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Psy511 finalterm updated short Notes 2024

# Combined Handouts of Environmental Psychology (PSY511)



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## Lecture #19

### Impact of Environment on Individual (Personality Development and Individual Differences)

#### Personality:

Personality is the stable and distinctive ways of thinking, behaving, and feeling that characterize a person's adaptations to their environment (Maddi 1976, Mischel 1976). It is a dynamic and organized set of characteristics influencing thoughts, motivations, and behaviors. The term "personality" comes from the Latin word "persona," meaning mask. Traits like being outgoing, empathetic, or shy make up personality.

#### Personality Development:

Development of unique thoughts, feelings, and behaviors that distinguish each individual.

#### Two Questions for Personality Psychologists:

1. **Individual Differences:** Why do people react differently to the same situation?
2. **Environmental Impact:** What is the relationship between behavior and environment?

#### Personality Research – Theoretical Frameworks:

- Trait Theory
- Murray's Theory of Personality
- Interactionist Perspective
- Metron's Notion of Self-Fulfilling Prophecy

#### Trait Theories of Personality:

Traits are enduring ways individuals differ from others. They are stable over time and consistent across situations.

##### 1. Gordon Allport Trait Theory:

**Cardinal traits:** Dominate and shape behavior, like ambition.

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**Central traits:** Present in all people to varying degrees, like honesty.

**Secondary traits:** Specific behaviors in certain contexts, like impati

## 2. Raymond Cattell:

Cattell reduced Allport's traits and identified 16 source traits of personality (1978).

## 3. Hans Eysenck:

Eysenck proposed a three-dimension model: extraversion, neuroticism, and psychoticism, claiming differences are biologically rooted (1967).

# Lesson #20

## Murray's Theory of Personality Development and Interactionist Perspective

### Henry Murray and Psychogenic Needs

Henry Murray, an American psychologist, developed a theory of personality based on motives, presses, and needs. He defined a need as a "readiness to respond in a certain way under certain given circumstances" (1938). Murray's theory suggests that our personalities reflect behaviors driven by needs, some temporary and others deeply ingrained. These psychogenic needs operate mostly unconsciously but significantly shape our personality.

### Murray's Types of Needs

#### **Primary Needs**

These are biological demands like the need for oxygen, food, and water.

#### **Secondary Needs**

These are psychological needs like the need for nurturing, independence, and achievement.

### List of Psychogenic Needs

Murray identified 24 psychogenic needs, which everyone has to varying degrees. Some examples include:

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Ambition Needs

- **Achievement:** Success and overcoming obstacles.
- **Exhibition:** Thrilling others.
- **Recognition:** Displaying achievements for social status.

Materialistic Needs

- **Acquisition:** Obtaining things.
- **Construction:** Creating things.
- **Order:** Organizing things.
- **Retention:** Keeping things.

Power Needs

- **Abasement:** Confessing and apologizing.
- **Autonomy:** Independence.
- **Aggression:** Attacking others.
- **Blame Avoidance:** Following rules.
- **Deference:** Cooperating with others.
- **Dominance:** Controlling others.

Affection Needs

- **Affiliation:** Spending time with others.
- **Nurturance:** Caring for others.
- **Play:** Having fun with others.
- **Rejection:** Rejecting others.
- **Succorance:** Being helped by others.

Information Needs

- **Cognizance:** Seeking knowledge.
- **Exposition:** Educating others.

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### Interactionism: The Interactionist Perspective on Situation vs. Person

Traits and situations interact to influence behavior. The interactionist perspective holds that behavior is a result of personality and interpretation of the situation. Different situations affect people differently, and behavior is influenced by both personal traits and environmental factors. Research (Kenrick et al, 1990) indicates that a trait will appear only in relevant situations.

### Mischel's Contention (1968)

Walter Mischel argued that behavior is not solely determined by internal traits but is influenced by external situations. Behavior is better predicted by understanding the specific circumstances rather than broad trait-based predictions. Mischel's view challenges traditional trait theories, suggesting a dynamic interplay between person and situation.

### Behavior Contingency Units

Behavior Contingency Units highlight the close association between behavior and the setting's stimuli. A significant portion of behavioral variance is due to situational variables.

### Bowers, Bem, and Allen's Viewpoint

They argue that situations are as much a product of the person as the person's behavior is a function of the situation. Individuals shape their environment through behavioral and cognitive processes.

### Metron's Self-Fulfilling Prophecy

A self-fulfilling prophecy occurs when a person's expectations about others lead them to act in ways that bring out the expected traits. This dynamic interchange between people and their environment shows how interactions influence behavior.

## Lesson #21: Environmental Changes and Stress

Humans are adaptable, using ingenuity to adjust living environments. Today, adaptability faces challenges from human actions (like crimes), natural disasters (such as earthquakes), and technological advances (like faster cars). These stress factors test human limits, often labeled simply as stress.

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Technological Advancements:

Technology brings benefits but also risks. Faster cars and crowded air corridors increase accident risks. Chemical expansion introduces unknown health and environmental impacts. Nuclear developments raise safety concerns.

Defining Stress: Stress is the state when environmental demands force changes. Theories differ on whether stress is the demand itself or the response.

Theoretical Models of Stress:

**James-Lange Theory:** Emotions stem from physical responses.

**Cannon-Bard Theory:** Emotions and responses occur simultaneously.

**Schachter-Singer Theory:** Emotions depend on arousal and cognitive interpretation.

Response-Based Definition of Stress:

Focuses on physiological and psychological reactions to demanding situations.

