

ENVIRONMENTAL PSYCHOLOGY

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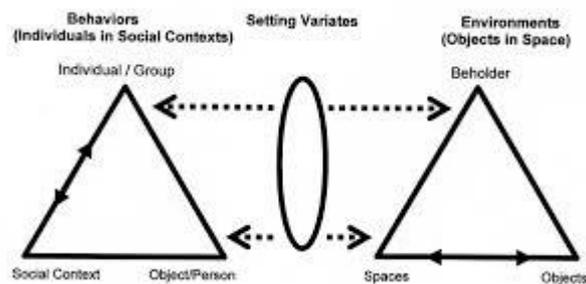
ABSTRACT

Environmental psychology is the specialized branch of psychology that majors in the examination of the developing interrelationship between human manners and the physical environment, and its importance in the psychological profession. This field of study has however lost a lot of reflectivity as a very unique subject, which has existed within psychology for decades. The aims of this research paper are the introduction of environmental psychology, explaining its emergence from human-environment interactions study and take into consideration its effect on the redefinition of terms such as environment and nature. In the study of environmental psychology, there are three distinguished types of problems: behavioral ecology, which is generally defined as the effects that the physical environment has on behavior, and the effects of environmental stimulation on motivational effective variables. Environmental psychology is a naturalistic and holistic field of science that has become increasingly significant due to its widespread problems usually triggered by epidemics such as overpopulation, pollution and natural resources depletion, since its inception in the 1960s.

KEYWORDS: Environment, Reasonable behavior, Mental model

INTRODUCTION

Environmental psychology, which came into existence due to the mutual desire of architect designers and social scientists to collectively create better buildings for the people to live in, even though that initial burning desire has considerably waned. Unlike the other branches of psychology, pays little attention to the interaction among the human beings, but majors on the study of the interaction between human beings and the physical environment. Thus, people and organisms are treated as part of the ecosystem, with a lot of focus directed on their interdependence. Thus, in an effort of promoting a suitable and durable planet for human life, environmental psychology has developed and empirically validated intervention strategies without considering the domicile of the foundational science (Baumeister et. Al, 2007).



The second chart illustrates the interdependence between the human beings and the environment. While the first is a picture of a hand holding the earth—a symbol of embracing the earth and all that it entails. The physical environment has been proved to have an influence, at different levels on human behavior. For instance, the furniture arrangement in a room may influence how people in that room will interact. Humans, just like the other animals, when retained in unnatural environmental settings, often tend to develop unstable behaviors. Quite a number of the animals who have been living in caged or unnatural conditions will also develop and show abnormal behavior symptoms compared to those who are not in a restricted area. The type and nature of the environment also shapes a country and its citizen's personalities (Sanders & Myers, 2003). Another concept that has been researched to effectively illustrate the essence of the interdependence of humans and the environment is that, people who live in areas with cold climate are considered to be practical and intelligent, thus, their approach to their environment is more competitive and aggressive in nature. However, in contrast to this, warm climates are assumed to make its inhabitants inert and lazy, the fact that the unpleasantly hot weather makes working hard, and the ease of extracting resources annually triggers this attitude. Thus,

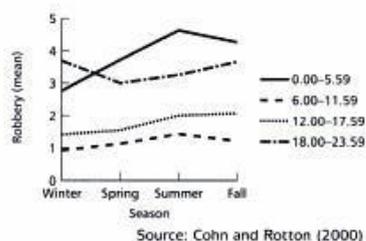
it makes them less competitive and more reluctant towards improving their environment. This is unlike the people in the cold climate who are seen as possessing an intuitive and holistic balanced temperament. This has been argued to be that these people know and acknowledge important role that the milieu plays in their well-being. Similarly, a propounded theory supported by various studies illustrate that urbanization may negative affect human behavior. Living in an extremely overpopulated urban environment, the residents tend to develop more aggressive behaviors and/or behavioral breakdown (Clayton, 2012).

MATERIALS AND METHODS

Several materials were used as a reference sources for the research work. This was inclusive of, books, media sources such as magazines and newspaper articles and academic journals. The documents were found in comprehensive academic sites databases, holding valid academic writing documents. The keywords used in the search included environment, psychology, reasonable behavior and mental model (Ittelson, 1974). Journals were used since they usually give detailed and more current information accounts on the recent studies that have been done and implemented in environmental psychology. The journals also give the opinion of the scholars in this field of science, backed by the background information of the study. Only journals which were peer-reviewed were. The journals were effectively used in attaining in-depth information that was also applied in the process of reinforcing the stand of the discussion topics. Books were also designated as source materials since they often contain authoritative and undisputable information. This involved a wide-ranged account on the research, expert perceptiveness, scholarships, historical information, overviews and themes. These books also served as a good source of attaining background information on environmental psychology. These books therefore offered the research an in-depth perception. The selected books put the topic of discussion into context taking into consideration, the earlier discussed issues. The newspaper article selected was a media source used in attaining information that had a current relation to this research topic in the society (Steg, *et. al.*, 2013).

