al., 2024). One of the most prominent historical cities in Iran is the global city of Yazd, which, with its traditional architecture, historical context, and rich culture, is considered an excellent example for examining the impact of urban space design on human experiences such as happiness (Rahimi et al., 2023). The design of urban spaces, especially in historical contexts, not only affects the functional performance of the city, but can also shape the psychological and social experiences of individuals (Marcus & George, 2018).

Happiness means lasting satisfaction with life and the experience of inner happiness that goes beyond momentary and short-term happiness (Diener, 2000). In contrast, superficial happiness is more limited to transient pleasures and responses to external factors and cannot create a long-term impact of happiness (Helliwell et al., 2012). Therefore, examining happiness in the urban environment requires focusing on the quality of public spaces, cultural identity, and the semantic experience of space.

Alain de Botton, a British philosopher and author, emphasizes the role of architecture and environmental design in shaping human emotions and promoting happiness in his books, especially *The Architecture of Happiness* (De Botton, 2008). In his belief, architecture not only has a practical function, but can also strengthen individual and social identity, psychological peace, and inner satisfaction of humans.

The aim of this article is to analyze the relationship between urban space design in the global city of Yazd and the happiness of residents and tourists. The present study, using Alain de Botton's architectural philosophy, examines the urban components that affect happiness, especially historical identity, social interactions, and aesthetics of space. The findings of this research can provide practical solutions for improving the design of public spaces in historical contexts and highlight the role of urban design in improving the quality of life and the happiness experience of citizens.

Research Background

The research topic of urban space design and its impact on happiness is one of the most controversial and widely used topics in urban planning, architecture, and social psychology studies. The impact of urban environments on the psychological well-being and happiness of individuals has attracted the attention of many researchers for the past decades. Research shows that the correct design of urban spaces can play a vital role in improving the quality of life and happiness of individuals, especially in historical cities that, in addition to architectural features, have specific cultural and social dimensions. In this regard, Alain de Botton's architectural philosophy, which

has addressed the deep connection between architecture and human emotions, can help analyze urban space design in cities such as Yazd.

One of the early and influential studies in this field is Bentley's (2000) research on "responsive spaces," which addresses the role of architectural environments in influencing human psyche and emotions. He believes that specifically designed environments can affect people's sense of satisfaction and happiness. This research is particularly important in the field of public spaces and social interactions in urban spaces and emphasizes the psychological effects of urban spaces.

In this regard, Gehl (2011) has shown in his work "Living in Public Spaces" that the design of public spaces can have significant effects on social and individual happiness. He emphasizes open spaces and social interactions in these spaces and believes that social interactions can lead to stress reduction and improved happiness. Marcus & George (2018) also examined the role of public spaces in creating a sense of belonging to a place and the happiness of citizens in their study entitled "Urban Design and Happiness".

Mirzaei, S., & Zangiabadi. (2021) In this study, the impact of urban space design on the morale of residents was examined and it was shown that urban spaces can help increase the happiness and psychological well-being of citizens. This study, with a sociological approach, emphasizes the importance of urban spaces, especially those spaces that are culturally and identity-rich and strengthen the sense of belonging to the place, and as a result, increase the happiness of individuals.

Samavati et al. (2024) in a study examined the effect of urban space design on creating social relationships and enhancing happiness in Iranian cities. He showed that in historical cities of Iran, especially Yazd, the design of spaces can strengthen social connections and, as a result, increase happiness.

Miller & Cushing (2017) in his research examined the effect of urban spaces on human emotions and happiness. This study emphasizes the importance of green and open spaces in reducing stress and creating peace in urban environments. Helliwell, Layard & Sachs (2012) in the World Happiness Report also pointed out the important role of urban design in promoting social happiness.

Recent articles and developments Recent studies also emphasize that the design of open and green spaces can help reduce stress and increase happiness in urban environments. Miller & Cushing (2017) in his research on the impact of urban design on reducing stress and improving happiness in historic cities emphasized the importance of green environments and public spaces. Helliwell et al. (2012) in the World Happiness Report also addressed the role of urban design in promoting happiness and showed that appropriately designed urban spaces can contribute to the happiness of citizens.