Key Physiological Changes During Stress:

**Cardiovascular:** Increased heart rate and blood pressure.

**Respiratory:** Rapid breathing to distribute oxygen.

**Musculoskeletal:** Tense muscles in preparation.

**Endocrine:** Release of stress hormones like adrenaline.

Psychological Responses:

Include anxiety, worry, fear, concentration difficulties, confusion, and self-esteem issues.

Stimulus-Based Definition of Stress:

Views stress as responses to environmental events that disturb physiological or psychological systems.

Monat and Lazarus's Definition of Stress (1977):

Stress arises when demands exceed adaptive resources of individuals or social systems.

**Lesson #22: Stress As Cause and Effect**

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Stress involves environmental and psychological events, their interpretation, and responses. It is a process influencing how events are attended to, interpreted, and changed.

The Cyclical Nature of Stress:

**Environmental Stimuli:** Stressors like noisy environments.

**Physiological Response:** Body's physiological changes.

**Psychological Interpretation:** Perception adjustment.

**Behavioral Adaptation:** Altered behavior affecting environment.

Monat and Lazarus's Definition (1977):

Stress occurs when demands exceed adaptive resources, involving both stimulus and response.

The Role of Perception in Stress and Adaptability:

Perception affects how organisms interact with environments. Stress results when demands challenge adaptive capabilities.

Appraisal:

Cognitive evaluation of environmental demands and coping resources.

Types of Appraisals:

**Harm or loss assessment:** Evaluating damage.

**Threat appraisal:** Recognizing future dangers.

**Challenge appraisal:** Focusing on overcoming stressors.

Arousal:

Physiological and psychological readiness for action.

Reticular Formation and Reticular Activating System:

Neural systems regulating alertness and consciousness, crucial in stress response.

Harm or loss assessment involves evaluating damage already done, like after a sudden event such as a tornado. It can also include anticipating loss, like when someone has

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been ill for a long time. People may view these challenges as either obstacles to overcome or threats to their well-being.

**Threat appraisal** focuses on future dangers, like preparing for a tornado or starting college. Anticipating problems can lead to stress as people worry about what might happen.

**Challenge appraisal** centers on seeing stressors as opportunities to grow. Even when faced with difficult situations, people may find ways to adapt and thrive.

Arousal refers to the body and mind's readiness to respond to challenges, preparing to deal with potential threats or challenges.

**Reticular formation** is a network of neurons in the brainstem that controls consciousness and helps regulate sleep, alertness, and sensory input filtering.

**Reticular Activating System (RAS)** is a neural network in the brainstem that screens and processes incoming information, keeping us alert and ready to respond to our surroundings. It helps the brain prioritize important information and prepares the body for action when needed.

## Lesson 23: Physiology of Stress

**1. Definition of Stress:** Stress is a natural response to various environmental stimuli, whether positive or negative.

**2. Cause and Effect:** We'll delve into how stress impacts us, building on our previous discussions.

**3. Appraisal:** Further exploration of how we perceive and evaluate stressors.

### Physiology of Stress and Arousal

Stress triggers physiological changes in our bodies to help us adapt and respond effectively. This includes increased heartbeat and blood circulation. This reaction is known as arousal.

#### **Arousal**

Arousal is a state of readiness where our body and mind are prepared for action. It can

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stem from emotions like excitement, anger, or fear.

### Adaptation: Hormones and Biological Systems

Various organs and systems, including different hormones and components of the nervous system, activate to prepare us for environmental challenges.

#### **Reticular Formation**

This system induces readiness in organisms, preparing them to act swiftly. For example, athletes prepare physically and mentally before a race begins.

#### **Levels of Arousal**

Arousal levels range from low to high, affecting our ability to perform tasks effectively.

#### **The Role of Arousal in Performance**

Moderate arousal levels enhance performance by increasing alertness and focus. However, extreme levels can impair performance.

#### **General Adaptation Syndrome**

Stress is an adaptive reaction that allows us to adjust to environmental demands.

#### **Structures of Cerebral Cortex**

Parts such as the thalamus, hypothalamus, amygdala, and hippocampus play vital roles in processing sensory information and emotions.

#### **Pituitary Gland**

Known as the "master gland," it regulates hormone production and influences bodily functions in response to environmental changes.

Understanding the physiology of stress and arousal helps us comprehend how our body reacts and adapts to various situations. It's essential for managing stress and optimizing performance in daily life.

## **Lesson 24: General Adaptation Syndrome**

### **1. Physiology of Stress**

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- Understanding how stress affects our bodies physically.

2. General Adaptation Syndrome:

- Hans Selye's concept of stress unfolding in three stages:
  - **Alarm Reaction:** Initial response to stress triggers adrenal activity.
  - **Stage of Resistance:** Body attempts to cope with stress demands.
  - **Stage of Exhaustion:** When coping mechanisms are overwhelmed.

3. Stimulus-Response Pattern:

- How our brain processes stimuli, leading to feelings, thoughts, and actions.

4. Psychology of Stress: Primary and Secondary Appraisal:

- **Primary Appraisal:** Assessing the situation's threat level.
- **Secondary Appraisal:** Evaluating coping strategies and their effectiveness.

5. Impact of Psychological Factors:

- Beliefs, attitudes, and perceptions influence stress responses.

6. Resources for Coping:

- Psychological, social, and genetic factors contribute to resilience.

Understanding these concepts helps us grasp how stress affects us physically and psychologically, and how we can better manage it in our lives.

