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time. New York: Columbia University Press. Google Scholar Proshansky, H., Fabian, A., & Kaminoff, R. (1983). Place-identity: Physical world socialization of the self. Journal of Environmental Psychology. Annual Review of
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Handbook of environmental psychology (I, pp. 613-654). New York: Krieger Pub Company. Google Scholar Environmental psychology is a fascinating field that explores the influence of natural landscapes, urban environments, or the social and informational
contexts we navigate daily, the environment plays a vital role in shaping human behavior. In this post, we will delve into the core concepts of environmental psychology, highlighting its broad scope, interdisciplinary nature, and how it seeks to enhance our understanding of how our surroundings impact our well-being, behavior, and even the planet
itself. Table of Contents At its core, environmental psychology studies the dynamic interactions between people and their physical, social, built, or informational—has a significant effect on human behavior, emotions, and mental health.
Environmental psychology seeks to understand how various types of environmental psychology isn't limited to just the outdoors or physical spaces but extends to how people interact with social settings, how they adapt to their surroundings, and how these spaces
affect their behavior. It merges concepts from psychology, geography, sociology, architecture, urban planning, economics, and even politics to develop a holistic approach to understanding human-environmental psychology covers a wide range of topics that deal with both the physical
and social dimensions of our surroundings. It studies how different types of environments—natural, social, built, and informational—affect individuals and communities. This diversity of study is one of the things that makes environmental psychology so interesting and valuable. Let's explore the different environments it covers: 1. Natural
Environments Natural environments are perhaps the most intuitive aspect of environmental psychology. This includes forests, oceans, mountains, rivers, and even urban green spaces like parks. Research in this area focuses on how exposure to nature can affect our mood, cognitive functioning, stress levels, and overall health. Studies have shown that
spending time in nature can reduce anxiety, improve focus, and even lower blood pressure. This is why many modern urban designs now incorporate green spaces to enhance the quality of life for city dwellers. 2. Built Environments The built environments 
public spaces. This aspect of environmental psychology examines how architecture and design influence human behavior. For example, the layout of a room can affect how people communicate or feel in a space. Research in this area can also inform better urban planning practices to promote sustainability, health, and social interaction. 3. Social interaction in this area can also inform better urban planning practices to promote sustainability, health, and social interaction.
Environments While we often think of the physical world when considering the environment plays an equally important role in shaping our behavior. Social environments include the people we interact with and the relationships we form, whether in workspaces, family settings, or communities. Studies in environmental
psychology look at how factors like social support, group dynamics, or even the presence of strangers can influence our emotional and psychological well-being. In the modern world, the informational environment has become more important than ever. With the rise of digital technologies, people are constantly exposed to a vast array of information
through social media, the internet, advertisements, and news outlets. Environmental psychology explores how this information can lead to stress and cognitive fatigue, while carefully curated informational spaces can enhance learning and decision-making.
Core Concepts of Environmental Psychology While environmental psychology is a broad field, several key concepts guide its exploration of human-environments affect individuals and societies and offer insights into how we can improve our surroundings to promote well-being
productivity, and sustainability. 1. The Impact of Environmental Stress on Human Performance One of the central ideas in environmental stressors can take many forms—loud noises, overcrowded spaces, poorly designed work
environments, or extreme temperatures, for example. Research in this area investigates how such stressors interfere with our cognitive functions, such as attention, memory, and decision-making. For instance, noisy environments can make it difficult to concentrate, leading to decreased productivity. By understanding these stressors, psychologists
can design environments that reduce negative impacts and enhance performance. 2. The Management of Common Property Resources, such as forests, oceans, and water systems. These resources are shared by entire communities, and
environmental psychology seeks to understand the human behaviors that influence their sustainability. Issues like overuse, pollution, and deforestation often stem from a lack of awareness or a failure to consider the long-term consequences of resource exploitation. By studying how people value and interact with these resources, environmental
psychologists can help design interventions to promote more sustainable behavior. One of the most pressing challenges of our time is sustainable behavior energy, or supporting eco-friendly policies. Psychologists working in
this area examine how individuals' perceptions of the environment, personal values, and social norms influence their willingness to engage in sustainable practices. They also study how environmental cues, like the presence of recycling bins or energy-efficient appliances, can nudge people toward more sustainable choices. By understanding what
drives environmentally responsible behavior, psychologists can help craft interventions to more sustainable habits on a larger scale. 4. Place Attachment and Environmental Identity Humans often develop deep emotional connections to particular places, whether it's a childhood home, a favorite park, or a city they've lived in for years. This
concept is known as place attachment, and it plays a vital role in environmental psychology. Place attachment can lead to positive feelings of security and belonging, but it can also affect people's willingness to engage in behavior that might harm the environmental psychologists explore how our identities
are tied to certain places and how this connection can influence our attitudes toward environmental psychology's Interdisciplinary Nature. The field draws on concepts from a variety of disciplines to offer a holistic understanding of human-
environment interactions. Below are some of the key disciplines that contribute to environmental psychology: 1. Geography of a given area. Geography of a given area. Geography of a given area. Geography a significant role
in how humans interact with their surroundings, influencing everything from urban planning to how people perceive and use natural resources. 2. Sociology So
engagement, social support, and collective action can influence the way people approach environmental issues. For example, community-based recycling programs often succeed because they tap into social networks and shared values. 3. Economics Economics helps explain how financial incentives and the allocation of resources affect environmental
behavior. Environmental psychologists often work with economists to design policies or interventions that make sustainable practices more attractive, whether through subsidies for green energy or taxes on pollution. By understanding the economic drivers of behavior, psychologists can propose solutions that align with people's incentives and lead to
positive environmental outcomes. 4. Urban Planning and Architecture Urban planning and architecture are key fields for environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as these disciplines directly influence how spaces are designed and used. An environmental psychologists, as the space are designed and used are designed as the space are designed as the s
significantly affect human behavior. Environmental psychologists collaborate with architects and urban planners to create spaces that are conductive to human well-being, creativity, and productivity, while also being sustainable insights
into how our surroundings affect our behavior, well-being, and decision-making. By examining the complex relationships between individuals and their environments—whether natural, social, built, or informational—this discipline helps us understand how we can improve the spaces we live in to foster better health, productivity, and sustainability. As
environmental challenges like climate change and resource depletion become more pressing, the role of environmental psychology will continue to be crucial in shaping solutions that are not only effective but also humane and sustainable. What do you think? How do you think environmental psychology could help tackle pressing environmental
challenges like climate change? How could this field be used to improve urban living in your community? Authors: Linda Bauck, Kai Uwe Harberts, Thies Loose, Catherina SaftigLast updated: October 1st 2023 Environmental psychology is a subfield of psychology is a subfield of psychology that deals with the dynamic relationship between individuals and the built and natural
environment. This means that environmental psychology studies the impact of the environment on human experience, behaviour, and well-being, as well as the influence environmental behaviour and strategies to promote environmentally friendly
behaviour. Steg, L., van den Berg, A. & de Groot, J. Environmental Psychology: History, Scope, and Methods. in Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). Another aspect that environmental psychologist's study is how individuals and groups perceive and evaluate their
environment, both physically and socially. Attitudes, views, and behaviours towards the environment play a central role. Moser, G. & Uzzell, D. Environmental Psychology (eds. Millon, T. & Lerner, M.J) 419-445 (John Wiley & Sons, 2003). Environmental
psychology includes concepts, research and practical applications aimed at improving the humanity of the built environments such as buildings, parks, roads, air, and water are important resources influenced by society. If we don't manage these resources
properly, it can have serious consequences for nature and its resources. That's why environment, is becoming more important. It contributes to promoting the well-being of people and the health of the environment. Gifford, R., Steg, L. & Reser, J. P., Environmental
psychology. IAAP handbook of applied psychology 440-470. (Blackwell Publishing Ltd., 2011). Environmental psychology was first recognised as a branch of psychology as a branch of psychology. Annual Review of Psychology as a branch of psychology as a branch of psychology.
environmental psychology based on their pioneering work in studying the interactions between people and their environmental psychology and sustainable development: Expansion, maturation, and challenges. Journal of Social Issues 63(1), 199-212 (2007). Research by environmental psychologists focuses on key
psychological mechanisms such as environmental perception, cognitive spatial understanding, community spatial dynamics, human growth, and personality traits. These mechanisms play a role in shaping and organising the way individuals interact with their environmental psychology matters. Annual review of psychology 65
541-579 (2014). The research field of environmental psychology is characterised by its multi-disciplinarity. Environmental psychology, including social, cognitive, and occupational psychology. They also collaborate with a range of fields and professions, such as architecture,
education, environmental science, engineering, landscape architecture, and urban planning. Moser, G. & Uzzell, D. Environmental Psychology (eds. Millon, T. & Lerner, M.J) 419-445 (John Wiley & Sons, 2003). Furthermore, unlike most other psychological
disciplines that often emphasise a single dominant research paradigm, environmental psychology uses a wide range of quantitative and qualitative methods. Each method has its own advantages and limitations, and considerations of internal and external validity must usually be weighed when selecting a method. The field seeks to support findings
through replication with different research methods, balancing the weaknesses of one approach with the strengths of another. Steg, L., van den Berg, A. & de Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). Since the
beginning of the 21st century, it has become evident that environmental problems such as climate change, pollution and deforestation pose significant challenges. These threaten the health, economic prospects and food and water supplies of people worldwide. IPCC: Climate change 2013: The physical science basis. (2013). A general recognition also
exists that people's behaviour is one of the main causes behind these environmental problems. Environmental problems while maintaining human well-being and quality of life. Steg,
L., van den Berg, A. & de Groot, J. Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). In the first 40 years of its existence, the discipline was mainly concerned with questions of the architectural design of buildings and then
transformed itself more and more into a discipline that deals with broader questions and takes particular account of the aspect of sustainability. Gifford, R. Environmental psychology and sustainable development: Expansion, maturation, and challenges. Journal of Social Issues 63(1), 199-212 (2007). Today, in light of advancing climate change,
research results from environmental psychology are highly relevant. In addition, environmental factors have a direct and indirect influence on the quality of life. Both environmental psychology. Furthermore, it aids in understanding complex human-
environment relationships and developing approaches to current environmental problems. Fleury-Bahi, G., Pol, E. & Navarro, O. Handbook of environmental psychology and quality of Life (eds. Fleury-Bahi, G., Pol, E. & Navarro, O.) 1-10 (Springer International Publishing 2017)
The emergence of environmental psychology as a scientific discipline is usually dated to the 1960s. Steg, L., van den Berg, A. & de Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). During this time, experts from
various disciplines began to explore more closely the relationship between people and their physical environment, whether it be the built or natural environment. Even before the emergence of environmental psychology, there was interest in the effects of the ecological or geographical environment on people. Stokols, D. Environmental Psychology.