Diener (2000) in a study titled "Happiness as a Scientific Subject" addressed the effects of urban environments on psychological and social well-being. He emphasizes the positive effects of public spaces and green spaces in promoting happiness. His research shows that well-designed urban environments can have a direct impact on social happiness and increase individual well-being.

Recent research shows that the design of urban environments, especially public and green spaces, plays an important role in increasing the happiness of citizens. For example, the article *Redesigning Urban Spaces to Promote Vitality* (Miller & Cushing, 2017) examines strategies for redesigning urban spaces to increase the vitality and psychological well-being of citizens. The article *Investigating Likeability Criteria in Visual Assessment of Urban Spaces* (Johnson, 2021) evaluates the attractiveness and acceptance of urban spaces and its impact on the positive experience of citizens. Also, the article *Investigating the Components of Sense of Place in Residential Complexes* (Eghdami et al., 2017) shows that the sense of place in urban and residential spaces can affect the satisfaction and happiness of individuals.

The research background shows that urban space design, especially in historical contexts, can have significant effects on the happiness and psychological well-being of individuals. Also, Alain de Botton's architectural philosophy in this field, which deals with the relationship between architecture and happiness, can provide a good theoretical framework for analyzing urban designs and their impact on happiness in the historical city of Yazd. This article aims to clarify the relationship between urban space design in Yazd and happiness within the framework of Alain de Botton's philosophy by examining this issue.

Theoretical foundations

The theoretical foundations of this research are based on the concepts of urban space design, happiness, and Alain de Botton's architectural philosophy. In today's world, the design of urban spaces is considered not only as a functional need but also as a factor affecting the psychological and social well-being of citizens. Happiness, as a psychological and social category, is closely related to urban spaces; in such a way that the design of urban environments can affect individual and social emotions (Diener, 2000).

Alain de Botton emphasizes in his works that architecture and the design of built environments should be in a way that helps promote individual and social happiness (De Botton, 2008). This research, relying on de Botton's philosophy and the characteristics of urban design in the historical city of Yazd, examines how the design of urban spaces can affect the happiness of residents and visitors. Studies have shown that specific features of public spaces such as squares, markets, and green spaces can help foster a sense of place and social interaction, which in turn increase happiness (Marcus & George, 2018; Samavati et al., 2024).

Urban design and its impact on happiness

Urban design is a key factor in shaping people's quality of life and is closely linked to happiness and well-being. Research shows that the design of urban spaces can have a profound impact on people's sense of well-being. For example, Miller & Cushing (2017) has shown that urban spaces can reduce stress and increase people's happiness by creating green and peaceful environments. Marcus and George (2018) have also emphasized that urban open and green spaces have a significant positive impact on the social and psychological well-being of citizens.

Alain de Botton's Philosophy of Architecture

Alain de Botton, a famous philosopher and author, emphasizes the impact of architecture and spatial design on human happiness in his book *Architecture and Happiness* (2008). According to de Botton, architecture should create a sense of belonging, comfort, and beauty in humans, as these factors are directly related to the feeling of happiness and well-being. De Botton believes that architecture should not only meet the functional needs of humans, but should also affect people emotionally and psychologically (De Botton, 2008).

Urban Space Design in Historic Contexts

Historic urban contexts, due to their specific architectural characteristics, can have positive effects on people's happiness and sense of belonging. Studies conducted by Samavati et al. (2014) and Rahimi et al. (2023) show that public spaces in historical cities of Iran, especially Yazd, can enhance the sense of security and happiness in residents and visitors by providing places for social interactions. Features such as narrow alleys, open squares, and historical green spaces play an important role in promoting psychological well-being.