## Lesson 25: MEASURING STRESSORS

Researching Stress

Understanding stress scientifically is crucial for insights into its nature and effects. Defining stress clearly helps identify components for accurate measurement. Stress arises from environmental factors impacting individuals, leading to imbalance. Primary and secondary appraisal help gauge this imbalance.

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Measuring Stress

There are two perspectives:

- **Qualitative differences:** Focuses on subjective experiences like emotions and coping strategies.
- **Quantitative differences:** Focuses on numerical data.

Qualitative Measurement of Stress

Qualitative measurement assesses subjective experiences of stressors, such as emotions and coping strategies. Key sources include:

- 1) **Stressors:** Vary in duration and intensity, like daily hassles or major life changes.
- 2) **Conditions:** Perception varies based on circumstances. For example, loud music.
- 3) **Chronic vs Acute/Recurring Stressors:** Differ in intensity and duration.
- 4) **Controllable vs Uncontrollable:** Some stressors can be managed, others cannot.

Understanding these aspects helps effectively measure and manage stress.

Evans and Cohen's Typology of Stress

In 1987, Evans and Cohen developed a stress typology with three dimensions:

1. Duration
2. Magnitude of required response
3. Number of people affected

Daily Hassles

These are chronic stressors in our daily lives, like job dissatisfaction or noise pollution (Glass & Singer, 1972).

Cataclysmic Events

These major natural disasters, such as earthquakes, have widespread impact.

Major Personal Life Events

Significant life changes like illness or death can severely challenge us.

Ambient Stressors

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Continuous environmental conditions like poverty or family conflicts are termed ambient stressors (Cambell, 1983).

### **Noticing Stress**

Stress becomes noticeable when it threatens our goals or health, such as environmental pollution.

### **Stress and Predictability**

Predictable stressors allow better preparation, while unpredictable ones heighten stress responses.

### **Quantitative Differences**

Physiological responses quantify stress; intensity, duration, rate, and controllability are crucial measures.

**Intensity:** Power of the stressor, e.g., loudness of sound or magnitude of natural disasters.

**Rate:** Recurrence pattern of stressors, like seasonal changes.

**Duration:** Impact over time, independent of intensity.

**Controllability:** Degree of control over stressors, affecting stress response intensity.

## **Lesson 26: Measuring Stress**

### **Psychological and Somatic Responses:**

Psychological responses involve feelings, attitudes, cognitions, and behaviors. These responses can influence somatic (physical) patterns. During stress, the body undergoes physiological changes which can be short-term or long-term, potentially posing health risks if prolonged.

### **Measuring Immediate Response to Stress:**

Methods include measuring galvanic skin responses, hormone levels (like adrenaline

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and non-adrenaline), and blood secretions.

Long-term Response:

Long-term stress can lead to ongoing physiological reactions, contributing to chronic health issues, such as those faced by people living in refugee camps.

Biomedical Model:

Explains illness through physiological dysfunction, invasion of foreign substances, and diseases related to lifestyle patterns (e.g., heart disease).

Adverse Health Models:

Various models explain how stress induces adverse health effects:

- **Model A:** Victimization hypothesis suggests direct effects of stressful events on health.
- **Model B:** Stress-strain hypothesis posits that psychophysiological strain mediates health impacts.
- **Model C:** Vulnerability hypothesis explores preexisting dispositions moderating stress-health relations.
- **Model D:** Added burden hypothesis proposes independent contributions of personality and social conditions to illness.
- **Model E:** Chronic burden hypothesis suggests stable personal characteristics and social conditions cause health changes.
- **Model F:** Event proneness hypothesis sees stressful events exacerbating existing health disorders.

Measuring Stress Psychologically

Psychological assessment involves noting all factors that contribute to behavior. Measuring stress psychologically focuses on various psychiatric symptoms using standard symptom inventories. These scales generally assess how much respondents feel they are in a difficult and uncertain situation.

Measures of Coping

The impact of stress and its effects depend on how well an individual copes with it. Behavioral coping responses vary by individual, as each person handles stress differently.

## Lesson 27: Moderators of the Stress Response

### Moderators of Stress Response

This lecture covers how various factors influence how individuals respond to stress. Psychologists study these responses to help people better manage stressors.

#### **Factors Moderating Stress Responses:**

- Attitude toward the source of stress
- Control
- The Hardy Personality
- Social support
- The Relaxation Response

### Attitude toward the Source of Stress

How one perceives a stressor significantly affects their response. A student's struggle with exams may stem from negative attitudes toward studying. Understanding and addressing these perceptions can improve their outlook and performance. Similarly, phobias are driven by irrational fears. Shifting negative perceptions to positive ones through controlled exposure helps manage these fears.

### Control

Perceived control over a stressor affects one's ability to cope. Greater control leads to better stress management. For example, World War II prisoners experienced severe stress due to their lack of control. Improving physical fitness also enhances resilience to stress. Discussing stress emphasizes building resilience, not vulnerability.

### The Hardy Personality

A hardy personality, seen in leaders like Muhammad Ali Jinnah or Allama Iqbal, demonstrates resilience and determination. Hardy individuals view challenges as growth opportunities and believe in their ability to control their lives. Embracing setbacks as learning opportunities fosters resilience. Understanding hardiness involves seeing mistakes as steps toward personal growth, while failure to learn from them leads to stagnation.

