



Biophilic Coastal Environments and Climate Resilience: Exploring the Psychological Value of Mangrove Ecosystems

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Climate resilience research has traditionally emphasized the ecological and socio-economic contributions of mangrove ecosystems, while their potential psychological value has received comparatively limited attention. This conceptual study examines mangrove ecosystems through the perspectives of environmental psychology and the Biophilia Hypothesis to explore their role in strengthening human climate resilience. An integrative synthesis of contemporary literature from mangrove ecology, environmental psychology, climate adaptation, and human–nature connectedness was undertaken to develop an interdisciplinary understanding of the relationship between mangrove environments and psychological well-being. The synthesis identified four interrelated themes: psychological restoration, emotional regulation and cognitive recovery, nature connectedness and ecological identity, and the integration of psychological well-being into climate resilience and sustainable coastal management. The study proposes that mangrove ecosystems should be understood not only as providers of ecological services but also as psychologically restorative environments that support human adaptive capacity and encourage pro-environmental behaviour. By integrating environmental psychology into mangrove sustainability discourse, this paper broadens current perspectives on climate resilience by recognizing psychological well-being as an important dimension of sustainable coastal ecosystem management. The paper also provides a theoretical foundation for future empirical investigations, particularly those examining how the multisensory characteristics of mangrove ecosystems influence psychological restoration and resilience.

Keywords: *Mangrove ecosystems, Biophilia, Climate resilience, Environmental psychology, Psychological restoration*