

Psychology and life.

I Fill in the blanks:-

- 1) Environmental Psychology is a study of the interrelationship between environments and human behaviour.
- 2) Stolkols described three perspectives to the human-environment relationship.
- 3) Swimming pool is an example of Built environment.
- 4) Edward Hall studied the importance of social distance and personal space.

II Match the pairs:-

- 1) Built environment - Bridges, dams, buildings
- 2) Natural disaster - Flood.
- 3) Crowding - Overpopulation.
- 4) Man made disaster - Bhopal gas tragedy.

III State whether True or False:-

1) Environment is meant for the use and comfort of human beings.

Ans False.

2) It is the built environment that gives rise to problems of ecological balance.

Ans True.

3) Human beings can control and manipulate the environment with technology to any extent.

Ans True.

4) Cities encounter more environmental problems.

Ans True.

5) Crowding and high density may lead to aggression.

Ans True.

6) Crowding tolerance helps adjustment in cities.

Ans True.

7) Poverty can be reduced with basic education to all.

Ans True.

8) It is impossible to give equal opportunity to all citizens as Indian society is based upon caste system.

Ans True.

- 9) The discrepancy between the different classes can be reduced with equal access to means of production and employment opportunity.

Ans True.

IV Answer in one sentence:-

- 1) What is built environment?

Ans Built environment refers to whatever that has been created by human beings within the natural environment.

- 2) What is instrumental perspective to man-environment relationship?

Ans Instrumental perspective assumes that humans can fulfil needs for their survival, well-being and comfort by using resources available in natural environment.

- 3) What is spiritual perspective to man-environment relationship?

Ans Spiritual perspective explains that environment is to be respected, cared and one must prevent misuse and exhaustion of the resources available in environment.

- 4) What are the major sources of pollution?

Ans Water, air and soil are the three major sources of pollution.

5) What are man-made disasters?

Ans Hazards caused by excessive and irresponsible human activities that are full of errors and negligence are called man-made disasters.

6) Give an example of man-made disasters.

Ans War is an example of man-made disasters.

7) What is pro-environmental behaviour?

Ans Pro-environmental behaviour is the concept of environmental management in a responsible way to preserve resources, safeguard the environment and preserve ecological balance.

8) What is survivor's guilt?

Ans Survivor's guilt is one of the symptoms of Post-Traumatic Stress Disorder in which a survivor holds himself liable for the death of others during the disaster and feels guilty for surviving while others have perished in the disaster.

V Answer in 30 to 40 words:-

1) Explain the various perspectives to human-environment relationship. Which perspective is ideal?

Ans The various perspective to human-environmental relationship are as follows:

① The minimalist perspective-

It assumes that the physical environment has minimal or negligible influence upon human behaviour, health and well-

being. According to this perspective, physical environment and human beings exist as parallel components.

② The instrumental perspective-

This perspective states that the physical environment is meant for use. Human beings can fulfil their needs and use the environmental resources for their comfort and well-being.

③ The spiritual perspective-

It approaches at the environment as something that has to be valued and respected. This perspective prevents exploitation and exhaustion of the environment resources.

Out of the above three perspectives, spiritual perspective is ideal.

2) What is crowding tolerance?

Ans ① Tolerating excessively in crowded environment and changing the behaviour accordingly is called 'crowding tolerance'.

② Crowding tolerance reduces a feeling of discomfort. Personal perception of many people does not lead to distress or a feeling of privacy conquest.

3) What are the effects of crowding upon behaviour?

Ans Crowding leads to the following psychological effects.

- ① Crowding restricts the bodily movements and a feeling of discomfort is generated.
- ② There is loss of restricted privacy and a negative view of the space around the person is created.
- ③ Crowding also leads to a feeling of loss of control over social interaction.

4) Explain noise pollution as an environmental stressor.

Ans ① Noise pollution creates adverse effects on mental activities. Person feels stressful, mentally confused and irritated due to excessive levels of noise. Noise pollution also reduces the capacity to work and focus on a particular task as it causes emotional disturbances.

- ② People exposed to sound levels ranging between 95 to 110 db undergo contraction of blood vessels, change in heart rate and dilation of the pupils of the eyes. It also leads to physical discomfort, temporary or permanent damage to hearing, high blood pressure, etc.

5) What is passive smoking?

Ans ① The smoke exhaled by the smoker while using cigarette, cigar or beedi creates very harmful effect upon the non-smokers around. Hence, inhaling tobacco smoke is known as 'passive smoking'.