Annual Review of Psychology 29, 253-295 (1978). In order for this discipline to emerge, a number of pioneering thinkers were needed who pursued the first approaches to environmental psychology. For example, in the 1930s, Lewin and Murray already explored the theoretical idea of person-environment fit, which emphasised the importance of the
environment on the predictability of human behaviour and did not only include individual personality traits. Devlin, A. S. Introduction: Rationale, Chapter Overviews, and Author Biographies. in Environmental Psychology and Human Well-Being (eds. Devlin, A. S.) xv-xxxviii (Academic Press, 2018). Other leading psychologists also played an important
role in adopting and developing ideas from neighbouring disciplines that traditionally had an interest in studying behaviour in natural contexts. Often, researchers came from the field of cultural anthropologies, which studies humans in relation to their culture and examined the spatial proximity of humans and animals, animal ethology, or micro-
sociology. These scientists often resorted to alternative approaches to research, such as field experiments and observations, because they were sceptical about the prevailing method of experimental and laboratory-based psychological research. The early studies in the field of ecological psychology, which examined behavioural patterns in specific
environments, as well as the studies on personal space and social behaviour, form the foundation of early environmental Psychology. From Spatial-Physical Environmental Development. in Handbook of Environmental Psychology (eds. Bechtel, R. & Churchman, A.) 28-54 (John Wiley
& Sons, Inc., 2002). Today, Brunswik and Lewin are considered to be the founding fathers of environment as to the organism itself. Kurt
Lewin held similar views to Brunswik. He introduced the term 'social action research' and claimed that research should be guided by real and social problems. While primarily focusing on social or interpersonal influences rather than the physical environment, he argued that behaviour is a product of the interaction between the individual and their
surroundings. Pol, E. Blueprints for a history of Environmental Psychology (I): From First Birth to American Transition. (Universitat de Barcelona, 2006). Nevertheless, his ideas inspired various students, including Barker and Bronfenbrenner, to carry forward and expand upon them. Both are considered forerunners of environmental psychology. Steg,
L., van den Berg, A. & de Groot, J. Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). Today, environmental psychology has existed for more than 60 years and has constantly changed over time and adapted to the respective
problems of the time. To understand the complex interrelationships of environmental psychology, it is important to look at its origins and its transformation from the past. The history of environmental psychology can be divided into different phases: architectural psychology and current environmental psychology. Steg, L., van den
Berg, A. & de Groot, J. Environmental Psychology: History, Scope, and Methods. in Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). Pol, E. Blueprints for a history of Environmental Psychology (II): From architectural psychology to the challenge of sustainability. (Universitat de
Barcelona, 2007). Architectural psychology and began in the late 1950s and early 1960s and ear
Psychology (II): From architectural psychology, or engineering. Bonnes, M. & Bonaiuto, M. Environmental Psychology: From architecture, technology, or engineering. Bonnes, M. & Bonaiuto, M. Environmental Psychology: From architectural psychology (II): From architectural psychology to the challenge of sustainability.
Spatial-Physical Environment to Sustainable Development, in Handbook of Environmental Psychology (R. Bechtel and A. Churchman) 28-54 (John Wiley & Sons, Inc., 2002). The emphasis on the physical environment was strongly influenced by political and social conditions. In the post-war period, modern architecture sought to address the problems
of the post-war era by creating adequate housing and facilities for the general population. Most research during this period was aimed at how human performance and well-being could be enhanced by optimising the design of, for example, homes, offices, or hospitals. Pol, E. Blueprints for a history of Environmental Psychology (I): From First Birth to
American Transition. (Universitat de Barcelona, 2006). At the end of the 1970s and beginning of the 1980s, the so-called 'crisis of Architectural Psychology' occurred. Architectural psychology was confronted with challenges, uncertainties, and methodological problems during this period. As a result, the credibility and effectiveness of this discipline
have been questioned. This happened because simple and direct causal links between architectural aspects and human behaviour or well-being were established by some researchers. Due to the complexity of human beings and the multitude of influencing factors, researchers were not able to achieve immediate and demonstrable positive changes in
 architectural psychology. This led to a re-evaluation of research method. The crisis resulted in architectural elements no longer being seen as the sole cause of behavioural change, but in a more multi-layered approach to the interactions between people, their environment, and their social, cultural, and psychological contexts. Pol, E. Blueprints for
 history of Environmental Psychology (II): From architectural psychology to the challenge of sustainability. (Universitat de Barcelona, 2007). Architectural psychology gradually evolved into green psychology. This is
because two new trends emerged from the 'crisis of Architectural Psychology': the social shift and the environmental shift. Pol, E. Blueprints for a history of Environmental Psychology (II): From architectural psychology to the challenge of sustainability. (Universitat de Barcelona, 2007). The environmental shift aimed to explain and change the
negative impact of human activities on the environment. During this period, an increased number of studies were conducted on this topic, and awareness of environmental problems grew. People realized that the effects they had on the environment also had implications for their well-being and health. To understand these effects, more and more
studies on noise, pollution, and energy supply were carried out. Since the 1980s, more studies have also been conducted on consumer behaviour and environmental Psychology: an introduction (eds. De Groot, J. I. M. &
Steq, L.) 2-11 (John Wiley & Sons Inc., 2018). The social shift in environmental psychology was initiated by a conference in Paris in 1981. Various authors of environmental psychology were
discussed. Another indication of this shift was that some prominent authors began defining themselves as applied social psychology (II): From architectural psychology to the challenge of sustainability. (Universitat de Barcelona, 2007). Over the past decades, environmental psychology
has increasingly developed into a 'psychology of sustainability'. Gifford, R. Environmental psychology and sustainability has increasingly established itself as a central guiding principle and basis for research
in environmental psychology and is more pronounced today than it was in the 'Green Psychology' phase. Steg, L., van den Berg, A. & de Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). This is also very different from
the initial environmental psychology, which focused on traditional spatial-physical conditions. Today, the focus of environmental interaction, such as concern, responsibility and commitment, play a central role in today's environmental
psychology. Bonnes, M. & Bonaiuto, M. Environmental Psychology: From Spatial-Physical Environmental Psychology (R. Bechtel and A. Churchman) 28-54 (John Wiley & Sons, Inc., 2002). Human behaviour in recent decades is one of the main causes of growing climate change. Environmental
problems such as pollution, deforestation or biodiversity loss have an impact on human well-being, and for this reason, environmental psychology is currently increasingly concerned with promoting pro-environmental psychology must strike is that it
 should not negatively affect people's well-being and quality of life. Environmental psychology today is characterised by its interactive approach, its interdisciplinarity, its problem-oriented approach and Methods. in Environmental
Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). The concept of sustainability has increasingly become a central aspect of research in environmental psychology: past, present, and future. Journal of Environmental
Psychology 29(3), 375-386 (2009). One of the key challenges of environmental psychology in the future will be to understand global environmental psychology should aim to understand the immediate causes that relate not only to organisations, social structures,
technology, means of production, and socio-economic decisions but primarily to the attitudes and values associated with each of them. Stern, P. C. Psychology 43, 269-302 (1992). Environmental psychology as a field of research is, highly heterogeneous in its methods and
approaches. This stems from the fact that environmental psychology is problem-focused, meaning that researchers have to deal with the idiosyncrasies of real life and have to adjust their methods. in Environmental Psychology: an
introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). This means that the research topic informs the method. Typical primary research topic informs the method. Typical primary research might revolve around, e.g., physiological stress responses to different environmental stimuli Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A. & Zelson, M. Stress
recovery during exposure to natural and urban environments. Journal of environmental psychology 11(3), 201-230 (1991). stated measures of satisfaction with a residential environment Kaplan, R. The nature of the view from home: Psychological benefits. Environment and behavior 33(4), 507-542 (2001). or patterns in environmental preferences
Meidenbauer, K. L. et al. The gradual development of the preference for natural environmental psychology 65, 101328 (2019). In many cases, environmental psychology 65, 101328 (2019). In many cases, environmental psychology 65, 101328 (2019).
gives an overview of different types of research approaches. MethodStrengthsWeaknessesUse casesQuestionnaire studies- High external validity- Control of variables- Low
external validity- Testing theories or hypotheses- Identifying causal relationships simulation studies- Balance between external and internal validity- Time-consuming data collection- Limited control over
experiment- Studying current behavior- Evaluating interventions- Explirations- High external validity- Rich data- Low internal validity- Rich 
de Groot, J. Environmental Psychology: An introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018).) As can be seen in the graphic, there is no one-fits-all type of study that can be conducted in any context. Two key factors here are internal and external validity.
Internal validity concerns factors within the study, such as control over variables and exclusion of biases. This is important to understand whether any effects measured are caused by the relationship between the variables of interest. Internal validity tends to be in laboratory experiments since they allow for control of the environment and elimination
of many variables that could confound the results. External validity, on the other hand, asks whether a study's results are applicable to other situations, such as populations with a different cultural context. External validity tends to be high in questionnaire studies since researchers can measure an arbitrary number of variables to avoid population
biases. For example, in a study conducted on residents' satisfaction with greenspaces within view of their windows, important variables to consider would be demographic information about the residence, such as age, gender, ethnicity, work status and size of household. Kaplan, R. The nature of the view from home: Psychological benefits.