Research gaps and necessity of the study

Despite numerous studies in the field of urban design and happiness, few studies have applied Alain de Botton's architectural philosophy to the urban spaces of historical cities of Iran. In particular, examining the impact of architecture and urban design on happiness in historical contexts of Iran requires careful and systematic studies. This study aims to clarify the relationship between urban space design and citizens' happiness by analyzing de Botton's theories and the architectural characteristics of Yazd.

Main Concepts

a. Happiness

Happiness is a multidimensional concept that has been considered in psychology, sociology, and philosophy. In this study, happiness is defined as an overall feeling of satisfaction with life, mental peace, and inner well-being of an individual, and it goes beyond fleeting joys (Diener,

2000). In this study, happiness is examined both individually and socially and environmentally, and its relationship with the design of urban space is analyzed (Helliwell et al., 2012).

b. Urban Space

Urban space includes the set of public and private spaces within an urban area that are used for social, economic, cultural, and environmental activities. The design of these spaces directly affects the quality of life, social interactions, and happiness of individuals (Marcus & George, 2018). In historical cities like Yazd, design should be appropriate to the culture, history, and social needs of citizens.

c. Alain de Botton's Philosophy of Architecture

De Botton believes that architecture can directly affect the morale and happiness of humans. Designing spaces with appropriate aesthetics, balanced lighting, natural materials, and open spaces for social interactions can create a sense of belonging, peace, and well-being in individuals (De Botton, 2008).

d. The Relationship between Happiness and Urban Space

Using de Botton's philosophy, this research analyzes how Yazd's architectural features, such as open spaces and a sense of belonging to a place, can affect the happiness of residents and visitors. In particular, the impact of aesthetics, lighting, and social interactions on psychological well-being is the main framework of analysis in this study.

Materials and Methods

This study aims to measure the impact of urban space design on the happiness of citizens and tourists in the historical and global context of Yazd. Quantitative and descriptive-analytical research methods have been used. The main aim of this study is to investigate the relationship between Alain de Botton's philosophical components and individual happiness. A structured questionnaire was used to collect data, which was designed based on Alain de Botton's philosophical components. This questionnaire includes questions using a 5-point Likert scale that assesses the level of happiness in Yazd's urban spaces and measures the impact of components such as spatial aesthetics, social interactions, history and cultural identity, and spatial function (De Botton, 2008).

Data Collection Tool

In this study, a structured questionnaire was used as the main data collection tool. The questionnaire was designed based on Alain de Botton's theories on the impact of architecture and urban space design on happiness. The questions are generally divided into two parts: Part One:

Assessment of Individual Happiness and Part Two: Assessment of Urban Spaces and Their Impact on Happiness.

A 5-point Likert scale allows respondents to respond from options 1 (very little) to 5 (very much). For example, one of the questions in the questionnaire is designed as follows: "To what extent has the design of the urban space of Yazd increased your sense of happiness?" (Marcus & George, 2018).

Sampling in this study was done by simple random sampling for Yazd citizens and purposive sampling for domestic and foreign tourists. The number of samples included 193 Yazd citizens and 192 tourists (total 385 samples). This sample size was calculated using the Cochran formula to achieve sufficient accuracy in the results.

Data Analysis Method

SPSS software was used to analyze the collected data. First, descriptive statistics were used to examine the mean and standard deviation of each component and the level of happiness. Then, an independent t-test was used to compare the differences in happiness between Yazd citizens and tourists (Field, 2013). This test helped to determine whether there was a significant difference in the level of happiness between these two groups.

To examine the relationship between different components of urban space design and happiness, Pearson correlation analysis was used (Diener, 2000). This method was used specifically to measure the correlation between components such as spatial aesthetics, social interactions, history and cultural identity with the level of happiness of individuals. The results of the analyses showed that the component of history and cultural identity has the highest positive correlation with happiness, especially in the case of tourists. This indicates the important effect of the World Heritage Site of Yazd and its historical identity on the feeling of satisfaction and happiness in tourists (Samavati et al., 2024).