② Passive smoking has dangerous and adverse effects on psychological and physical health of the non-smoker.

6) What are the symptoms of Post-traumatic stress disorders?

Ans Following symptoms are shown by the person inflicted with Post-Traumatic Stress Disorder:

① The survivor re-experiences the traumatic occurrence and undergoes flashbacks reliving the trauma repeatedly. He/she also shows physical symptoms like increased heart rate, sweating and high blood pressure.

② Hyper-vigilance is another symptom of PTSD in which the affected person is easily startled and traumatized. He/she is constantly afraid that the event will occur again.

③ Disturbed sleep, nightmares, sensitive to normal life events, avoiding places and people reminding of the traumatic event, lack of interest in activities, irritability, outburst of anger, difficulty to focus and survivor's guilt are some of the other symptoms of this disorders.

7) Why is it difficult to break the vicious cycle of poverty?

Ans It is very difficult to break the cycle of poverty because -

① Poverty and discrimination are directly related to each other. Many times, there is unfair treatment to a person who belongs to lower strata of the society.

② There is a general attitude to judge a person based on his/her material possessions and not by the achievements.

③ Social discrimination results from poverty and the poor are deprived from their opportunities to improve their social condition. Hence, social discrimination makes it very difficult to break the vicious cycle of poverty.

VI Answer in 25 to 30 words -

1) Environmental Psychology -

A branch of psychology that deals with the various psychological implications pertaining to the inter-relationship between human being and environment is called Environmental Psychology. It is the study of transactions between individuals and their physical settings. In these transactions, individuals change the environment and their behaviour and experiences are changed by the environment.

2) Ecology -

Ecology is a closely related concept but not the same as Environmental Psychology.

Ecology refers to the study of inter relationship between living beings and their environment, whereas Environmental Psychology focuses upon interdependence between environment and people. It is in reference to human beings.

3) Air pollution -

The pollution created due to the emission of poisonous gases from vehicles and different industries leads to air pollution.

Air pollution causes physical problems like asthma, skin problems, bronchitis, etc. It also results into ~~phs~~ psychological problems like lower efficiency, discomfort, increased anxiety, lowered interest and attention at work, etc.

4) Noise pollution -

Noise refers to any unwanted sound that is disturbing, annoying and felt to be unpleasant. The effect of noise varies with the duration and intensity of the noise. Noise for a longer duration causes discomfort, inability to pursue a desired activity, inability to focus attention in a certain desired task and unpleasant mood. Exposure to an intense noise for a very long time leads to loss of hearing.

Some researchers claim that noise pollution is related to high blood pressure and

that in children it is linked to distractibility and diminished persistence at tasks.

5) Crowding -

With the ever increasing global population, it is not an uncommon experience to have large number of people gathered in a relatively smaller area. For example, at a site of a road accident, people gather around for some time and disperse.

Crowding in context of environment psychology has a specific meaning. It refers to the large number of people or things gathered in a limited space causing discomfort and restriction upon a person's physical movements as well as a lack of privacy. When number of things and people increase disproportionately in a limited space, it causes stress. Crowding is an environmental stressor.

6) Personal space -

Personal space is a concept closely linked to crowding. It is the space one would like to maintain around him or herself. In general, individuals like to keep a certain distance from all possible people in their surroundings. The physical distance from others while interacting defines a person's personal space and a boundary. Any ~~other~~ one crossing the boundary, entering personal space creates discomfort.

However, in modern society, especially in crowded urban communities, it is at times difficult to maintain personal space, for example, in

a crowded bus, railway compartment, railway station or street.

7) Natural disaster -

Natural disaster cannot be controlled. They result from disruption in the environmental balance. Earthquakes, tsunami, flood, cyclones, volcanic eruptions are a few of natural disasters throwing human beings in a helpless state.

Although it is possible to predict the natural disaster to an extent with the help of advanced technology, when it occurs and strikes a section of population, it is extremely difficult to manage the effects. Natural disasters cannot be prevented.

8) Post Traumatic Stress Disorder -

Psychological disorder that is classified as an anxiety disorder and is usually developed due of a dreadful fright, life-threatening events like flood, earthquake, fire, terrorism, etc. or highly unsafe experience is called 'Post-Traumatic Stress Disorder'.

Some of the important symptoms of this disorder are high blood pressure, increase heart rate, disturbed sleep, nightmares, hyper-vigilance, outburst of anger, lack of interest in activities, etc.

9) Poverty -

A condition in which a human being cannot satisfy his/her primary survival needs is called 'poverty'. It is an economic state with socio-psychological effect.