Environment and behavior 33(4), 507-542 (2001). In simulation studies, given the right equipment and know-how, study participants can be immersed in complex virtual environments that enable a balance between external and internal and internal and internal and internal and internal and internal and external and external validity of experi-mental studies.
American journal of health-system pharmacy 58(22), 2173-2181 (2001). Finally, field studies are conducted by surveying the real world, often before and after an intervention within different environments (e.g., multiple office
buildings), case studies try to obtain rich data about one specific system (e.g., a single office building). This leads to a balance between internal and external validity for field studies and high external validity for case studies. Steg, L., van den Berg, A. & de Groot, J. Environmental Psychology: History, Scope, and Methods. in Environmental
Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 2-11 (John Wiley & Sons Inc., 2018). Natural environments influence a human's psychological state, but these (positive) effects are highly dependent on a number of factors. In order to go beyond vague statements like 'nature is good for us', it is important to define (1) what is meant by
'natural environments', (2) the different scales of environments and degrees to which they are 'natural', and (3) the different types of 'exposure' to those environments of experiencing nature compare a 'more natural' and a 'less
natural' environment, e.g., a city street with trees vs a path through a forest Bratman, G. N., Hamilton, J. P. & Daily, G. C. The impacts of nature experience on human cognitive function and mental health. Annals of the New York academy of sciences 1249(1), 118-136 (2012). or a window in a house that permits a view on trees vs a view on other
buildings. Kaplan, R. The nature of the view from home: Psychological benefits. Environment and behavior 33(4), 507-542 (2001). Two important ideas become evident: (a) 'Natural environments' do not need to be completely made up of natural elements, such as trees, other plants and bodies of water. Rather, natural environments can be built-up
environments that contain some of the aforementioned elements. Mausner, C. A kaleidoscope model: Defining natural environments, e.g., trees that have been planted in cities
are also considered 'natural'. A possible operational, although admittedly very broad, definition of natural environments can therefore be: Physical spaces containing elements, and degree of human management. Bratman, G. N.
Hamilton, J. P. & Daily, G. C. The impacts of nature experience on human cognitive function and mental health. Annals of the New York academy of sciences 1249(1), 118-136 (2012). To further describe natural environments, scale, ratio between natural and built-up elements and degree of human management become relevant. Each of these
categories may be used to describe an environment as 'more natural' than another. Natural elements may make up most of or the purpose of investigating the effects of 'more' vs 'less' natural environments, even images of natural environments take on the role of a the purpose of investigating the effects of 'more' vs 'less' natural environments, even images of natural environments, even images of natural environments take on the role of a the purpose of investigating the effects of 'more' vs 'less' natural environments, even images of natural environments, even images of natural environments as 'more natural' than another. Natural environments in it.
natural environment. Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A. & Zelson, M. Stress recovery during exposure to natural and urban environments. Journal of environments that is
completely devoid of green elements. This shows that the concept of natural environments is flexible: Depending on the comparison to a less natural counterpart. Gifford, R. Environmental psychology matters. Annual review of psychology
65, 541-579 (2014). This means that for applying the theory, one should never look at an environment in isolation, but always compare it with a possible, more or less natural, alternative. Similar to the extent and make-up of the environment itself, an individual's exposure to it may also vary greatly in factors such as duration and quality. Different
types of natural environments lend themselves to different types of exposure: A backyard garden is well-suited for prolonged, multiday trips away from cities. Understanding how an environment is being interacted with is key to understanding how it will affect the individual
While the experience of mountaineering might be placed at a very high scale of intensity, watching a busy city on a TV screen. Davis, J. Psychological benefits of nature experiences: An outline of research and theory. (Nuropa University and
School of Lost Borders, 2004). Again, this means that the exposure to natural environments is a relative concept, and should be treated as such by practitioners. Attention Restauration Theory (ART) is one of the fundamental theories used to describe how exposure to natural environments benefits humans on a psychological level. First proposed by
Kaplan & Kaplan, R. & Kaplan, S. The experience of nature: A psychological perspective. (Cambridge University Press, 1989). ART develops the idea that exposure to natural environments has restorative effects on humans' ability to willingly direct their attention. This is easily exemplified at the workplace: An office worker has to direct their
attention to their computer, even if there might be other, more interesting stimuli present: Their phone in their pocket, the conversation between two colleagues, the thought of evening activities. The capacity to concentrate on the computer, then, is a limited resource, which, in turn, makes the work environment use up attention. If an individual
takes a walk in a nearby park or forest during their break, this will restore the individual's capacity to concentrate. Kaplan, S. The restorative benefits of nature: Toward an integrative framework. Journal of environments: There is a lack of stimuli that would
require active focussing. Rather, there are things that naturally draw our attention, such as water, caves and green areas. Individuals do not actively direct their attention when in these environments and can, therefore, regenerate their ability to do so. This effect has, for example, been investigated with students on university campuses and inmates
in prisons, exemplifying the application of ART to guide the design of these institutions. Access to natural areas and green spaces had positive effects on the users (students and inmates, respectively) in both facilities. Oftentimes, monetary, and spatial limitations pose challenges for the installation of green spaces able to offer a sufficient feeling of
immersion. In this case, imagery of vast natural scenes can sometimes substitute for real environments, although less effectively so. Felsten, G. Where to take a study break on the college campus: An attention restoration theory perspective. Journal of environmental psychology 29(1), 160-167 (2009). Moran, D. Back to nature? Attention restoration
theory and the restorative effects of nature contact in prison. Health & Place 57, 35-43 (2019). Kaplan & Kaplan, R. & Kaplan, S. The experience of nature: A psychological perspective. (Cambridge University Press, 1989). describe four concepts, or concepts, or conceptual measures, that are important to understanding how environments can
restore directed attention. These are (1) being away, (2) extent, (3) compatibility, and (4) fascination. 'Event different environment but also its complexity - an environment but also its complexity - an environment that is high in extent offers
an escape from the real world. This means the environment can hold the individual's attention for an extended period of time. The third component of a place being restorative is 'compatibility', which refers to whether the environment aligns with an individual's inclinations and desires. Herzog, T. R., Maguire, P. & Nebel, M. B. Assessing the
restorative components of environments. Journal of environmental psychology 23(2), 159-170 (2003). A very practical example of this could be the seating opportunities in an area that an individual wants to use as a resting place. Lastly, 'fascination' describes the ability of something to draw our attention. Here, two types of fascination are to be
distinguished if one is to provide environments that offer restoration and hard fascination and hard fascination and wandering of thoughts away from work but leave room for other thoughts. This encourages reflection and wandering of thoughts and can, for example, be
felt when taking a walk in a forest. When hard fascination is felt, on the other hand, not much room is left for other thoughts. An example here is a high-intensity sporting activity, leaving no capacity for reflection. Devlin, A. S. Concepts, theories, and
research approaches. in Environmental Psychology and Human Well-Being, 1-28 (Academic Press, 2018). A different perspective on the effect of exposition to natural environmental Psychology and Human Well-Being, 1-28 (Academic Press, 2018). A different perspective on the effect of exposition to natural environments is stress reduction theory (SRT), developed by Roger Ulrich in the 1980s. Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A. & Zelson, M. Stress recovery
during exposure to natural and urban environments. Journal of environmental psychology 11(3), 201-230 (1991). Stress, in this context, is defined as the reaction to situations perceived as threats to an individual's well-being. This plays out on both the physiological level, e.g., through heightened blood pressure and increased
negative emotion. Hartig, T. et al. Health benefits of nature experience: Psychological, social and cultural processes. in Forests, trees and human health (eds. Nilsson, K. et al.) 127-168 (2011). According to SRT, the re-normalisation of these measures during and after stressful situations is facilitated by natural environments. Since the 1990s, a
number of studies have shown that different measures of stress, e.g., salivatory cortisol levels, return to normal levels faster in natural settings than in urban settings. Jimenez, M. P. et al. Associations between nature exposure and health: a review of the evidence. International Journal of Environmental Research and Public Health 18(9), 4790 (2021)
Comparing Kaplan's ART and Ulrich's SRT, a key difference is that SRT implies that the main benefits of natural environments occur before cognitive abilities. For a while, these two theories seemed contrary to one another
They were eventually partially integrated with one another Kaplan, S. The restorative framework explaining the causal relationships between (attention-)demanding tasks, stress responses, other aversive stimuli and, finally,
impaired performance. Figure 1: Causal relationships between the important parts of the stress-attention system (own figure, based on, and expanded upon from, Kaplan (1995) Kaplan, S. The restorative benefits of nature: Toward an integrative framework. Journal of environmental psychology 15(3), 169-182 (1995). ) The solid arrows indicate
causalities that lead to stress and decline in performance; The dotted arrows indicate points of impact of exposure to nature regarding both stress are influenced by outside factors and mental resource decline. In this framework, it can be seen that the ability to direct attention and stress are influenced by outside factors.
but also interact with each other. Finally, they produce measurable effects, such as a decrease in work performance or physiological indicators of stress. Both mental resource decline and SRT are being used. Sullivan, W. Attention restoration and
stress reduction: Two mechanisms underlying the health benefits of exposure to green spaces. ACES (A Community on Ecosystem Services) Conference, Washington, DC. (2014). For example, studies on urban green space planning encourage city planners to incorporate bodies of water, non-paved walking paths and areas with a high richness of plant
species into planning of residential areas. Huang, S., Qi, J., Li, W., Dong, J. & van den Bosch, C. K. The contribution to stress recovery and attention potential areas. International Journal of Environmental Research and Public Health 18(16), 8713 (2021). While the fact that
humans show aesthetic appreciation for nature and often prefer natural environments over built-up ones is well-established, the reasons for this are still subject to debate. A common view amongst environments developed through evolution. This so-called biophiliance to debate an innate preference for natural environments developed through evolution.
