

## The Key to a Satisfied Workforce

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Plants makes us more satisfied with our jobs according to Dr Tina Marie Cade, Associate Professor of Horticulture in the Department of Agriculture at Texas State University, who conducted an online survey amongst office workers in Texas and the Midwest.

The survey included questions about job satisfaction, physical work environments, the presence or absence of live interior plants and also windows, environmental preferences of the office workers, and demographic information.

Survey data showed significant differences in workers' perceptions of overall life quality, overall perceptions of job satisfaction, and in the job satisfaction subcategories of 'nature of work', 'supervision', and 'co-workers' among employees who worked in offices with plants or window views compared to employees without one or both. Findings indicated that people who worked in offices with plants and windows reported that they felt better about their job and the work they performed.

Employees who worked in offices with plants rated their job satisfaction higher than those in offices with no plants and also the statements relating to bosses, colleagues and their overall outlook of those in planted offices were more positive.

Overall those in the planted offices were happier and had a more positive outlook on life generally.

According to Cade, "There were no statistically significant differences among the categories of age, ethnicity, salary, education levels and position among employees who worked in offices with or without plants or window views.

Source: American Society for Horticultural Science (2008, May 19). Greener Offices Make Happier Employees. ScienceDaily.