Poverty can be explained in economic terms by measuring ~~some~~ income and material possessions that one has. It can also be defined in terms of nutrition and the amount of money spent on the day-to-day necessities like food, clothing and shelter.

10) Discrimination -

Discrimination refers to the unjustified treatment to a person belonging to the lower class. It is not uncommon that people in general discriminate between the rich and poor. Attitude towards a person depends not only on what he or she is but what he or she has in terms of material possessions. These attitudes are reflected in our social norms and are difficult to change because people don't realize what these norms imply and carelessly follow them. For example - it is always easy to assume that crime is more common ~~people~~ amongst the poor class, or if a person is poor he is likely to steal.

11) Deprivation-

Deprivation refers to a state in which a person perceives himself as not having what he values and what he deserves. While poverty can be objectively defined as actual shortage of resources to satisfy necessities of life, deprivation is a relative concept. It is a matter of perception of having a lack of something one desires and deserves. A poor person is more likely to experience deprivation as compared to people who have the capacity to satisfy minimum needs. Thus poverty and deprivation are closely related. Deprivation stems from belongingness to a class which is at a social disadvantage.

12) Social disadvantage-

A condition caused by differences in availability of opportunities, resources and privileges only because of belongingness to a particular class is called 'social disadvantage'.

Social disadvantage hampers economic, educational and social progress of the people living in the society.

VII Give psychological reasons -

1) It is desirable to adopt spiritual perspective to human-environment relationship.

Ans It is desirable to adopt spiritual perspective to human-environment relationship; because -

① Spiritual perspective to human-environment relationship values and respects the environment. It considers relationship between human and environment as mutually dependent on one another.

② It helps to avoid exploitation and exhaustion of natural resources available in the environment.

2) Environment affects occupation and style of living.

Ans Environment affects occupation and style of living; because -

① The natural habitat where people settle and make their living determines the kind of occupation they take. According to the environmental conditions, life style of the people, their food habits, culture, occupation, etc. are determined.

② People living in coastal regions depend on fishing for their survival. Similarly, people living in agricultural areas depend on occupation related to agriculture. People living in or near the forest areas, follow occupations such as hunting, gathering forest products or obtaining timber.

3) Pollution is hazardous physical and psychological health.

Ans Pollution is hazardous to physical and psychological health; because -

① Due to pollution, industrial wastes and garbage environment is contaminated leading to air, water and soil pollution. The hazardous pollutants including harmful chemicals and poisonous substances create adverse effect on the nervous system of human beings.

② Respiratory problems like suffocation, increased irritability and low energy level are the main consequences of pollution. Air pollution causes respiratory disorders, noise pollution leads to hearing defects and water pollution results in abdominal problems.

4) Crowding is a major source of stress.

Ans Crowding is a major source of stress; because -

① Crowding means, large number of people or things gathered in a limited space causing physical and psychological discomfort. It creates limits upon a person's physical movements as well as restricts his/her privacy.

② As crowding reduces tolerance limits in the individual, he/she develops an attacking approach. Individual feels of control over social interaction. The rate of crimes in crowded places increase which adds to the level of stress.

6) It is very difficult to break the cycle of poverty.
 Ans Refer to Q.5 (7)

VIII Write short notes:-

1) Crowding-

Refer to Q.6 (5)

2) Air pollution-

Refer to Q.6 (3)

3) Promoting pro-environmental behaviour-

Protecting the environment and preserving the ecological balance is known as 'pro-environmental behaviour.' ~~Planning~~ Planting more trees is important as it helps in maintaining the ecological balance that has been disturbed due to deforestation. Fresh oxygen is provided by the trees during the day, helping in maintaining cool and pleasant temperature.

Managing garbage helps to prevent pollution of the Environment. Organic and inorganic wastes should be separated. Biodegradable waste can be used for manure. Recycling of non-biodegradable waste like plastic helps in reducing environmental pollution.

Cotton or paper bags must be used instead of plastic bags. Moreover, public transport must be encouraged and the owners of private vehicles must regularly check the PUC to ensure good condition of their vehicles.

Unnecessary honking of vehicles and loud speakers during festivals must be minimized to control noise pollution.

4) Post traumatic stress - disorder -

Refer to Q. 6 (8).

5) Poverty in India -

Since the last 20 years, poverty has already reached the highest volume in India. Poverty has given rise to several problems like malnutrition, psychological, economic, social, personal as well as educational and gender related problems.

Poverty has led to inequality among the social status of the people. Inequalities result in keeping entire social groups like tribal or lower socio-economic class unable to take advantage of the opportunities that people in general can have with nation's economic growth.