theory The biophilia hypothesis (Island press, 1993). is based on our species' history: For most of evolution, we have relied on nature to provide us with matural environments and show clear preferences for natural environments as
backdrops for restorative and fun activities. Chang, C. C. et al. Social media, nature, and life satisfaction: global evidence of the biophilia hypothesis. Scientific Reports 10(1), 4125 (2020). Humans tend to prefer environments with natural elements that, in our evolutionary past, may have been important assets for survival, such as shelter from the
elements or access to water. Thake, C. L., Bambling, M., Edirippulige, S. & Marx, E. A psychoevolutionary approach to identifying preferred nature scenes with potential to provide restoration from stress. HERD: Health Environments Research & Design Journal 10(5), 111-124 (2017). Although intuitively appealing, empirical evidence around
evolution-based preferences is mixed. Studies conducted on children and their parents seem to indicate that the preference for nature over exposition to urban environments, children showed a clear preference for urban
environments. With increasing age, this preference lessened and eventually turns around, and adults preference for natural environments. This seems to indicate that our preference for natural environments. This seems to indicate that our preference for natural environments gets passed on through generations but is not innate to us. Meidenbauer, K. L. et al. The gradual development of the preference for natural
environments. Journal of Environmental Psychology 65, 101328 (2019). Gunnarson & Hedblom, M. Biophilia revisited: nature versus nurture. Trends in Ecology & Evolution 38(9), 792-794 (2023). propose an "updated biophilia hypothesis", based on studies showing that many but not all people have subconscious
positive feelings towards nature. Furthermore, these feelings are mediated by cultural context and specific upbringing, i.e., indicating that the cause for our preference for nature and nurture. This highlights the importance of environmental education and exposure to nature, especially for young people. Gunnarsson
B. & Hedblom, M. Biophilia revisited: nature versus nurture. Trends in Ecology & Evolution 38(9), 792-794 (2023). Built environments are environments are environments are environments that are constructed by humans for h
smart built environment. in Start-up creation: The Smart Eco-efficient Built Environment (eds. Pachero-Torgal, F., Rasmussen, E., Granqvist, C., Ivanov, V., Kaklauskas, A. & Makonin, S.) 411-448 (Woodhead Publishing UK and USA, 2016). "in which people live, work, and recreate on a day-to-day basis" Roof, K. & Oleru, N. Public health: Seattle and
King County's push for the built environment. Journal of Environmental Health 71(1), 24-27 (2008). p. 24. Examples of typical built environments include homes, schools, workplaces, parks, streets, buildings and transportation. Dearry A. Impacts of our built environment on public health. Environmental Health Perspectives 112(11), 600-601 (2004)
Roof, K. & Oleru, N. Public health: Seattle and King County's push for the built environments. Smart devices, sharing platforms and multimodal transportation have become an integral
part of everyday life for many. Frick, V., Homburg, A., Röderer, K. & Hofmann, M. Psychology of the digital environmental design. Umweltpsychologie 25(1), 4-18 (2021). In addition, billions worldwide spend their time playing video games and use this as a form of socialising, entertainment
and competition. Vuorre, M., Johannes, N., Magnusson, K. & Przybylski, A. K. Time spent playing video games is unlikely to impact well-being. Royal Society Open Science 9(7), 220411 (2022). Built environments can be analysed on several different levels: (1) Firstly, on an individual level, as private spaces of that individual. These spaces include a
  erson's home or office and are important for individual well-being and quality of life. On this individual level, constructs such as privacy, personal space and territoriality are analysed. Moser, G. & Uzzell, D. Environmental Psychology. in Comprehensive Handbook of Psychology, Volume 5: Personality and Social Psychology (eds. Millon, T. & Lerner,
M.J) 419-445 (John Wiley & Sons, 2003). (2) Secondly, built environments can be analysed on a neighbourhood-community level within semi-public spaces. On this level, the immediate environments can be analysed on a neighbourhood-community level within semi-public spaces. On this level, the immediate environment of the individual's living space, such as blocks of flats, the neighbourhood, the workplace, and parks, are examined. Moser, G. & Uzzell, D. Environmenta
Psychology, in Comprehensive Handbook of Psychology, Volume 5: Personality and Social Psychology, concerning the immediate home environment, is place attachment. Scannell L. & Gifford R. The psychology
of place attachment. In Environmental Psychology: Principles and Practice (eds. Gifford R.) 272-300 (Optimal Books, 2014). Further extensive research has gone into analysis of the work environment. A multitude of studies has been conducted to investigate the influences of different physical features of workplaces on the well-being, stress and
arousal, productivity, and performance of employees, their relationships with each other, as well as how they use, modify and adapt to their environments. Vischer, J. The effects of the physical environment on job performance: Towards a theoretical model of workspace stress. Stress and Health 23, 175 - 184 (2007). Kamarulzaman, N., Saleh, A. A.,
Hashim, S. Z., Hashim, H. & Abdul-Ghani, A. A. An Overview of the Influence of Physical Office Environments towards Employees. Procedia Engineering 20, 262-268 (2011). Creating the productive workplace (E & FN Spon., 2000). From this research, one can conclude that workplace design for well-being is built on "the notion of fit or match between
user and environment, the concept of control and managing novelty and unpredictability, the measurement of daily hassles and energy-consuming impediments to the smooth performance of tasks, as well as the importance of social support, territoriality and environmental control." Vischer, J. The effects of the physical environment on job
performance: Towards a theoretical model of workspace stress. Stress and Health 23, 175 - 184 (2007)., p.179 (3) Thirdly, one can analyse built environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on public environments on an individual/community level through research on the public environments of the public environment
Psychology, Volume 5: Personality and Social Psychology (eds. Millon, T. & Lerner, M. J.) 419-445 (John Wiley & Sons, 2003). Research in this field ranges from the analysis of the impact of different types of buildings on the perceived quality of life in cities Torrington J., Barnes S., McKee K., Morgan K. & Tregenza P. The Influence of Building Design
on the Quality of Life of Older People. Architectural Science Review 47, 193-197 (2004)., as well as the impact of pollution: A Hazard to Physical and Mental Well-Being. in Handbook of Environmental Psychology (eds. Bechtel, R. B. & Churchman, A.) 499-510 (John Wiley
& Sons, Inc., 2002). Bekker, J. S. Outdoor Air Pollution and Psychological Well-Being: A Metanalysis (Brigham Young University, 2022)., to the effect of environmental stressors (crowding, crime, stimuli overload etc.) on people's behaviour. Vine, I. Crowding and Stress: 1. Review of Variables and Theories, Current Psychological Reviews 1, 305-324
(1981). Chu, A., Thorne, A. & Guite, H. The impact on mental well-being of the urban and physical environment: an assessment of the evidence, Journal of Public Mental Health 3(2), 17-32 (2004). For example, research shows that residence in neighbourhoods characterised by a poor-quality built environment was associated with a greater individual
likelihood of depression Galea, S., Ahern, J., Rudenstine, S., Wallace, Z. & Vlahov, D. Urban built environment and depression: a multilevel analysis. Journal of Epidemiology and Community Health 59(10), 822-827 (2005). and that noise and air pollution have negative effects on mental well-being. Bronzaft, A. L. Noise Pollution: A Hazard to Physical
and Mental Well-Being. in Handbook of Environmental Psychology (eds. Bechtel, R. B. & Churchman, A.) 499-510 (John Wiley & Sons, Inc., 2002). Developed by Oscar Newman, Defensible Space Theory describes relations between
design elements and crime rates in urban environments and attempts to answer the question of why there are urban environments that show high crime rates independently of their populations. Revnald, D. M. & Elffers, H. The Future of Newman's Defensible Space Theory. European Journal of Criminology 6(1), 25-46 (2009). Newman (1972) defines
defensible space as an environment whose physical characteristics allow residents to ensure their own security. Newman, O. Defensible space is achieved through activation of three critical components: (1) territoriality ("the capacity of the physical environment to
create perceived zones of territorial influences" Newman, O. Defensible space: Crime prevention through urban design. (Macmillan, 1972)., p.51), (2) natural surveillance opportunities for residents and their agents" Newman, O. Defensible space: Crime prevention through urban design.
(Macmillan, 1972)., p.78) and (3) image/milieu ("the capacity of design to influence the perception of a project's uniqueness, isolation, and stigma" Newman, O. Defensible space: Crime prevention through urban design. (Macmillan, 1972)., p.102). These components have had a continuous influence in the field of criminology. Reynald, D. M. &
Elffers, H. The Future of Newman's Defensible Space Theory. European Journal of Criminology 6(1), 25-46 (2009). They have also been used for urban design in several communities aiming to reduce crime rates. In addition, defensible space theory contributed to an increased interest of the British government in designing more secure and liveable
public housing. Clarke, R. V. Situational Crime Prevention. Crime and Justice 19, 91-150 (1995). Nonetheless, Newman's Defensible Space theory has also received a multitude of criticism due to unprecise definition of the described components and questionable methodology. Reynald, D. M. & Elffers, H. The Future of Newman's Defensible Space
Theory. European Journal of Criminology 6(1), 25-46 (2009). Space Syntax is a theory of space and a method for analysing the relationship between spatial layout and human behaviour. Dursun, P. Space Syntax is a theory of space and a method for analysing the relationship between spatial layout and human behaviour.