Also, the results of the independent t-test showed that Yazdi citizens generally reported higher levels of happiness in relation to social interactions and public spaces. While tourists expressed the highest happiness in the context of history and cultural identity and aesthetics of space. This indicates the importance of historical and cultural spaces for tourists and the role of social interactions in creating happiness for citizens (Helliwell et al., 2012).

Research validity and reliability

To ensure the validity and reliability of the research, various quantitative methods have been used. The reliability of the questionnaire was calculated using Cronbach's alpha coefficient, which is 0.87, indicating high stability and reliability of the measurement tool. Also, the content validity of the questionnaire was evaluated by a group of architecture and urban planning professors to

ensure that the questions fully cover the concepts of the research. These methods have increased the accuracy and reliability of the data obtained from the questionnaires.

Results

In this section of the study, the results obtained from the questionnaires distributed among Yazd citizens and tourists are examined. The collected data were evaluated through descriptive statistics and independent T-test analyses and Pearson correlation analysis. The results show that the effect of urban space design on the happiness of individuals, especially in the historical and global context of Yazd, has significant differences between citizens and tourists, depending on different design components.

Initially, the results of the questionnaire were analyzed based on the five main components of Alain de Botton's architectural philosophy: aesthetics of space, history and cultural identity, social interactions, connection with nature and green spaces, and function and accessibility of space. These components directly affect the happiness of both groups, and in this section, the differences in happiness between Yazd citizens and tourists as well as the analysis of the correlation between these components and happiness are expressed.

Analysis of the questionnaire results

In this study, to assess the happiness of Yazd citizens and tourists in the historical context of Yazd, a questionnaire was designed that included five main components of Alain de Botton's architectural philosophy: aesthetics of space, history and cultural identity, social interactions and public places, connection with nature and green spaces, and functionality and accessibility of space. The results obtained from the responses of 200 Yazd citizens and 100 tourists to this questionnaire are discussed below.

a. Average scores for each component

Based on the collected data, the average scores for each component for Yazd citizens and tourists are as follows:

Table 1. Research results.

Philosophical components of Alain de Botton	Average citizen responses	Average responses of tourists	Initial conclusion
Beauty and visual quality of space	3.6	3.8	Historical spaces are less aesthetically pleasing than modern urban spaces
Connection with nature and green spaces	3.4	3.5	The historic fabric has limited green spaces, so its impact is less
Social interactions and public places	4.0	3.7	Citizens have more social interactions
History and cultural identity	4.8	4.7	The historical identity of spaces is a source of happiness
Functionality and accessibility of space	3.9	3.8	Easy access to spaces increases happiness

b. Interpretation of Results

Aesthetics and Visual Quality of Space:

The average score of 3.6 for Yazd citizens and 3.8 for tourists indicates that tourists experienced a greater impact from the aesthetics of Yazd's urban spaces. This may be due to tourists' new and novel experience of historical spaces, which seem more attractive and impressive. For citizens, familiarity with these spaces and mental saturation may have led to a decrease in their aesthetic impact (Miller & Cushing, 2017).

Connection with Nature and Green Spaces:

Given the average of 3.4 for citizens and 3.5 for tourists, it was concluded that the historical context of Yazd faces limitations in green spaces. Specifically, green spaces exist in the historical context of Yazd, but due to population density and structural features, these spaces are not able to have a significant impact on increasing people's happiness. This component had a relatively lower impact on individuals' happiness compared to other components (Gehl, 2011).

Social interactions and public places:

The results showed that Yazd citizens gave this component a higher average score of 4.0 than tourists (3.7). This indicates that citizens experience more social interactions in public spaces such as markets, squares, and caravanserais, which in turn has contributed to their happiness. While tourists received less impact from these spaces due to their short-term and temporary experience (Helliwell et al., 2012).

History and cultural identity:

The history and cultural identity component had the highest impact on happiness with averages of 4.8 for citizens and 4.7 for tourists. This indicates the special importance of Yazd's World Heritage Site and its cultural identity in promoting happiness. These spaces have created a sense of place and psychological satisfaction for both groups, especially for tourists who have had a new and distinctive experience of these spaces (Samavati et al., 2024).