The authority and validity of these materials was justified by searching the information on other sites that had positively corresponded with what had been earlier attained. Some of the materials however had a biased perspective. Hence, they needed to be complemented by another material in ensuring the authenticity of the objective perspective of the research (De Young & Princen, 2012). As can be seen from the graph, robbery is frequent during the summer.

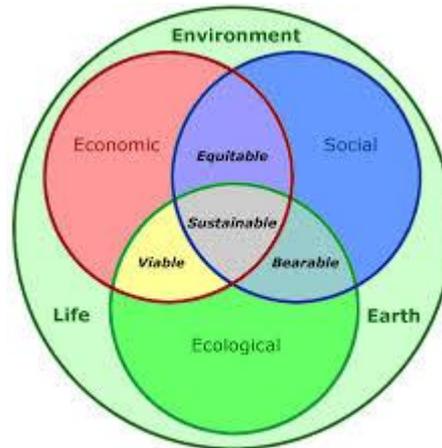
Angles on Environmental Psychology



RESULTS AND DISCUSSION

Environmental psychologists have come up with theories illustrating how the different types of neighborhood highly influence the emerging behavioral patterns in people inhabiting the different neighborhoods. Their main research areas are how inmates are affected by the confines of their prison cells, the effects of isolation and that of a monotonous environment to the human behavior. Therefore, by their continuous study of various effects of environmental conditions have to the human life, the environmental psychologists assist in creating, maintaining and protecting suitable environmental conditions, thus enhancing a creative and reasonable behavior and thereby altering behaviors that are ecologically human destructive behaviors (Kaplan & Kaplan, 2009).

The more elementary insight of the environmental psychology originates from its extensive and in-depth knowledge and arguments of what actually composes an environment in general. It portrays the notion that the environmental is a patterns of knowledge and the people inhabiting the environment are organisms which are motivated to occupy it, are fundamental to the process of information conceptualization, and thus rendering them environmentally competent. Therefore, humans in their pursuit of their dreams need a good and clear understanding of the current information on environmental patterns and a continued expansion of their proficiency either through learning or exploring newly implemented patterns (Clayton & Myers, 2009).



Environmental psychology does however not focus on specific groups, psychological mechanisms of a particular nature or specific personality traits. Rather, it focuses on exploring the human behavior environmental context, which can either be physical, social, vast, conceptual or small and their well-being in general. This can always be known, either from being familiarized or from the direct experience with something that has not yet. The latter is conceivable as one of the astonishing prevalent effects of human information processing competency is by managing to make a good and comfortable home even in a place that we have not yet inhabited. The key premise therefore of environmental psychology is the understanding human behavior by studying more on behavior than just its context, traits and goals (De Yound, 2011).

There is still a lot to be discovered about the interdependency relationship between humans and the environment. However, the objective test of a reasonable person model and the tools of the small experiments and muddling, collectively work together to provide a basis context of the interventions bringing the best out of human beings. In short, research on environmental psychology has made it possible for humans to discover that they can actually enhance their data acquisition and improve their well-being by being keen to their instinctive need and ability to build new and test old mental models. Humans can also repair the world by bettering their management and leveraging their behavioral change. This framing portrays humans as purposive and active recipients of the environmentally or expertly generated information patterns in an effort to understand the environment and their mental models effectively (Bechtel and Churchman, 2002).

In conclusion, one of the most fascinating traits of human nature depends upon the familiarity and its role in discernment of our surroundings. It is often declared that human beings portray the status quo and have immunity in arguments of scientific nature in conversations majoring on behavior change. One can also aver that, this could pose a grave difficulty for efforts in behavior change if discovered to be true. This is because, human beings might be required to make changes that are far-reaching from their status quo in dealing with environmental problems that are urgent they are facing. Thus, it steers humanity towards a life pattern that is unfamiliar, mostly promoted scientific arguments that are only abstract. However, the issue herein is that of a familiarity bias, based on the people's mental perception of a situation (Garling & Gollidge, 1993). Today, the fields of ecological psychology, eco-psychology and conservation are aiding the society in forming an affirmative and appropriate response to the emerging natural resource and environmental constraints. This has however proved to be a grand challenge as the response, through a time of

significant resource and energy decline, is expected to plan, motivate it and maintain an environmental form of behavior, with the initial focus of pre-familiarizing human beings with living comfortably but within the limits of the capability of our natural ecosystem (De Young and Princen, 2012).

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