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relations. Analysing space in a system of spatial relations shows how buildings operate socially through "the social organisation of everyday life" Hillier, B. Space is the machine: A configuration refers to relations considering other relations and
has developed to be a key concept in space syntax theory. Hillier, B. Space is the machine: A configurational theory of architecture (Space Syntax method. Space syntax method. Space syntax method measures to-movement
(accessibility) and through-movement of street segments, both with respect to all other streets (configurational). These are then weighted with respect to different measures of distances. To do so, it utilises graph theory from discrete mathematics for the calculation of configurative spatial relationships. Van Nes, A. & Yamu, C. Space Syntax: A Method
to measure Urban Space related to Social, Economic and Cognitive Factors, in The Virtual and the Real in Planning and Urban Design: Perspectives, practices and applications (eds. Yamu, C., Poplin, A., Devisch, O. & de Roo, G.) 136-150 (Routledge, 2018). A variety of different software has been developed (e.g., depthmapX, Ogis Space Synhax
Toolkit) for spatial analysis with space syntax methods. Space syntax network, software. These tools are used by researchers and architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers as well as for the analysis of architectural and urban designers are also as a for the analysis of architectural and urban designers are also as a for the analysis of architectural and urban designers are also as a for the analysis of architectural and urban designers are also as a for the analysis of architectural archit
explanation of the physical spatial setup of buildings and urban spaces but cannot be interpreted without an understanding of human behaviour and societal processes. In addition, space syntax analysis does not incorporate 3D information. Van Nes, A. & Yamu, C. Space Syntax: A Method to measure Urban Space related to Social, Economic and
Cognitive Factors. in The Virtual and the Real in Planning and Urban Design: Perspectives, practices and applications (eds. Yamu, C., Poplin, A., Devisch, O. & de Roo, G.) 136-150 (Routledge, 2018). According to Altman (1975) privacy is the "selective control of access to the self or one's group" Altman, I. The Environmental and Social Behavior.
(Brooks/Cole, 1975)., p.18 where the degree of openness or closeness to others is a dynamic process. Altman, I. & Chemers, M. Culture and environment. (Brooks/Cole, 1980). Margulis (1977) defines privacy similarly to Altman but adds a motive by describing privacy as "selective control over transactions between self (or one's group) and others, the
ultimate aim of which is to enhance autonomy and/or to minimise vulnerability" Margulis, S. T. Conceptions of privacy: current status and next steps. Journal of Social Issues 33(3), 5-21 (1977)., p.10. Thus, from increased control, individuals are able to minimise vulnerability and, therefore, experience intimacy and emotional release. This, in turn,
increases well-being. Westin, A. F. Privacy and Freedom. (Athenum, 1967). Privacy can be established through physical or even psychology, volume 5: Personality and Social Psychology (eds. Millon, T. & Lerner, M.J.) 419-445 (John Wiley & Sons,
2003). These barriers serve three functions: (1) social interaction management, (2) plans and strategies for interaction with others, and (3) "development and maintenance of self-identity" Altman, I. Privacy Regulation: Culturally Universal or Culturally Universal or Culturally Specific?. Journal of Social Issues 33, 66-84 (1977). p. 68 and involve not only visual detachment,
but also auditory exclusivity. Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 18, 341-356 (1998). Sundstrom, E., Town, J. P., Rice, R. W., Osborn, D. P. & Brill, M. Office Noise, Satisfaction, and Performance, Environment and Behavior 26(2), 195-222 (1994). Privacy in itself is a cultural
universal. Westin, A. F. Privacy and Freedom. (Athenum, 1967). However, its form varies for each individual, depending on their different personal characteristics, sex, age, cultural, economic, educational, and social backgrounds. Altman, I. The Environmental and Social Behavior. (Brooks/Cole, 1975). Altman, I. Privacy Regulation: Culturally
Universal or Culturally Specific?. Journal of Social Issues 33, 66-84 (1977). Newell, P. B. A system model of privacy. Perceptual and Motor
Skills 48(3), 1291-1297 (1979). Solitude describes being alone and unobserved by others. Demibras, O. O. & Demirkan, H. Privacy Dimensions: A Case Study in the Interior Architecture Design Studio, Journal of Environmental Behavior
(Brooks/Cole, 1975), and is the most subtle form of privacy, Demibras, O. O. & Demirkan, H. Privacy Dimensions: A Case Study in the Interior Architecture Design Studio, Journal of Environmental Psychology 20, 53-64 (2000), Anonymity affords people the opportunity to be unrecognised Demibras, O. O. & Demirkan, H. Privacy Dimensions: A Case
Study in the Interior Architecture Design Studio, Journal of Environmental Psychology 20, 53-64 (2000). and plays a great role in the digital world. Omernick, E. & Sood, S. O. The Impact of Anonymity in Online Communities. Proceedings 526-535 (2013). Isolation describes the physical separation from others and intimacy is connected to the desire to
promote close personal relationships. Demibras, O. O. & Demirkan, H. Privacy Dimensions: A Case Study in the Interior Architectural design point of view, privacy is split into conversational privacy (ability to not be overheard), acoustical privacy (isolation
from noise) and visual privacy (isolation from unwanted observation). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychological or an architectural point of view) results in a decline
in well-being, much research has been conducted on measures to optimise privacy, especially in the workplace. Kamarulzaman, N., Saleh, A. A., Hashim, S. Z., Hashim, S. Z., Hashim, H. & Abdul-Ghani, A. A. An Overview of the Influence of Physical Office Environments towards Employees, Procedia Engineering 20(3/4), 262-268 (2011). Demibras, O. O. & Demirkan,
H. Privacy Dimensions: A Case Study in the Interior Architecture Design Studio, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design, Journal of Environmental Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace: The Impact of Building Design 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy in the Workplace and Psychology 20, 53-64 (2000). Kupritz, V. W. Privacy 20, 53-64 (2000). K
privacy and subsequently in an increase in dissatisfaction. This dissatisfaction is especially linked to the lack of acoustical privacy. Kim, J. & de Dear, R. Workspace satisfaction: The privacy-communication trade-off in open-plan offices. Journal of Environmental Psychology 36, 18-26 (2013). It is consequently recommended, e.g., to install partitions in
an open-plan workplace that allow workers to communicate freely but also provide visual and some acoustical privacy. O'Neill, M. J. Work Space Adjustability, Storage, And Enclosure As Predictors Of Employee Reactions And Performance. Environment and Behavior 26(4), 504-526 (1994). Personal space is described as an invisible boundary
surrounding an individual Altman, I. The Environmental and Social Behavior. (Brooks/Cole, 1975). - the space that an individual places between themselves and other surrounding people. Sommer, R. Studies in personal space. Sociometry 22, 247-260 (1959). This space may not be intruded without causing discomfort Hall, E. T. The hidden dimension
(Doubleday, 1966). and is used as a mechanism to assist with the regulation of privacy. Namazian, A. & Mehdipour, A. Psychological Demands of the Built Environment, Privacy, Personal Space and Territory in Architecture. International Journal of Psychology and Behavioral Sciences 3(4), 109-113 (2013). Thus, people uphold their invisible
boundaries through distancing to avoid stress from potentially threatening social stimulation. In addition, personal space has a communication function, signalling attitudes and personal space is measured in laboratory
experiments through a person approaching an individual until some form of discomfort is expressed. However, a more realistic and representative method is used in naturalistic spatial invasion experiments. Here, an individual is approached at random until an aversive reaction is noted or that individual moves away. Vine, I. Crowding and Stress: 2. A
Personal Space Approach. Current Psychological Reviews 2, 1-18 (1982). Required person and dependent on their culture, the intruding person and overall situation. One may assume the furthest possible seating distance to a stranger on the tube, but when in a crowded situation, an individual's personal space may
be adjusted to even include body contact with strangers. In contrast to the situation on the tube, the crowded situation of the tube, the crowded situation
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141-165 (2019). This insight is used for furniture design, the layout of office and living rooms. Despite intuitively, chairs are placed at further distances in workplaces compared to living rooms. Despite intuitively, chairs are placed at further distances in workplaces compared to living rooms. Despite intuitively, chairs are placed at further distances in workplaces compared to living rooms. Despite intuitively, chairs are placed at further distances in workplaces compared to living rooms. Despite intuitively, chairs are placed at further distances in workplaces compared to living rooms.
 requirements. Namazian, A. & Mehdipour, A. Psychological Demands of the Built Environment, Privacy, Personal Space and Territory in Architecture. International Journal of Psychology and Behavioral Sciences 3(4), 109-113 (2013). Territoriality is a mechanism to uphold privacy. It can be classified by its degree of permanency of ownership and
degree of control: (1) primary, (2) secondary and (3) public territories. Altman, I. The Environmental and Social Behavior. (Brooks/Cole, 1975). Primary territories are spaces that are typically occupied for long periods of time and bedrooms. Altman, I. The Environmental and Social Behavior.
Environmental and Social Behavior. (Brooks/Cole, 1975). Invasion into these spaces has a large effect on quality of life and oftentimes leaves owners with no other place to retreat to. Abdullah, A., Marzbali, M. H., Bahauddin, A. & Maghsoodi, M. J. The Relationship between Territorial Functioning and Victimisation: A Comparative Study of High and
Low Crime Rate Estates. Social and Behavioral Sciences 50, 899 - 908 (2012). Secondary territories bridge the gap between primary and public territories. These groups or communities can exercise control over and are psychologically
attached to their secondary territories, although these factors are not as strong as for primary territories are only occupied for a limited time and are least central to the lives of their occupants. Examples include streets, parks
and playgrounds. Altman, I. The Environmental and Social Behavior. (Brooks/Cole, 1975). Individuals or groups mark their territories to simplify social interaction and avoid conflict and intrusion. Namazian, A. & Mehdipour, A. Psychological Demands of the Built Environment, Privacy, Personal Space and Territory in Architecture. International
Journal of Psychology and Behavioral Sciences 3(4), 109-113 (2013). With territoriality comes a sense of ownership and place attachment. Newman, O. Defensible space: Crime prevention through urban design. (Macmillan, 1972). As this ownership is visualised, territoriality is often characterised as the absence of anonymity. Ley, D., & Cybriwsky, R.
