

Urban Living Labs as Form of Experimental Governance: Empowering Youth Mental Health and Well-being Promotion Towards Region Stockholm's Vision of Becoming Europe's Most Attractive Region?

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ABSTRACT

This thesis will explore and try to understand what the possible obstacles (among Region Stockholm municipalities) are in promoting youth mental health and well-being through Urban living labs to participate in reaching Region Stockholm's goal to Europe's most attractive region. The thesis will examine the municipal and non-municipal stakeholder's points of view on specifically promoting youth mental health and well-being through experimental governance in the Swedish context with the use of the urban sustainability transitions and transition management frameworks and will use a qualitative research design that uses the methods of semi-structured interviews and participant observations. This thesis will answer: What are the possible obstacles (among Region Stockholm municipalities) in promoting youth mental health and well-being through Urban living labs to participate in reaching Region Stockholm's goal to Europe's most attractive region? How can the urban sustainability transitions help us understand the role of cities in facilitating new forms of urban governing process? How can the transition management framework help us to understand the importance of shifting from traditional management approaches by rather placing greater emphasis on an explorative and design-oriented perspective, prioritizing the journey in the form of learning by doing rather than a specific destination? The findings are analysed with the help of thematic analysis through the urban sustainability transitions and transition management frameworks and the urban living labs and promotion of youth mental health and well-being and its role within built environment concepts. It has been demonstrated an observable slow-paced adoption of experimental governance and insufficient promotion of youth mental health and well-being appear to hinder a region's aspiration and goal of becoming Europe's most appealing, sustainable innovative, and leading metropolitan region.

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