Psychology and human: Environmental relationship

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Abstract

In the present study, it shows the relationship between human behavior and environment. The environment plays special roles in our lives. Study of Maniasakam, 2002 showed environment also influence our psychological processes and behavior, some of these effects are demonstrated in stress- producing environmental conditions such as noise, pollution and crowding. A psychologist named Stokols, 1990 describes minimalist approach (negligible influence on human behavior), instrumental approach (environment reflect the instrumental perspective), spiritual approach (implies that human beings recognize the interdependent relationship between themselves and the environment). The traditional Indian view has two examples of spiritual perspective in our country, the customs of the Bishnoi community of Rajasthan, and the Chipko movement in the Uttarakhand region.

Keywords: environment, human, psychology

Introduction

Nature is fascinating. It embodies the spirit of creation. Man has made it more beautiful. But for him, nature would not have been as enjoyable as it is. He has converted the wild forest into parks, gardens, orchards and cities and he deserves all praise for that. But in doing that and in his attempts to make it more recklessly, polluted air and water, de-spoiled nature ruthlessly. These effects mentioned above are physical in nature, man have brought about these effects in order to exhibit their control and power over the natural environment. It is somewhat paradoxical that human beings are using technology to change the natural environment in order to improve the quality of their life but, in reality, they may actually be worsening the quality of life. The inevitable consequence is an ominous deterioration of environment. He did not take precautions, so he is in a crisis today now, the time has come for man to be more careful, lest he invite catastrophe. How can it be done? Obviously environment education imparted with sincerity is the only answer.

The word environment refers to all that is around us, literally everything that surrounds us, including the physical, social, work, and cultural environment. In general, it includes all the forces outside human beings to which they respond in some way. Ecology is the study of the relationship between living beings and their environment. In psychology, the focus is on the interdependence between the environment and people, as the environment becomes meaningful with reference to the human beings who live in it.

Environment education is a study of the factors influencing ecosystem, mental and physical growth, living and working conditions, decaying cities, and population pressures. Environmental education is intended to promote among citizens the awareness and understanding of the environment, our relationship to it, and the concern and responsible action necessary to assure our survival and to improve the quality of life.

Environmental psychology is the study of transactions between individuals and their physical settings. In these transactions, individuals change their environments, and their behavior and experiences are changed by their environments.

It includes theory, research, and practice aimed at making the built environment more humane and improving human relations with the natural environment. Considering the enormous investment society makes in the physical environment (including buildings, parks, streets, the atmosphere, and water) and the huge cost of misusing nature and natural resources, environmental psychology is a key component of both human and environmental welfare.

Environmental psychologists work at three levels of analysis:

a) Fundamental psychological processes like perception of the environment, spatial cognition, and personality as they filter and structure human experience and behavior.

b) The management of social space: personal space, territoriality, crowding, and privacy, and the physical setting aspects of complex everyday behaviors, such as working, learning, living in a residence and community.

c) Human interactions with nature and the role of psychology in climate change.

The Distinctiveness of Environmental Psychology

Most psychologists examine the relations between environmental stimuli and human responses in one way or another. However, what sets environmental psychology apart is its commitment to research and practice that subscribe to these goals and principles:

a) Improve the built environment and stewardship of natural resources.

b) Study everyday settings (or close simulations of them).

c) Consider person and setting as a holistic entity

d) Recognize that individuals actively cope with and shape environments; they do not passively respond to environmental forces.

e) Work in conjunction with other disciplines broadly depicts the scope of environmental psychology.

Psychology has an indispensable role in understanding environmental problems and finding solutions. To fill this role, psychologists must work within an interdisciplinary effort to build a scientific understanding of human-environment interactions. Stem (2000), suggests that psychology can contribute more strongly by counteracting disciplinary biases, focusing research where a behavioral analysis identifies major opportunities, making appropriately modest claims, collaborating with other disciplines, and building on psychology's relative strengths among the human sciences.

Environmental Perception and Spatial Cognition
Environmental psychologists emphasize understanding how individuals respond to complex everyday scenes (e.g., Ittelson, 1978). A person's level of awareness, degree of adaptation, and necessary selectiveness in attending to environmental cues within complex real scenes mean that people sometimes miss important elements of a scene resulting in negative consequences for health or safety (e.g., Stamps, 2005).

Managing Social Space
People use the physical space among them according to complex rules and strong preferences. Although these rules and preferences are not always conscious, their importance suddenly becomes clear when they are compromised. Personal space, territoriality, and crowding are the main dimensions of social space.

The Psychology of Resource Management
Energy conservation, recycling, fresh water, and pollution are instances of everyday commons dilemmas. The choices people make—sometimes to take (as in fishing) and sometimes to give (as in greenhouse gases) influence the fate of many desirable resources. People in commons dilemmas must decide whether to try to serve their own interest quickly, which risks total failure for self, others, and the resource, or, through restraint, to benefit all participants more moderately, with the crucial consequence that the resource is preserved for the future (Hardin, 1968).

Conclusion
It is clear or agreed that a conceptual approach to imparting environmental education is always best because environmental education and awareness intended to take necessary action to assure our survival and to improve the quality of life.

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