Urban Graffiti as Territorial Markers. Annals of the Association of American Geographers 64(4), 491-505 (1974). Place attachment is a "cognitive-emotional bond that individuals develop towards a place" Scannell L. & Gifford R.) 272-300
(Optimal Books, 2014), p.274. Analysis of place attachment is divided into a person dimension (Who is attached?), and a place dimension (How are they attached?), a psychological process 
personality, or social status. Scannell L. & Gifford R.) 272-300 (Optimal Books, 2014). Research has shown that time, in particular, plays a dominant role in the development of place attachment. The more time spent in a place, the likelier place
attachment becomes. Ownership predicts place attachment similarly to time. Mobility, on the other hand, has a negative impact on place attachment. Furthermore, physical surroundings also have an impact on place attachment. Furthermore, physical surroundings also have an impact on place attachment.
develop place attachment. Scannell L. & Gifford R. The psychology of place attachment has positive effects on well-being. Places of attachment provide a sense of continuity, are hosts to memories and provide physical and
psychological comfort. On the flip side, displacement from places of attachment has negative effects on individuals or a group's well-being. Scannell L. & Gifford R.) 272-300 (Optimal Books, 2014). Place attachment can lead to community action
but is also often the root of conflict in community planning and is, therefore, an important concept for understanding the "not in my backyard" response. Manzo, L. C. & Perkins, D. D. Finding Common Ground: The Importance of Place Attachment to Community Participation and Planning. Journal of Planning Literature 20(4), 335-463 (2006). Further
concepts that are closely related to place attachment include place identity (incorporation of a place into the larger concept of self or alternatively the distinctiveness of a place). Environmental Psychology and Human Well-Being: Effects of Built and Natural Settings. (Academic Press, 2018). and place dependence (functional attachment to
a place). Alrobaee, T. R. & Al-Kinani, A. S. Place dependence as the physical environment role function in the place attachment. IOP Conf. Series: Materials Science and Engineering 698, 033014 (2019). "Crowding is a deviation from a desired level of interaction" Altman, I. Privacy Regulation: Culturally Universal or Culturally Specific?. Journal of
Social Issues 33, 66-84 (1977). p.67 and, therefore, the desired level of privacy. It has been identified as a potential stressor and has been thoroughly researched in different measures are analysed: (1) social density (number of people in a space) and (2)
spatial density (amount of space available to each person). However, whether an environment is perceived as crowded by an individual or not is only dependent on these two measures but also on the degree of strangers in that environment. The level of crowding in an elevator may be perceived very differently depending on whether the people in that
space are strangers or family members. Vine, I. Crowding and Stress: 1. Review of Variables and Theories, Current Psychological Reviews 1, 305-324 (1981). For example, in an urban environment, research has shown that urban
sprawl, and, therefore, low levels of crowding correlate with decreased well-being. With an increase in density, functional facilities are closer. This promotes non-motorised travel, which correlates positively with physical activity during travel. This, in turn, improves residents' health and promotes well-being. Lan, F., Pan, J., Zhou, Y. & Huang, X.
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or positive beliefs an individual holds towards a behaviour), subjective norms (approval or disapproval or disa
Encyclopedia of personality and individual differences (eds. Zeigler-Hill, V. & Shackelford, T. K.) 5476-5482 (Cham: Springer International Publishing, 2020). Oreg, S. & Katz-Gerro, T. Predicting proenvironment and behavior 38(4), 462-483
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actions. Coping appraisal evaluates the self-efficacy (belief in the capability to act in a recommended behaviour, the response efficacy (belief that the changed behaviour. Pechmann, C., Zhao, G., Goldberg, M. E. & Reibling, E. T. What to convey in
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personal norms reflected as a feeling of moral obligation. Moreover, these personal norms are influenced by two main factors: the awareness of consequences when not acting pro-environmental. De Groot, J. I. M. & Steg, L. Morality and prosocial
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Model: An exploration of the functions of anticipated pride and guilt in pro-environmental behaviour. Journal of economic psychology 39, 141-153 (2013). The Value-Belief-Norm Theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of Environmentalism (VBN) developed by Stern, P. C., Dietz, T., Abel, T., Ab
support for social movements: The case of environmental beliefs like the New Environmental Paradigm. Yeboah, F. K. & Kaplowitz, M. D. Explaining energy conservation and environmental citizenship behaviors using the
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predicts pro-environmental behaviour. First, people's values are differentiated between being altruist, biocentric - connoted positively - and egoistic - connoted negatively. Second, beliefs like an ecological worldview create awareness and responsibility of behavioural consequences like in the NAM, which influences norms. Finally, the effect of
 personal norms impacts different PEBs like environmental activism, non-activistic behaviour in the public sphere, private-sphere environmentalism, and organisational actions. Gifford, R. Environmental psychology matters. Annual review of psychology 65, 541-579 (2014). Steg, L. & Nordlund, A. Theories to explain environmental behaviour. in
 Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 217-227 (John Wiley & Sons Inc., 2018). The chain extends from relatively stable aspects of personality and beliefs to more specific ones with a moral obligation. Each element has an immediate effect on the next or a further one or is predicted by its predecessor. Stern, P
C., Dietz, T., Abel, T., Guagnano, G. A. & Kalof, L. A value-belief-norm theory of support for social movements: The case of environmentalism. Human ecology review, 81-97 (1999). The Goal-Framing Theory was shaped by cognitive social psychology. It posits an integrated framework to sense factors responsible for PEB. Three types of goals are
determined to 'frame' cognitive and motivational processes of behaviour, in words, how people process information and act upon it: Lindenberg, S. & Steg, L. Normative, gain and hedonic goal (focus on pleasure and joy), the gain goal (self-interest
in terms of personal resources), and the normative goal (appropriate behaviour marked by groups, e.g., society). These goals impact the selection of information by individuals, the prioritization of cognitively available knowledge, the perception of potential courses of action, and the way people will respond within a particular situation. Gifford, R.
Environmental psychology matters. Annual review of psychology 65, 541-579 (2014). Steg, L., Bolderdijk, J. W., Keizer, K. & Perlaviciute, G. An integrated framework for encouraging pro-environmental behaviour: The role of values, situational factors and goals. Journal of Environmental psychology 38, 104-115 (2014). One goal is focal and outlines
the goal-frame, while the other ones strengthen or weaken the main goal in the background. Correspondently, the normative goals change their behaviour only if it is profitable (gain) or comfortable (hedonic). Steg, L. & Nordlund, A. Theories to explain environmental
behaviour. in Environmental Psychology: an introduction (eds. De Groot, J. I. M. & Steg, L.) 217-227 (John Wiley & Sons Inc., 2018). As a result, norm-guided behaviour becomes consistently unstable and dependent on external (social) support.
values, the presence of other people, the behaviour of other people, the behavior (ed. van Trijp, H. C. M.) 37-54 (Psychology Press, 2013). According to the definition by
Schwartz, values are "desirable transsituational goals, varying in importance, that serve as guiding principles in the life of a person or other social issues 50(4), 19-45 (1994). p.21. Personal values outline an individual's perspective of
the world and guide their actions, ultimately shaping their lifestyles from which one can anticipate their attitudes and (pro-environmental) behaviours. Consequently, values form the basis for people's behaviour and attitudes, which are more content and situation-specific than values. Oreg, S. & Katz-Gerro, T. Predicting proenvironmental behavior
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behaviour can be influenced simultaneously. In addition, values shape individuals' focus, determine which knowledge becomes cognitively most approachable, dictate the significance of diverse action outcomes, impact their assessment of different situations, and influence the range of alternatives under consideration. De Groot, J. I. M. & Steg, L.
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can prioritize values differently even if they share the same values (e.g. cultural values). The most crucial significance is the relative importance attributed to values. De Groot, J. I. M. & Steg, L. Environmental Values. in The Oxford Handbook of environmental values. The most crucial significance is the relative importance attributed to values. De Groot, J. I. M. & Steg, L. Environmental Values. In The Oxford Handbook of environmental values. The most crucial significance is the relative importance attributed to values. De Groot, J. I. M. & Steg, L. Environmental Values. In The Oxford Handbook of environmental values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to values. The most crucial significance is the relative importance attributed to value attributed to value at the relative importance attributed at the relative importance attributed at the relative importance attributed at the re
the catalogue of values, there are two types of self-transcendence: altruistic values (which indicate a concern for the well-being of others) and biospheric values mostly have a positive effect on PEB, the acceptability of
climate change policies, sustainable consumption and environmental activism because they combine collective interests like the welfare of others and the biosphere Van der Werff, E., Steg, L. & Keizer, K. The value of environmental self-identity: The relationship between biosphere van der Werff, E., Steg, L. & Keizer, K. The value of environmental self-identity: The relationship between biosphere van der Werff, E., Steg, L. & Keizer, K. The value of environmental self-identity and environmental self-identity and environmental self-identity.
intentions and behaviour. Journal of Environmental Psychology 34, 55-63 (2013). . It is to be noted, however, that there can be conflict in terms of decisions between social or ecological issues. Opposed to self-transcendence, the two types of self-enhancement are egoistic values (evaluate the costs and benefits linked to PEB from their personal view)
and hedonic values (which intend to enhance personal feelings like pleasure and to reduce effort). They correlate negatively to PEB and focus on individual interests, perceiving the environment as a source of consumable resources. Lindenberg, S. & Steg, L. Goal-framing theory and norm-guided environmental behavior. in Encouraging sustainable
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environmental preferences, intentions and behaviour. Journal of Environmental Psychology 34, 55-63 (2013). If biospheric values are part of one's identity, it is feasible someone sees themselves as a kind of person willing to behave pro-environmental Values
in The Oxford handbook of environmental and conservation psychology (ed. Clayton, S. D.) 81-92 (Oxford University Press, 2012). Gatersleben, B., Murtagh, N. & Abrahamse, W. Values, identity and pro-environmental behaviour. Contemporary Social Science 9(4), 374-392 (2014). Additionally, environmental concerns and worldviews (e.g., New
Environmental Paradigm) are more narrowly targeted compared to values. They are rooted in values and concentrate on environmental issues, while values encompass broader, overarching life goals. In more recent research, the significance has grown due to the importance of the positive effect on PEB. De Groot, J. I. M. & Steg, L. Environmental
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environment, or context, which can be conflicting. These identities are linked to characteristics that a person ascribe to themselves or what to be perceived as the same, it influences their behaviour or attributes. Individuals attempt to reconcile any
differences between their actual self and ought self (self-discrepancy theory). Furthermore, this can be a motivation to change to PEB when having an environmental behaviour. in Environmental Psychology: An Introduction (eds. De Groot, J.