Space functionality and accessibility:

In this component, citizens have reported a score of 3.9 and tourists have reported a score of 3.8, indicating that access to public spaces and cultural places such as squares, markets, and

caravanserais is adequate for both groups. These results indicate relatively adequate access to important places, but due to the limitations of the historical context, its impact on happiness remains moderate.

Analysis of Results

a. Pearson Correlation Analysis

Using Pearson Correlation Analysis, the results show that history and cultural identity have the highest positive correlation with overall happiness ($r = 0.68$, $p < 0.01$). This component has been able to play the most impact in promoting the happiness of individuals, especially tourists. Also, social interactions ($r = 0.62$, $p < 0.01$) have also played an important role in increasing the happiness of citizens. While the aesthetics of space and green spaces have a weaker correlation with happiness on average.

b. Independent T-test

Independent T-test was used to examine the significant differences between Yazdi citizens and tourists in the field of happiness. The results of this test showed that there is a significant difference in the level of happiness between these two groups ($t = 2.45$, $p < 0.05$). Specifically, tourists have reported more happiness in history and cultural identity and aesthetics of space, while Yazdi citizens have benefited more from social interactions and public spaces.

Discussion

Analysis of the impact of urban space design on happiness

Data analysis from questionnaires and interviews shows that the design of urban spaces in Yazd plays a significant and significant role in improving the happiness of residents and visitors (Dabiri & Moradi, 2014; Montazerolhodjah & Sharifnejad, 2023). In particular, physical and spatial elements such as open spaces, squares, and historical markets have had the greatest impact on people's feelings of satisfaction, peace, and happiness (Dabiri & Moradi, 2014). Findings show that spaces such as Amir Chakhmaq Square and the historical market of Yazd, in addition to their economic and commercial functions, act as arenas for social interactions, collective experience, and strengthening the sense of belonging to the place (Gehl, 2011; Marcus & Francis, 2018). In response to the question regarding the impact of urban design on happiness, 72% of participants stated that being in the historical and open spaces of Yazd city increases their feelings of happiness and peace. These results confirm that citizens and tourists perceive the historical spaces and unique architecture of Yazd as stimuli for promoting happiness and a positive aesthetic experience of the urban environment (De Botton, 2008; Diener, 2000).

Happiness and Design Features in Yazd

In analyzing the urban design features of Yazd, it was found that windbreaks, narrow alleys, and green spaces in this city directly affect the feeling of comfort and happiness. Features such as the use of natural light and proper ventilation in public spaces increase the feeling of peace in people. According to many interviewees, green spaces and parks, especially during holidays and leisure time, have a great impact on reducing stress and creating happiness.

These results are consistent with previous research on the impact of green spaces on psychological well-being. A study by Marcus and George (2018) showed that green and open spaces, especially in urban communities, can enhance feelings of happiness and social well-being (Marcus & George, 2018). In particular, in cities like Yazd, which have a dry and desert climate, green spaces can act as resources to improve quality of life and happiness.

The relationship between Alain de Botton's architectural philosophy and Yazd's urban design

Alain de Botton's theories on the relationship between architecture and happiness are remarkably consistent with the urban space design patterns in Yazd (De Botton, 2008). De Botton believes that aesthetics, proportions, and harmony in architecture can have a direct impact on people's psychological and emotional states. In the city of Yazd, this attitude is clearly manifested in traditional architectural elements such as windcatchers, domes, and central courtyards; elements that, in addition to their climatic and functional function, reflect a kind of aesthetic harmony that leads to a sense of peace and satisfaction among residents (Rahimi et al., 2023). Public spaces such as mosques, squares, and historical passages also contribute to the formation of a sense of belonging to a place and strengthening social bonds among individuals by providing a platform for social interactions (Montazerolhodjah & Sharifnejad, 2023).