Poverty has given a way to increasing instances of violence, injustice and other crimes. Due to increasing effects of mass media, criminal mentality has developed among the poor people in India. Moreover, among children belonging to poor families there is lack of motivation, poor cognitive development and low self-esteem.

6) Deprivation-

Refer to Q.6 (11)

7) Social advantage-

Refer to Q.6 (12)

IX Answer in 100 to 150 words :-

1) Explain the effects of environment upon human behaviour.

Points: ① Influence of perception

② Influence upon emotion

③ Influence on occupation, style of living and attitude.

Ans Psychologists have pointed out some influences of environmental variations as significant determinants in psychological processes.

① Influence upon perception-

The environment in which one lives, affects the way in which one perceives the stimuli. A tribal community in Africa lives in circular huts. Such houses do not have walls with angles. They show less errors in perception of Muller-Lyer's geometric illusion as compared to the people from cities living in houses with angular walls.

② Influence upon emotions -

The surrounding has a continuous impact upon the way we feel. The pleasant scenery of beautiful trees full of flowers, the range of mountains with the rising sun popping out from behind, birds flying in the sky in a

symmetrical pattern, the sound of ocean etc. bring us in a blissful touch of nature. We feel joy and ecstasy.

③ Influence on occupation, style of living and attitude -

The geographical characteristics of the region where people have settled determine their occupation. The occupation in turn affects the style of living, the pattern of interaction with others, and the attitudes of people living in a certain geographical region.

2) Explain human influence upon environment.

Points: ① Noise

② Pollution

③ Crowding

④ Natural disaster - environmental

Ans The following are the ^{environmental} influences which affects us:

① Noise -

Refer to Q.6 (4)

② Pollution -

Pollution refers to contamination of foreign substances into natural elements causing harm to environment and the living beings depending upon it. Pollution in the environment may be in form of energy such as light, heat or sound or in form of chemical contaminants entering into water or food or air by various routes. We shall deal here with three major forms of pollution i.e. water, air and soil. Industrial waste and

domestic garbage are the main sources of contaminants polluting air, water and soil.

③ Crowding-

Refer to Q.6 (5)

④ Natural disaster-

Refer to Q.6 (7)

3) Explain the various measures of promoting pro-environmental behaviour.

Points: ① Information and education

② Prompting

③ Modelling

④ Commitment

⑤ Environment design

⑥ Consequence strategies

⑦ Rewards

⑧ Feedback.

Ans Following are the various ~~behaviour~~ strategies to promote pro-environmental behaviour:

① Information and education-

Information alone is seldom sufficient to change behaviour. Education and information have often been combined with other intervention components and they have generally focused on positive environmental impacts or personal savings achievable by increasing pro-environment behaviour.

② Prompting-

Prompting strategies are verbal or written antecedent messages that designate desirable target behaviours. Prompts work best when the

target behaviour is relatively easy to perform, clearly defined, and when the message is displayed in close proximity to the place where the target behaviour can be performed.

③ Modeling -

Modeling strategies involve demonstrating a desired pro-environment behaviour to a target population. Modeling can involve in vivo demonstrations, but reaches a broader audience through videotape or television.

④ Commitment -

Commitment strategies involve asking participants to make a verbal or written commitment to perform a desired behaviour. Once people have made a commitment, they are more likely to perform the target behaviour.

⑤ Environment design -

A strategy for increasing pro-environmental behaviour is the introduction of devices or objects into the environment that make opportunities for pro-environmental behaviour more salient or convenient.

⑥ Consequence strategies -

Consequences are the primary determinant of behaviour. In fact, the antecedent strategies reviewed above are presumed to work by announcing the availability of consequences associated with proenvironment behaviour.

⑦ Rewards -

Although behaviour can be controlled through positive or negative consequences, environm-

ental behaviourists have favoured rewards over punishment because of the negative attitudes ~~from~~ and counter control measures that can result from punishing consequences.

⑧ Feedback-

It involves providing information to participants about their pro-environmental related behaviours. They are "formed" about the required further changes. Feedback makes behaviour more salient and increases the likelihoods of behaviour change corresponding with the consequences.

4) Discuss psychology and social concern

Points: ① Poverty and discrimination

② Deprivation and social disadvantage.

Ans Psychological and social concerns are discussed below:

① Poverty and discrimination-

Refer to Q.6 (9 and 10)

② Deprivation and social disadvantage-

Refer to

Q.6 (11 and 12).