M. & Steq, L.) 198-206 (John Wiley & Sons Inc., 2018). Individuals possess a psychological need to seek approval from others, which results in impression towards their desired public image. Leary, M. R., Impression
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power is enforced informally by the threat of sanctions or the promise of rewards by society and not by the power of the law. Thøgersen, J. Norms for environmentally responsible behaviour: An extended taxonomy. Journal of environmentally responsible behaviour: An extended taxonomy. Journal of environmentally responsible behaviour: An extended taxonomy. Journal of environmentally responsible behaviour: An extended taxonomy.
characteristics, social norms and the acceptability of environmental Behavior Through the Presentation of Social Norms (Doctoral dissertation, Muhlenberg College, 2021). This creates a social pressure and makes norms relatively
stable through the social feedback. Nevertheless, a change in norms as solutions. Science 354(6308), 42-43 (2016). Moreover, social norms are distinguished into two types: injunctive or subjective norms outline behaviour generally approved or
disapproved within the culture and motivate to participate or abstain from these behaviours due to the social incentives and penalties. Descriptive norms encompass the behaviour displayed by the majority of individuals within a group and motivate individuals to behave as what is commonly regarded as effective or adaptive behaviour. Smith, J. R. et
favourable attitude. Gifford, R. Environmental psychology matters. Annual review of psychology 65, 541-579 (2014). Social dilemmas are situations in which individual and collective welfare. PEB presents such a social dilemma Joireman, J. A.
Lasane, T. P., Bennett, J., Richards, D. & Solaimani, S. Integrating social value orientation and the consideration of future consequences for the
community and the environment. The decision-makers are coupled with their strong reluctance to modify their behaviour and to ease some of the short-term benefits. This underscores the occurrence of large-scale dilemmas. Gifford, R. Environmental psychology matters. Annual review of psychology 65, 541-579 (2014). Likewise, the main difficulty is
created by social uncertainty (about other's behaviour) and environmental uncertainty (about the availability of resources) and often hinders people from engaging in more PEB. Solutions to this problem represent the promotion of knowledge, problem awareness and favourable attributes in the society, which mainly need to be augmented by
communication (informational strategies). Social norms as a guideline can limit egoistic behaviour and enhance the cooperation. Staats, H. J., Wit, A. P. & Midden, C. J. H. Communicating the greenhouse effect to the public: Evaluation of a mass media campaign from a social dilemma perspective. Journal of environmental management 46(2), 189-203
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dilemma describes the short-term perspective of an individual contributing to common goods (accessible to all) at its own expense, although it would be in the interest of everyone's well-being in the long-term. In the case of the free-rider-problem, decision-makers have to be cautious that it is equally distributed in society. The commons or resource
dilemma confronts people with the decision whether to take from a limited resource with free access or not (Hardin, 1968 Hardin, G. The Tragedy of the Commons. Science 162(3859), 1243-1248 (1968).) Staats, H. Pro-environmental attitudes and behavioral change. in Encyclopedia of Applied Psychology (ed. Spielberger, C. D.) 127-135 (Academic
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cooperation within groups tends to be stronger because the specific social identity encourages individuals towards socially acceptable behaviour but only for their own group or other groups in case of subordinate group identity. Dawes, R. M. & Messick, D. M. Social dilemmas. International journal of psychology 35(2), 111-116 (2000). The majority of
people's behaviour is based on routines known as habits. They are unconscious, mindless behaviour. Habits are activated by goals to respond with an action. The formation is triggered by expectations about behaviour and the performance of an environment. The control of
 action is outsourced to the environment, implying environmental cues have the control to activate a specific behaviour. Aarts, H. & Dijksterhuis, A. Habits as knowledge structures: automaticity in goal-directed behavior. Journal of personality and social psychology 78(1), 53 (2000). Wood, W., Tam, L. & Witt, M. G. Changing circumstances, disrupting
habits. Journal of personality and social psychology 88(6), 918-933 (2005). The more frequently an action is performed in stable contexts, the stronger the habit becomes. In less stable contexts, it would involve more conscious planning. Staats, H. Pro-environmental attitudes and behavioral change. in Encyclopedia of Applied Psychology (ed.
25(1), 90-103 (2006). This leads to potential negative judgments due to past behaviour that is not constantly evaluated. On the contrary, habits reduce stress, increase control over a situation and conserve regulatory strength for important decisions. Wood, W., Quinn, J. M. & Kashy, D. A. Habits in everyday life: thought, emotion, and action. Journal office thought, emotion, and action and conserve regulatory strength for important decisions.
personality and social psychology 83(6), 1281 (2002). Nevertheless, habits act as a barrier to PEB because intentions and norms become less important. In order to break habits, there must be a notable shift in situational conditions, along with actively motivating the target group to establish implementation intentions. Klöckner, C. A. & Verplanken,
B. Yesterday's habits preventing change for tomorrow? About the influence of automaticity on environmental psychology: An introduction (eds. De Groot, J. I. M. & Steg, L.) 238-250 (John Wiley & Sons Inc., 2018). Cues are signals or signs in an environmental psychology: An introduction (eds. De Groot, J. I. M. & Steg, L.) 238-250 (John Wiley & Sons Inc., 2018).
and behaviour. They provide certain information and prompt a person's reaction in the desire to enhance people's attitudes. Cues impact the intensity of an individual's intention to adhere to social norms or legitimate regulations, thereby contributing to keeping social order. Cornelissen, G., Pandelaere, M., Warlop, L. & Dewitte, S. Positive cueing
Promoting sustainable consumer behavior by cueing common environmental behaviors as environmental Journal of Research in Marketing 25(1), 46-55 (2008). In line with the Goal-Framing Theory, people have three types of overarching goals. All three goals have an impact at some point on adhering to social norms, but their degree of
salience to the behaviour differentiates depending on the environmental cues. The shift in the goals is thereby most significant for the effect of cues. Lindenberg, S. How cues in the environment affect normative behaviour. in Environmental psychology: An introduction (eds. De Groot, J. I. M. & Steg, L.) 144-153 (John Wiley & Sons Inc., 2018). Cues
and the violation of norms by others The salience of hedonic or gain goals is enhanced compared to normative goals evoked by an imbalance of descriptive and injunctive norms resulting in others "not doing the right thing". Denying the violation
Cues and the respect of norms by others It is observed that people who are obeying norms strengthen normative behaviour: The role of cues and the respect of norms by others It is observed that people who are obeying norms strengthen normative behaviour: The role of cues and the respect of norms by others It is observed that people who are obeying norms strengthen normative behaviour by weakening hedonic or gain goals. Norm support cues promote PEB more generally. Steg, L., Bolderdijk, J. W., Keizer, K. & Perlaviciute, G. An integrated framework for encouraging pro-environmental behaviour:
values, situational factors and goals. Journal of Environmental psychology 38, 104-115 (2014). Correspondently, when framing past behaviour as pro-environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, it may increase the self-perception as an environmental by positive cues, and the self-perception as an environmental by positive cues, and the self-perception as a 
attitudes must exist. Cornelissen, G., Pandelaere, M., Warlop, L. & Dewitte, S. Positive cueing: Promoting sustainable consumer behavior by cueing common environmental behaviors as environmental. International Journal of Research in Marketing 25(1), 46-55 (2008). Emotions are among the most multi-faceted concepts in psychology and expression and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts in psychology and expression activities are among the most multi-faceted concepts are among the 
complex processes. In general, they are intense, short-lived, and characterised by a specific cause and distinct cognitive content. Their origin lies in reactions to a relevant object or a behaviour to ease the coping of a particular situation. Furthermore, they are able to change motivational action tendencies, physiological expressions, subjective feeling
and cognitive processing, evaluation, and judgment, and result in the variation of decision-making and behaviour. Kals, E. & Müller, M. M. Emotions and Environment. in The Oxford University Press, 2012). Taufik, D. & Venhoeven, L. Emotions and Pro-
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Sons Inc., 2018). Psychology » Social Psychology » Social Psychology » What Is Environmental Psychology there are a large number of different branches and fields, due to the diversity of objects of study in psychology is sufficient branches and fields of study in psychology is sufficient branches and fields of study in psychology is sufficient branches and fields.
environmental psychology. But what is environmental psychology? Environmental psychology investigates very different environmental psychology investigates very different environmental psychology. But what is environmental psychology investigates very different environmental psychology investigates very different environmental psychology. But what is environmental psychology investigates very different environmental psychology investigates very different environmental psychology.