## Lesson 28: Environmental and Cultural Variances

In this lecture, we will explore how the environment and culture influence human behavior, and how human behavior shapes the environment and culture. Here's what we'll cover:

- 1. Relationship Between Behavior and Environment:** We'll examine how behavior and the environment interact.
- 2. Conformity and Obedience:** We'll discuss these phenomena and present a case study.
- 3. Factors Influencing Behavior in Groups:** We'll analyze what drives conformity and behavior in group settings.
- 4. Attributing Behavior:** We'll look at how people interpret and attribute behavior to personal dispositions or situational factors.
- 5. Group Behavior:** Topics will include group pressure, conformity, and mob behavior.
- 6. Culture:** We'll investigate how the environment shapes culture, how individuals learn and adapt to cultures, and the roles of language, symbols, and rituals in cultural formation. We'll also discuss enculturation, acculturation, and subcultures.

### Relationship Between Environment and Human Behavior

Human behavior is significantly shaped by the environment. Sometimes our actions are heavily influenced by our surroundings, raising the question: is behavior governed more by the environment or by free will? This complex interaction between environment and individual agency is a central topic for psychologists and philosophers.

Human behavior is adaptable and can change dramatically in different environments. For example, calm individuals may become aggressive in certain situations, and introverted individuals may become extroverted. This raises the question: does human free will guide behavior, or do external influences have more control?

### My Lai Massacre Case Study

In March 1968, American soldiers of Charlie Company killed several hundred unarmed civilians in the South Vietnamese village of My Lai. Most soldiers followed orders or the example of others. This raises the question of why they behaved so savagely. They

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were under extreme stress, fighting a guerrilla war, and following orders to find and eliminate enemy soldiers in the village. This case highlights the impact of environmental factors on behavior.

While some soldiers followed orders, others, like a helicopter pilot who tried to rescue civilians, behaved differently. This contrast within the same army suggests that behavior can be influenced by both environment and individual dispositions.

### Questions to Consider

1. Is the way people think and act the product of their inner dispositions?
2. Does the situation play a role in shaping behavior?
3. Do environmental factors contribute to how people think, feel, and act?
4. Why did the soldiers in My Lai behave savagely?

These questions help us explore the complex interplay between environment and behavior.

### Conformity

Conformity is the tendency to change one's opinions or actions to match those of others due to social pressures. It is common in society, affecting career choices, among other things. For example, many people pursue careers in medicine or engineering to align with societal expectations.

### Why do people conform?

People often conform to fit prevailing standards, sometimes sacrificing their true desires. Society shapes our aspirations, pushing us toward conformity. This dynamic reflects the tension between societal norms and individual autonomy.

### Asch's Experiment

In Asch's experiment, subjects judged the lengths of lines in a group. Only one subject was real; the rest were instructed to give wrong answers. Despite knowing the correct answer, 37% of the real subjects conformed to the group's incorrect responses.

### Factors Influencing Conformity

#### 1) Agreement among participants

The Asch experiment showed that agreement among participants influences conformity. When everyone else gives the same wrong answer, individuals often conform, even if it

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contradicts their perceptions.

## 2) Dissenters

Dissenters challenge group consensus and reduce conformity. Research shows that dissenters can significantly lower conformity rates compared to groups without dissenters.

## 3) Anonymity

When individuals feel anonymous, they express their true opinions more freely and are less likely to conform.

## Self-confidence vs. self-doubt

Confident individuals resist conformity, while those with self-doubt may succumb to group pressure.

## Reasons for Conformity

People may outwardly agree with the group while inwardly retaining personal opinions. This internal conflict can lead to internalization, where individuals eventually adopt the group's viewpoint to reduce discomfort.

## Process of Conformity

1. **Identification:** Wanting to go along with the group.
2. **Internalization:** Believing in the group's point of view and abandoning personal opinions.

Historical examples, like the rise of the Nazi party, show how social pressure and suppression of dissent can lead to widespread conformity. The interplay between environmental factors and individual agency shapes behavior, raising the question of whether the environment or human will is more powerful. This is a topic worth exploring to understand human behavior.

## Lesson 29: Attribution Theory

### Attribution Theory

Our judgments of people's behavior are shaped by our assumptions about their internal

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states. For example, we might perceive someone as a "bad guy" if they embarrass us, or as a "nice guy" if they are friendly. Attribution theory helps us understand:

- How we explain people's behavior
- How we attribute behavior to their internal states

Consider Syra, a business student who appears shy in class but confident with friends. This illustrates how context influences our judgments.

### Attribution Errors

There are two types of attribution errors:

**1. Fundamental Attribution Error:** This occurs when we overestimate internal factors and underestimate external factors influencing behavior. For instance, assuming someone is always late due to laziness rather than considering external factors like traffic or work schedule.

**2. Self-Serving Bias:** This bias leads us to attribute successes to internal factors (like ability) and failures to external factors (like bad luck).

Understanding attribution theory helps us avoid these errors and make more accurate judgments about people's behavior.

### Self-serving bias

Self-serving bias means attributing success to internal factors and failure to external factors. When someone is successful, we think it's because of their intelligence or effort. When we fail, we blame external difficulties. This bias helps us maintain a positive self-image.

### Internally vs. Externally Caused Behaviors

Internally caused behaviors are under an individual's control, while externally caused behaviors are driven by outside forces. We blame people for their actions if we believe they are internally motivated. However, if we see external reasons for their behavior, we are more forgiving.

### Distinctiveness

Distinctiveness refers to how unique a person's behavior is in different situations. High distinctiveness suggests external causes, while low distinctiveness suggests internal causes. For example, if an employee is usually punctual but is late one day, we might blame external factors. If they are always late, we might blame their character.