The findings of this study also show that de Botton's philosophy of creating happy and peaceful spaces through conscious and meaningful design is clearly visible in the urban structure of Yazd. Especially in spaces such as Amir Chakhmaq Square, the harmonious combination of vernacular architecture, visual proportions, and the collective presence of people creates an experience of happiness and peace for visitors (Oraki, 2019). Accordingly, it can be concluded that paying attention to aesthetic principles, historical values, and vernacular designs not only adds to the visual richness of the city, but also acts as an effective factor in improving the quality of life, sense of belonging, and happiness of citizens and tourists, and can be a basis for urban policy-making in similar historical cities.

Differences in Happiness in Modern and Historical Urban Spaces

The results of this study showed that there is a significant difference between the level of happiness experienced in modern urban spaces and historical spaces (Rahimi et al., 2023; Oraki, 2019). Modern urban spaces, due to features such as high population density, crowding, noise

pollution, and lack of spatial quality, have a negative impact on people's feelings of peace and happiness. In contrast, Yazd's historical spaces, by utilizing local design patterns and their unique architectural elements, provide a calm, balanced, and more social environment for citizens (De Botton, 2008). The findings show that 65 percent of the participants in the study considered Yazd's historical spaces to be a factor in creating a sense of closeness and emotional connection with local culture and history; a feeling that strengthens the sense of belonging to the place and increases inner satisfaction and happiness.

Conclusions and Suggestions

Conclusions

The findings of this study show that the design of urban space in the historical city of Yazd plays a fundamental role in promoting the happiness of citizens and tourists. Analysis of the data collected through quantitative methods and statistical tests indicates that the components related to “history and cultural identity” have had the greatest impact on creating a sense of satisfaction and sustainable happiness. This shows that the link between cultural heritage and historical identity with the lived experience of individuals is a key factor in improving the quality of life and increasing the sense of happiness in urban spaces.

In contrast, other components such as “aesthetics of space”, “green spaces” and “function and accessibility”, although important, have had a lesser impact on happiness than the identity and cultural components. A significant difference was also observed between the perception of citizens and tourists of these components, such that social interactions and a sense of place belonging were more important for citizens than for tourists.

The results of the present study, in line with the architectural philosophy of Alain de Botton, emphasize that historical urban spaces, with their aesthetic and semantic characteristics, can be a platform for cultivating positive emotions, psychological peace, and happiness. From this perspective, urban design in historical contexts should pay attention to the emotional, cultural, and social dimensions of space beyond physical aspects.

Accordingly, it is suggested that urban managers, designers, and planners, in formulating urban development policies for Yazd, prioritize the preservation of historical and cultural values, along with strengthening accessibility, social interactions, and public functions of spaces. Such an approach can not only lead to increased happiness for residents and tourists, but also provide an efficient model for sustainable and human-centered development in other historical cities.

Suggestions for improving the design of Yazd's urban space

According to the research results, several suggestions for improving the design of Yazd's urban space to promote the happiness of citizens and visitors are presented as follows:

Enhancement of green and natural spaces: Given the positive impact of green spaces on happiness, it is suggested that in the design of Yazd's urban space, more attention be paid to the creation and maintenance of green spaces and parks. These spaces not only help improve the environment, but also have a significant impact on reducing stress and promoting psychological well-being.

Development of public spaces for social interactions: As the research revealed, spaces that enable social interaction have a positive impact on happiness. It is suggested that in new urban designs, we pay more attention to squares, markets, and public spaces that encourage people to interact and communicate with each other.

Preserving and improving historical designs: Yazd's architectural features, such as windbreaks and domes, play a key role in promoting happiness. It is suggested that these features be preserved and intelligently integrated into new spaces in line with urban development to preserve Yazd's urban identity and increase positive experiences related to happiness.

Increasing access to open spaces: Based on the research findings, Yazd's open spaces and narrow alleys have a great impact on happiness. It is suggested that in new urban spaces, efforts should be made to increase access to these open and public spaces so that people can easily benefit from these spaces for relaxation and social interaction.

Creating attractive and calming architectural environments: In order to enhance the feeling of happiness, it is recommended to use architectural principles based on the theories of Alain de Botton in new urban designs. In particular, emphasizing aesthetics and architectural proportions can lead to the creation of spaces that create a sense of peace and satisfaction in humans.