PsychologyFor article: What is environmental psychology for a few years now, there has been greater concern and consideration for the environmental awareness, which considers that
human beings are responsible for the changes that occur in our environment, as well as this environment is capable of influencing our emotions and behaviors The existence of a bidirectional relationship between people and the environment is therefore highlighted. This concern fostered the birth of a new theoretical field or discipline within
psychology: environmental psychology environmental psychology is as follows: study and analysis of the interrelationship and interaction of human beings
with their environment It encompasses and distinguishes between natural, human-created, social, learning and informational environments. The environments of people in relation to the exchange that occurs with various environments.
environment is not a neutral space, but rather an environment marked with meanings and value and belief systems that develop therein. It is, therefore, the space that builds the functioning of the person and the behavior of the
human being that in turn models this environment. There are antecedents of environmental psychology in the decade and that of the 1950s, the theoretical works of authors such as Kurt Lewin, Roger Barker and Herbert F. Wright stand out. These contributions
culminated in the proliferation of studies in this field in the 70s and the consolidation of environmental psychology as its own discipline, differentiated from others. From this moment on, various authors analyze and develop various methodologies, concepts, and theoretical approaches to environmental psychology. Likewise, knowledge about
environmental or ecological psychology is collected and unified in manuals. One of the most notable is the handbook of environmental psychology by Charles J. Holahan from the year 1991. This environmental psychology by Charles J. Holahan from the year 1991. This environmental psychology book offers a definition, characteristics and object of study of environmental psychology by Charles J. Holahan from the year 1991. This environmental psychology by Charles J. Holahan from the year 1991.
and research on the relationship between the environment and the person, such as the importance of personal space, the effects of the environmental psychology: characteristics that define environmental psychology: characteristics that define environmental psychology.
psychology are the following: Consideration of the environment as bidirectional, so the environment as bidirectional, so the environment as bidirectional, so the environment on people and the environment as bidirectional, so the object of study of this discipline is the effects of the environment as bidirectional, so the object of study of this discipline is the effects of the environment as bidirectional, so the object of study of this discipline is the environment on people and the environment as bidirectional, so the object of study of this discipline is the environment as bidirectional, so the object of study of this discipline is the environment of the environment of the environment as bidirectional, so the object of study of this discipline is the environment of the environme
studied. The environment is not only analyzed from a physical perspective, but also social ones, such as culture and value system, are taken into account. Both aspects have a great influence on the behavioral functioning of
human beings. Therefore, in environmental psychology it is object of analysis the sociophysical environmental psychology it is object of analysis the environmental psychology it is object of analysis the environmental psychology is holistic, that is, analyzes the environmental psychology it is object of analysis the sociophysical environmental psychology is holistic, that is, analyzes the environmental psychology is holistic.
instead of the isolation of these elements and their partial and separate analysis. The orientation of environmental psychology develops concepts and theoretical explanations, it has an applied vocation; it is aimed at
achieving changes in the environmental well-being. Therefore, there is an intimate relationship between theory and practice environmental psychology. It is interdisciplinary since it shares studies and draws on other disciplines such as biology, geography, architecture ergonomics, urban anthropology.
etc. The methodology used in this field of study It's eclectic, which means that different methodological procedures are used in the research. The use of a variety of methods and experimental designs favors a more complete approach to the object of study. The perspective of environmental psychology It is non-deterministic, people are not considered
passive subjects towards the environment, but rather beings capable and oriented towards the production of changes and alterations in the environment. There is a dynamic exchange of influences between humans and the environment.
psychology is the interaction and interrelation between the person and the context, both physical and social. However, within this discipline we can distinguish various approaches or objects of study. Below, we list the different topics that environmental psychology studies: Relationship between physical space and behavior: research about the
variables of physical space and their influence on human behavior. From this approach, personal space, territoriality, overcrowding, appropriation and distribution of spaces, etc. are analyzed. Influence of environmental dimensions and their effects on people's perceptions
cognitions and emotions, as well as their adaptation to them. Studies are included about elements such as environmental stress, noise, light, color, climate and their effects. psychological and physical consequences About people. Also included are the effects on performance and the variability of the effects of these
variables in different environments. Environmental design and planning: approach and creation of environments and products that are ecological, respectable and sustainable for the environment, based on
the consequences on the environment. Environment as well as the meanings and emotions linked to it. This branch studies how human beings perceive and understand the environment on a personal level and organize it in the mind. Behaviors
and attitudes towards the environment: analysis of cultural and psychological differences in the development of attitudes and awareness about the environment, as well as study of the factors that influence these. The difference and their
relationship with the environment: analysis of the specific needs of certain groups of the population in relation to the construction and distribution of spaces, as well as the difficulties they experience derived from this design. Related: Toxic Siblings: 10 Conflicts Between Problematic Siblings Environmental psychology: example Some examples of
environmental psychology, research and objects of study in this discipline are the following: Great color contrasts They can negatively influence people's work and visual performance, since they promote distraction. Another example of environmental psychology or ecological psychology is that the presence of various open public spaces in the
territories they favor citizen participation, since these spaces facilitate associationism and the socialization of people It stimulates communication, debate and exchange of ideas, because it is easier for everyone to look at each other. Research on norms and incentives in environmental behavior, such as
promotion of recycling of empty containers with a small financial reward, as is being done in some Northern European countries. Regarding personal space, the square rooms, the high ceilings and the windows reduce the feeling of crowding. The urban planning of transportation, schools and residential centers based on the needs of children, older
people and people with functional diversity. Design and construction of spaces that are safe for women, especially at night and in relation to harassment and aggression in public spaces. In the following article you will find How to prevent gender violence. Those social groups that are educated in the respect for the environment and conceive people as
part of it, they develop greater environmental awareness While those groups that grow up in an individualistic value system and that place the human being as central more easily develop a selfish perspective about the environment and seek their own benefit from it. He development of sustainable cities by promoting the use of renewable energies
and the reduction of emissions by companies is another example of environmental psychology. Effects of pollution on respiratory diseases, allergies, as well as alterations in psychological balance and increased stress and anxiety. Development of a good communication and transportation network as well as promoting the use of bicycles in the
population with the aim of improving the environment. Another example of environmental psychology is research on the barriers that people perceive in terms of recycling, such as lack of knowledge, low availability of different nearby containers or the lack of perception of benefits from this behavior. Once the causes are known, solutions are
addressed, such as environmental education and awareness campaigns or increase in containers. The personality differences and cultural based on the physical environment and variables such as temperature and climate. Seasonal affective disorder is an example of how the weather influences people. Related: How to Enjoy Family Vacations This
article is merely informative, at PsychologyFor we do not have the power to make a diagnosis or recommend a treatment. We invite you to go to a psychology to treat your particular case. If you want to read more articles similar to What is environmental psychology.
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(2000). Environmental psychology: interface between behavior and nature. Science and culture magazine(8), 63-78. Environmental psychology is a multidisciplinary social science that examines the relationship between human beings and our surroundings. It considers how we as people shape our natural world and built environments - and how those
environments shape us in turn. It's one of the relatively new subfields of psychology, but it's not a new concept. It's common knowledge that people can find solace in nature. We may feel invigorated and excited - or even intimidated - in a busy city space. We may feel invigorated and excited - or even intimidated - or even intimidated - in a busy city space.
It was Winston Churchill who famously said "We shape our buildings; thereafter they shape us." - and this has only proved more true as we've continued to build the world up around us to better suit our needs and desires. Environmental psychologists don't just focus on how our physical environment affects us. In much the
same way that social psychology studies how people are influenced by other people, or ecology studies the relationships between living organisms and their environments, e
Through our actions as a species, we can see direct and indirect consequences on our climate and ecosystems. But this also means we can impact our environment in a positive way, too. Creating green spaces, sustainable communities, and supporting wildlife to thrive are all interventions that allow us to focus on sustainability and affect the world
around us in a beneficial way. This is known as environmental design. Through planning, policies, programmes, buildings and products, we can create spaces that enhance and improve our environments, or even social or cultural environments.
within the field of environmental psychology include: Environmental behaviour: when people make a conscious effort to minimise adverse impacts on the natural environments - that act almost as a
form of healthcare. They rejuvenate a person and reduce their emotional stress. Health psychology; focuses on how biology, psychology; focuses on how biology, psychology; focuses on solutions to human
problems in work and other organisational settings. The American Psychological Association (APA) notes that even ergonomically designed technology and floor plan layouts are all connected to our physical environment on human
experience and behaviour. Environment psychology utilises quantitative and qualitative research methods, so an environmental psychology research project could include everything from interviews and data analysis to field studies and lab experiments. Noteworthy environmental psychologists Stephanie Wilkie is an associate professor in
environmental psychology within the University of Sunderland's School of Psychology. Her areas of expertise include: links between built and housing; and the role of places in shaping identities and group memberships. Robert Gifford is a
professor of psychology and environmental studies in Canada (within the University of Victoria's Department of Psychology, and he has worked on climate change behaviour barriers. He has served as editor in chief for The Journal of
Environmental Psychology and president of the International Association of Applied Psychology in the Netherlands (within the University of Groningen's Environmental Psychology Group). Her main research interests include understanding environmental behaviour, in particular household
energy use and car use, as well as understanding which individual and situational factors affect intrinsic motivation to act pro-environmental psychology. These include: Arousal theory Arousal is a heightening of brain activity, and
arousal theory considers how we are aroused by stimulation and stress within our environments. For example, imagine you're on a busy roadside. It's a hot day, you're surrounded by crowds of people, noxious traffic fumes, honking car horns. Physiologically, your heart rate and blood pressure may increase. Behaviourally, you may start to be less
considerate of the people around you. Arousal theory examines both the positive and negative arousal experienced depending on environmental load theory suggests that we have a limited ability to handle environmental stimuli, and that the limit is determined by the amount of information
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that can be processed by our central nervous systems. We've all had moments where we feel information overload. Maybe you've been scrolling through Twitter while watching a film, meanwhile, your housemate is having a loud conversation on the phone in the next room. Soon, you find it hard to focus on any of the things happening in your environment. Behaviour constraint theory Behaviour constraint theory examines the ways in which we may feel powerless when in environments that are undesirable to us. It suggests that our human behaviour in these situations is learned – that if we find we cannot control straint theory suggests you'll either come to just accept the mess, or clean it up yourself. Or possibly find a new place to live. Adaptation level theory Adaptation level theory Adaptation level theory suggests you'll either come to just accept the mess, or clean it up yourself. Or possibly find a new place to live. Adaptation level theory Adaptation level theory suggests you'll either come to just accept the mess, or clean it up yourself. Or possibly find a new place to live. Adaptation level theory suggestions that the way be upon going to spas because you in the past. Environment a stress theory tells us that stresses theory tells us the stresses theory tells us that stresses theory tells us the stresses theory tells used to stresses theory tells used to stresses the processes of our environment. The fact is still astall a