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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 stimuli within our environment, we adopt a level of helplessness and accept what we cannot change - or perhaps we just leave the environment entirely. Think about sharing a flat with other people. Maybe one of your flatmates is messy - they never clean the kitchen or bathroom, they leave dirty dishes and clothes all over the place, and despite speaking to them about it many times, the flat is still a mess. Behaviour constraint 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 that the way we judge a stimulus is based on our past experiences and recollections of similar stimuli we've encountered. We all do it - maybe you avoid cats because you were scratched by one as a child. Or maybe you enjoy going to spas because you've found that visiting them has helped to calm and relax you in the past. Environment stress theory Environment stress theory tells us that stressors in our environment - for example, pollution and climate change - affect our physiological and mental health as well as our emotions and behaviours. For example, think about the rise in climate anxiety in the 21st century - not only is climate change negatively impacting our physical environment and health, it's also affecting our mental health. Ecological theory Ecological theory says that we co-exist with our environments - and that our behaviours exist because of our environments. In fact, it suggests that there is no greater influence on behaviour than our environment. Think about how you might behave at work, or at school, or at a friend's house. Ecological theory suggests that it is the place, even more than your personality, that affects how you behave in each of those environments. Apply environmental psychology in your own work Environmental psychology is fostering a better understanding of human-environment interactions. Whether you want to improve environmental attitudes - even promote a behaviour change to encourage more planet-friendly action - or encourage sustainable development so that we can more efficiently use natural resources, environmental psychology will help you examine how to best achieve your goals. The 100% online MSc Psychology at the University of Sunderland is studied part-time so it's perfect if you're a working professional or want to switch careers - and environmental psychology is one of the key areas taught on the course.