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Consensus

Consensus is about how others behave in similar situations. If everyone reacts the same way, we attribute the behavior to external factors. For instance, if 90% of students fail a class, we might blame the teacher's methods rather than the students' abilities. Similarly, widespread poverty might be seen as caused by external conditions, not personal failings.

Consistency

We look for consistency in people's actions, meaning they behave the same way in different situations over time. Consistent behavior indicates established patterns.

**Example:** A student has failed every class for the past five years and always feels upset during exams because he expects to fail. This consistent behavior leads us to blame the student rather than external factors. This perception aligns with attribution theory, which often overlooks external causes for consistent behaviors.

**Interpretation**

**Attribution of Cause**

**Observation**

We use three processes in attribution theory: distinctiveness, consensus, and consistency. High distinctiveness and consensus lead us to attribute behavior to external factors, while low levels suggest internal factors. Consistent behavior over time is also seen as internally caused.

Lesson30 Judgmental Shortcuts and Culture

We often use shortcuts to judge people, which can be misleading. There are five main shortcuts:

**1. Assumed Similarity:** Judging others based on our own experiences.

**Example:** Assuming someone is nervous before a presentation because we were.

**2. Stereotyping:** Generalizing about a group of people.

**-Example:** Thinking tall, muscular people are good at sports.

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**3. Halo Effect:** Letting one trait influence our perception of all traits.

**Example:** Judging someone as materialistic based on the color of their tie.

**4. Self-Fulfilling Prophecy:** Our expectations influence others' behavior.

**Example:** Believing a friend's math skills improved and seeking their help, which boosts their confidence.

**5. Selectivity:** Prioritizing traits that resonate with us.

**Example:** Favoring someone who shares our interest in golf.

Culture

Studying culture involves understanding the collective behavior of a society. Culture includes beliefs, values, and customs.

Components of Culture:

**1. Belief Component:** Core beliefs shaping behavior.

**Example:** The Pakistan movement was driven by the belief in a separate country for Muslims.

**2. Values Component:** Culturally acceptable behavior patterns.

**3. Customs Component:** Everyday behaviors accepted by society.

**Example:** Speaking respectfully to elders.

How Culture is Learnt

**1. Enculturation:** Learning one's own culture.

- Formal (from parents) and informal (through media).

**2. Acculturation:** Learning a new culture, which evolves over time.

**Example:** Technological advancements like the microwave have changed our cultural practices.

**Lesson 31: Population and Culture**

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## **Culture and Its Influences**

In our last lecture, we discussed factors affecting culture, including new technologies, population shifts, resource shortages, wars, accidents, natural disasters, changing values, and customs borrowed from other cultures.

### **The Amish People**

Today, we'll first look at a culture that resists change: the Amish. They preserve their values, beliefs, and customs, avoiding modern conveniences like tractors, automobiles, and electricity to maintain their way of life. They dress plainly and avoid worldly influences to stay close to God.

### **Population and Culture**

Except for the Amish, cultures around the world are constantly changing, largely due to population dynamics. We are experiencing a population explosion.

### **World Population Trends**

By 2030, the global population is expected to reach 10 billion, and by the end of the 21st century, it may rise to 30 billion. Some regions, like Sub-Saharan Africa and the Himalayan areas, already exceed their capacity to sustain life.

### **Pakistan Population Trends**

Pakistan's population is projected to double by 2050. The high birth rate and low death rate contribute to this growth trend.

### **Environmental Indicators and Population**

As the population grows, more resources are used, leading to increased carbon dioxide emissions. Vehicles are a major source of environmental damage, contributing to soil erosion, deforestation, and water quality deterioration.

### **Resource Depletion and Environmental Deterioration**

Natural resources are depleting, with issues like soil erosion, deforestation, and water shortages becoming more common.

### **Public Policy and the Environment**

To preserve the earth's capacity, public policies must mandate reforestation, detoxify chemicals before disposal, manage soil judiciously, conserve energy and materials, and promote recycling.

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### Urbanization in Pakistan

- By 2030, Pakistan's urban population will equal its rural population.
- Rural-to-urban migration is significant, with many females migrating.
- One-third of city dwellers live in slums due to a lack of jobs and proper housing.
- Urbanization in Pakistan increased from 17.4% in 1951 to 35% in 2005, with major urban centers like Karachi, Lahore, and Peshawar experiencing rapid growth.

This process is called "Urban Blight," with populations moving quickly from rural to urban areas.

## Lesson 32: Impact of Environment on Its Incumbents

### Topics Covered:

1. Human Population Growth and Environment
2. Nature and Environmental Changes in Rural and Urban Areas
3. Urbanization
4. The City as an Unnatural Habitat
5. Crowding
6. Rural Areas
7. Impact of Environmental Changes on Industrial and Geographical Development
8. Catastrophes and Human Adjustment

### Human Population Growth and Environment

- Around 6000 B.C., the human population was about 5 million.
- By A.D. 1650, it reached 500 million and doubled to 1 billion in 200 years.
- The current rate of population doubling is about 35 years, meaning the population could exceed 10 billion by 2030.
- Population growth tends to cluster in urban areas, driving urbanization.

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Urbanization

- Most people live in or near large cities.
- Pakistan's urban population may equal its rural population by 2030.

Urbanization in Pakistan:

**Sindh:** Urban population grew from 17.4% (1951) to 32.5% (1998), estimated at 35% in 2005. Sindh is the most urbanized province.

**NWFP:** Least urbanized with 17% urban population (1998 census).

**Punjab and Baluchistan:** Urban populations were 31% and 23% respectively in 1998. Urban population growth is higher in Baluchistan and Islamabad.

