

In line with that, volunteering in nature has been linked to well-being benefits for volunteers, including improved social networks, increased personal satisfaction and feelings of enjoyment, improved health and well-being, can reduce negative effect such as reducing stress and depression. Furthermore, environmental volunteering offers the added benefit of providing opportunities for volunteers to spend time in nature, which can lead to a better connection or re-connection with nature for the volunteers, gaining and increased understanding of the natural environment and also enhance the sense of place. A closer connection to nature has been shown to enhance people's well-being (Kragh et al.2016).

Seligman proposed multidimensional model of well-being as known as PERMA model. Seligman's (2011) PERMA model advocates that well-being arises from five wellbeing pillars i.e 1. 'Positive emotion', which encompass present positive feelings, life satisfaction and positive emotions about the future; 2) 'engagement', which is employing one's strengths to a task, becoming fully absorbed in the task and therefore completely losing track of time, also referred to as getting into 'flow'; 3) 'positive relationships', which are fundamental to a good life as a basic human need that is essential for well-being; 4) 'meaning', which includes feelings of doing something worthwhile and having a purpose and direction in life, something which is crucial to well-being. For example, most people have a need to belong to or serve something they believe is larger than themselves, e.g. their family, an organisation or a religious group; and 5) 'achievement', often pursued for its own sake by individuals setting their own personal goals or striving to achieve recognition in the wider world, e.g. winning an award or accumulating wealth. However, the achievement in this study refers to improvement of the environmental quality.

Seligman (2011) did not propose a measure for his PERMA model but Butler & Kern (2016) subsequently developed the PERMA-Profilier (PERMA-P), a scale based on the PERMA model, which also includes additional elements of well-being. The additional elements in the PERMA-P are 1) 'negative emotion' from the concept of subjective well-being acknowledging the importance of both positive and negative aspects of well-being; 2) 'health', which can be considered a core part of well-being; 3) 'loneliness', which is a strong predictor of many negative life outcomes; and 4) 'overall happiness', which allows an overall assessment after reflecting on specific elements of well-being (Butler & Kern, 2016).

In addition, Huppert and So (2013) define 10 components of well-being that are the opposite of the main symptoms of depression and anxiety i.e competence, emotional stability, engagement, meaning, optimism, positive emotion, positive relationships, resilience, self-esteem, vitality). Wong (2011) proposes that hedonic, prudential (being fully engaged in life), eudaimonic, and chaironic (feeling blessed) types of happiness all contribute to an overall sense of subjective wellbeing, but come together in different ways depending on the person, circumstances, and context. On the other hand, Rusk and Waters (2015) empirically derived a five-domain model of positive functioning (comprehension and coping, attention and awareness, emotions, goal and