Research Limitations and Suggestions for Future Research

Despite the useful results of this study, there are also limitations that should be considered. One of these limitations is that the research data was mainly collected from residents and visitors of Yazd, while further studies on the impact of urban space design on people's happiness in different urban areas and at different points in time could provide more interesting insights.

It is suggested that in future research, empirical methods such as the use of simulation software should be used to more accurately analyze the impact of different urban designs on happiness. Also, comparative studies between Yazd and other historical cities in Iran and the world can help to better understand the effects of urban design on happiness.

References

- Bentley, I. (2000). *Responsive environments: A manual for designers*. Elsevier.
https://books.google.com/books/about/Responsive_Environments.html?id=pMCjgvyPOYQC
- De Botton, A. (2008). *The architecture of happiness*. Vintage International.
<https://www.amazon.com/Architecture-Happiness-Alain-Botton/dp/0307277240>
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist*, 55(1), 34–43. <https://doi.org/10.1037/0003-066X.55.1.34>
- Dabiri, S., & Moradi, A. (2014). The review of Persian garden concept in terms of achieving sustainable city: Case study of Dolatābād Garden in Yazd City, Iran. *Management Research and Practice*, 6(4), 57-71. Available at: <https://mrp.ase.ro/no64/f4.pdf>
- Eghdami, Hamed, Esteghal, Ahmad, Zakeriyan, Malihe, (2017). Re-designing Urban Space to Enhance Vitality: A Case Study of the Palestine Square in Zahedan. *International Journal of Applied Arts Studies*, 2(4), 53-64. <https://www.magiran.com/p1945532>
- Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4th ed.). SAGE Publications.
- Gehl, J. (2011). *Life between buildings: Using public space*. Island Press.
- Helliwell, J., Layard, R., & Sachs, J. (2012). *World happiness report 2012*. United Nations Sustainable Development Solutions Network. <https://www.worldhappiness.report/ed/2012/>
- Marcus, C., & Francis, C. (2018). *People places: Design guidelines for urban open space*. Routledge.
https://books.google.com/books/about/People_Places.html?id=tFVLm-A5hEgC
- Miller, D., & Cushing, D. (2017). *Creating Great Places: Evidence-Based Urban Design for Mental Health*. Routledge. <https://www.routledge.com/Creating-Great-Places-Evidence-based-Urban-Design-for-Health-and-Wellbeing/Cushing-Miller/p/book/9780367257460>
- Mirzaei, S., & Zangiabadi, A. (2021). Studying and Complying Dimensions, Indicators and Variables Related to a Happy City. *International Review for Spatial Planning and Sustainable Development*.
https://doi.org/10.14246/IRSPSDA.9.2_94
- Montazerolhodjah, M., & Sharifnejad, M. (2023). Factors affecting the promotion of sense of place in new urban developments of Yazd City. *Iranian Journal of Architecture & Urban Planning*, 33(3), 101-120. Available at: <https://ijaup.iust.ac.ir/article-1-640-en.html&sw=Montazerolhodjah>

- Oraki, Pariyosh, Rezaei, Mobaraki, Akbarian-Ronezi, & Saeed Reza. (2019). Spatial analysis of factors affecting the happy city from the perspective of citizens, case study: Yazd city. *Sustainable City*, 12(2), 19-39. https://www.jscity.ir/article_99535.html
- Rahimi Mehraban, Hamid, Ghodsi, Mehrnoush, Mahmoodi, Mahnaz, (2023). Screening the Components of the Sense of Place in the Residential Complex of Tehran. *International Journal of Applied Arts Studies*, 7(4), 31-49. <https://www.magiran.com/p2560590>
- Samavati, S., Desmet, P.M., & Ranjbar, E. (2024). Happy urban public spaces: a systematic review of the key factors affecting citizen happiness in public environments. *Cities & Health*, 9, 112 - 128.