Urban Centers of Pakistan:

**Sindh:** Over 60% of the urban population lives in Karachi.

**Punjab:** 22% live in Lahore.

**Peshawar:** 33% of the urban provincial population.

**-Quetta:** 37% of Baluchistan's urban population.

Urban Population Concentration:

- Half of Pakistan's urban population lived in eight major cities by 2005.
- By 2015, Karachi's population expected to exceed 15 million.

Urbanization Growth Rate:

- More than half the world's population expected to live in urban areas by 2008, growing to five billion by 2030.
- Urban growth affects development, with significant increases in Asia and Africa.

Slum Formation:

- One-third of Pakistan's city dwellers live in slums.
- Migrants often end up in informal settlements or "katchi abadis".

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"Katchi Abaadi" or Slum Statistics:

- 35-50% of Pakistan's urban population lives in these areas.
- Karachi's settlements increased from 212 (1958) to over 500.

Effects of Urbanization

**Physical Effects:**

- Unplanned urban expansion affects infrastructure and resources.

**Social Effects:**

- Increased loneliness and anonymity.
- Higher crime rates and compromised privacy.

**Psychological Effects:**

- Urban living can lead to isolation and stress due to the busy lifestyle and lack of community connections.

## Lesson 33: Effects of Urbanization

Physical and Psychological Effects of Urbanization

**Crowding:** Crowding occurs when more people share a small area, making individuals uncomfortable and feeling their privacy is compromised. For example, someone from a rural area moving to a city may find apartment living too close for comfort.

**Pollution:** Urbanization increases pollution, leading to physical diseases and disorders.

**Food Supply:** Urban areas require more food, and in third-world countries, supply chains may be inadequate, leading to starvation.

**Substance Abuse:** Drug and alcohol abuse are more prevalent in cities than in rural areas.

**Family Disintegration:** Urbanization can lead to family breakdown due to constant work pressures and less time together. This phenomenon is more common in Western

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countries.

## Problems of Population/Urbanization

Two main problems are:

1. Rapid population growth.
2. Increasing urbanization.

We will analyze these issues using various theoretical frameworks.

### #### Theories of Urban Effects

**Wohlwill's Adaptation Level Theory:** This theory suggests humans function best with an intermediate level of arousal. In cities, constant stimulation raises arousal levels, leading to hormonal activity, low concentration, and poor performance.

**Milgram's Information Overload Theory:** Excessive information in cities overwhelms individuals, causing them to miss or misinterpret information, leading to stress and confusion.

**Proshansky, Ittleson, Rivlin - Behavior Constraint Theory:** City life imposes demands that limit individual freedom, causing feelings of loss of control. This can lead to frustration, depression, and anger, potentially increasing crime rates. Baker's observation that cities are overmanned supports this, as overcrowded infrastructure can trigger negative behaviors.

These theories help us understand the impacts of urbanization.

### Urban vs. Rural Comparison

#### 1. Urban-Rural Comparisons

- Urban life is fast-paced and complex, with constant activity.
- Rural life is simpler and more peaceful, lacking urban amenities.

#### 2. Social Behavioral Effects

- Urbanites show lower affiliation towards strangers than rural dwellers.
- Urban areas exhibit higher rates of antisocial behavior and crime.

#### 3. Beneficial Effects

- Cities offer more career opportunities and infrastructure for personal growth.

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- Rural areas are perceived as more pleasant and inhabitants as friendlier.

#### 4. Crowding

- Urban areas face issues of crowding, affecting privacy and comfort.

#### 5. Animal Studies

- Animal studies, like Lemming behavior, provide insights into population dynamics.

In conclusion, while cities offer opportunities, they also present challenges like crowding and higher crime rates compared to the simplicity and community fabric found in rural areas.

#### Dear Die, Off on James Island

This research by Christian Figer and Davis in 1960 studied deer on James Island in Chesapeake Bay. Around 1916, 4 or 5 deer were released there, growing to 280-300 by 1955. In 1958, half died unexpectedly. Scientists found that the deer were physically healthy but had unusually large adrenal glands, suggesting they were stressed due to overcrowding. This stress likely caused their deaths, highlighting how population density can affect animals differently than humans, who adapt more readily to changes in their environment.

### Lesson 34: Problems Related To Crowding

Crowding is a big issue in environmental psychology. Animal studies give us insights into how population density affects behavior and health.

#### Animal Studies of Crowding:

Researchers study natural population cycles and controlled experiments.

- **Natural Cycles:** Lemmings migrating and deer die-offs show how crowding affects animals' brain and adrenal functions.

- **Controlled Experiments:** Experiments with rats show overcrowding leads to behavioral abnormalities like aggression and physiological issues like tumors.

#### Effects on Humans:

Research suggests crowding may lead to health problems in humans, like diseases and

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psychological issues. However, applying animal findings to humans has challenges due to biological differences and humans' ability to adapt.

### **Value of Animal Research:**

Despite challenges, animal studies are crucial for understanding human behavior in crowded environments. They help us predict human behavior without testing on people directly, using ethical methods.

Overall, animal studies shed light on the impacts of crowding, guiding our understanding of how environments affect both animals and humans.

## **Lesson 35: Impact of Population Concentration among Humans**

Population concentration's effects on crime, mental health, and social disorder are explored in environmental psychology. Early research and current perspectives reveal higher crime rates and worse mental health in densely populated urban areas compared to rural ones.

### **Historical Perspectives**

Early studies linked population density with social indicators like crime and mental health. Cities often show higher violent crime rates and mental health issues compared to rural areas.

### **Allure and Pessimism**

Increased population density may lead to negative outcomes, yet it intrigues researchers studying human behavior in urban settings.

### **Defining Density**

Researchers use various terms like crowding or density interchangeably but lack consensus on their exact definition.

### **Schmitt's Measures**

Schmitt (1957) studied five density measures' impact on crime and delinquency, finding strong links with certain factors like population per acre and crowded dwellings.

### **Inside vs. Outside Density**

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Schmitt (1966) distinguished between inside (living space) and outside (community) density. This differentiation helps understand variations in social effects across different environments.

### Galle, Gove, and McPherson Study

Recent studies, like Galle et al. (1972), refined density measures and considered socio-economic factors. They found correlations with social issues, but these diminished when controlling for social class and ethnicity.

Conclusion Research highlights complexities in defining and understanding population density's effects, urging further investigation into its role in human behavior and societal health.

## Lesson 36 The Distinction between Density and Crowding

Recent research by scholars like Altman, Loo, Proshansky, and Stokols has shown the difference between physical density and psychological crowding. Density refers to physical space limitations, while crowding is a personal and social experience. Stokols argues that density is necessary but not enough for crowding. People feel crowded when space limitations cause inconvenience and discomfort.

### Diverse Definitions of Crowding

Scholars like Desor, Zlutnick, Altman, and Van Staden have different definitions of crowding. Desor focuses on social overstimulation, Zlutnick and Altman on control over interactions, and Van Staden on the perception of many people and restricted space. Crowding is a subjective experience not always reflected by population density. High density alone does not necessarily cause crowding.

### Complexity of Density and Crowding

Density includes various factors like residential average, structures per area, and persons per room. Neighborhoods with similar densities can experience density differently due to land use patterns. Studying crowding is challenging because controlling all variables is difficult, making it hard to conclusively link density to negative outcomes.

### Laboratory Studies for Enhanced Understanding

Environmental psychologists use lab studies to better understand crowding. Arkkelin et al. (1982) found that interpersonal distance and social factors affect discomfort more

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than the number of people. Crowding involves arousal, displeasure, and loss of control. Further studies will explore density's impact on emotions and social behavior.

Crowding & Density Human Experimental Studies

Studying density's effects on behavior is challenging but has been done in prisons, trains, and other high-density settings. Researchers manipulate social and spatial density to observe effects on physiology, task performance, and social behaviors.

Physiological Reactions

D'Atri (1975) found higher blood pressure in inmates in double occupancy cells. Paulus, McCain, and Cox (1978) also linked increased density to higher blood pressure. High-density settings may cause more illness complaints, possibly due to actual health issues or a desire to move to lower-density areas.

Task Performance

Early studies showed that high density impairs performance on simple tasks. Saegert et al. (1975) found that increased density in busy environments like department stores hindered tasks involving environmental knowledge. High density can overload information processing, leading to poorer performance on complex tasks.

Social-Affective Responses

High density can cause discomfort, anxiety, or anger in some situations, but positive feelings in others like parties or concerts. The context of density affects our feelings.

Attraction

Griffitt and Veitch (1971) showed that high social density reduces interpersonal attraction. Participants in high-density settings gave more negative evaluations and liked others less than those in low-density settings.

Aggression

Density can lead to aggression if it causes negative emotions. For example, Rohe and Patterson (1974) found that children were more aggressive in high-density play situations without enough toys.

Altruism

Density doesn't directly impact helping behavior but does so indirectly through other factors like mood and personal safety. Differences in helping behavior between rural and urban areas may be due to different attentional processes and lifestyles.

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### **Crowding In Everyday Settings**

In environmental psychology, researchers study how living spaces affect well-being. However, findings are often inconsistent.

#### **Residence and Density**

Studies show mixed results on how living density impacts well-being. Sweaney et al. (1986) found that children feel more crowded as the number of people increases. Duckitt (1983) noted dissatisfaction in both high and low-density areas. Gabe & Williams (1986) observed lower self-esteem in students in under-occupied rooms. Ronchi & Sparacino found no significant differences in pleasantness or arousal levels across different densities.

#### **Why Inconsistent Results?**

Differences in study methods and definitions of "density" and "crowding" may cause inconsistent results. This suggests the relationship between density and psychological responses is complex and variable.

#### **Social Variables and Density**

Some studies link living density to suicide rates, influenced by social and cultural factors. Perceptions of density differ between cultures, like between the U.S. and China. Gillis, Richard, and Hagan (1986) found Asians more tolerant of high-density living, with British individuals less adaptable, and Southern Europeans in between.

#### **Cultural Adaptation to Density**

Long-term exposure to different densities affects cultural adaptation. Gillis, Richard, and Hagan's (1986) study showed Asians adapt better to high-density living than British people, highlighting the role of cultural factors in shaping responses to living density.

## **Lesson 37: Environmental Changes in Rural Areas**

### **Rural Areas and Their Characteristics**

Rural areas have strong ties to community and nature, but human influence is present everywhere. Historically, rural life is seen as purer and closer to nature than urban life. Rural activities are often viewed as harmonious with nature, and rural people are seen as more in tune with the environment.

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### Factors Contributing to Environmental Changes

Environmental changes in rural areas are caused by:

**Agricultural Practices:** Use of pesticides and fertilizers, and removal of hedgerows, leading to habitat destruction and reduced plant diversity.

**Urbanization:** Expansion of cities into rural areas, causing loss of open space, pollution, and increased infrastructure demands.

**Forestry and Primary Production:** Deforestation, planting nonnative species, mining, quarrying, and creating reservoirs.

### Degradation of Natural Environment

The natural environment in rural areas is degraded by:

**Modern Agriculture:** Intensive farming destroying habitats and using chemicals.

**Tourism Impact:** Tourists causing erosion, pollution, and land loss due to construction.

**-Global Environmental Change:** Effects of global warming and other shifts.

### Approaches to Dealing with Rural Environmental Change

There are two main approaches:

**Utilitarian Perspective:** Believes nature can adapt to some changes and not all changes are harmful.

**Natural-Ruralistic Perspective:** Believes that changes have caused severe damage and urgent action is needed.

### Course of Action and Challenges

To address environmental changes in rural areas:

- Regulate farming practices to protect wildlife and habitats.
- Use alternative energy sources like wind power.

Despite various measures, the right response to rural environmental changes is still debated, influenced by political and economic factors.

## **Lesson 38 The Built Environment and Human Adjustment**

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In environmental psychology, the built environment greatly affects human behavior and adjustment. The design of hospitals, prisons, and schools significantly impacts how people experience and interact in these spaces.

### **Understanding Queuing Theory: The Never-Ending Wait**

Lines or queues are common in daily life and can be frustrating. Vile's Laws of Advanced Linesmanship humorously explain queuing behavior:

- A short line becomes long as you approach it.
- People behind you often get directed to a new short line.
- Leaving a short line briefly can make it long.
- Friends and relatives joining ahead turn a short line into a long one.
- A short line outside can quickly become long.
- Standing in one place long enough creates a line.

These humorous observations reflect the unpredictability and frustrations of waiting in lines.

### **The Role of Good Architecture in Public Spaces**

Good architecture in public spaces like supermarkets, airports, and hospitals reduces discomfort and increases functionality. C.M. Deasey emphasizes that design should align with human needs and promote positive attitudes towards architecture.

#### **General Hospitals**

Hospitals host diverse patients and specialized staff, often leading to conflicting needs. Balancing efficiency with patient well-being is crucial. For instance, surgery requires a specific atmosphere for patients, while staff work under stress and may need different conditions.

#### **A Mental Hospital – Example of Design**

Robert Sommer noted that adding new amenities without patient input in a mental hospital led to poor social interaction. This highlights the importance of inclusive design that considers user feedback.

#### **Key Factors in Hospital Design**

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Hospital design affects behavior through factors like proximity, privacy, and control. The location of nurses' stations, room layouts, and environmental controls impact staff efficiency and patient satisfaction. Good design should balance efficiency with patient care, encouraging healthy behaviors and supporting patient potential.

### **Hospital Design and Its Effects**

Studying hospital design reveals how physical spaces shape behavior, emotions, and interactions. Effective design improves user experience by considering accessibility, signage clarity, and ease of navigation.

### **Conclusion: Bridging Design and Human Experience**

The built environment deeply influences behavior and adjustment in institutional settings. Environmental psychologists help design spaces that enhance well-being, functionality, and interactions by considering user needs, feedback, and research.

## **Lesson 39: Prisons**

In the realm of correctional facilities, there are conflicting goals and philosophies regarding the purpose and design of prisons. This handout explores different models, architectural ideologies, and their impact on inmates' experiences.

### **Conflicting Goals of Imprisonment**

Prisons face conflicting goals, resulting in disparities in sentencing and rehabilitation opportunities.

**Diverse Perspectives:** Various stakeholders, including corrections employees, judges, legislators, and inmates, hold conflicting ideas about the goals of prisons.

**Sentencing Disparity:** These perspectives lead to differences in sentencing, parole criteria, and rehabilitation opportunities.

### **Philosophical Models of Imprisonment**

Different philosophical models of imprisonment impact prison design.

**Sommer's Models:** Robert Sommer outlines models like deterrence, rehabilitation, retribution, and integration, each affecting prison design differently. These viewpoints contribute to sentencing disparities and variations in parole and support services.

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**Architectural Adaptations:** Prison designs vary based on the model. Integration-focused prisons include workshops and educational facilities, while deterrence-focused ones prioritize security.

### **Life inside Prisons**

The dynamics of life in prisons reveal analogies with hospital settings, highlighting different design philosophies.

**Hospital vs. Prison Analogies:** Prisons, like hospitals, emphasize containment and control but with stricter regulations.

**Historical Architectural Alignment:** Traditional prison design aligns with deterrence and retribution, creating impersonal environments.

**Modern Approaches:** Contemporary designs focus on reeducation and integration, aiming for more humane environments, like New Jersey's Leesburg prison.

### **Empirical Insights**

Studies provide insights into prison life and design.

**Gilbert (1972):** Limiting inmates' movement is more crucial than cell size.

**Sommer (1972):** Crowding, lack of privacy, and sensory deprivation are major challenges.

**Luxenberg (1977):** Modern prisons try to reduce negative effects of maximum security design.

**Paulus et al.:** Inmates in smaller cells feel less crowded and have fewer health issues.

**Schaeffer, Baum, Paulus, and Gaes (1988):** Partitioning cells reduces stress.

**Wener and Keys (1988):** Higher cell density leads to more perceived crowding and health issues.

**Eckland (1986):** Prison violence is linked to control issues, not just density.

Challenges remain in creating cooperative and rehabilitative environments, highlighting the need for ongoing research and design strategies.

### **Case Study**

**Charles in City Prison: Examines** the impact of prison design on behavior and rehabilitation.

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**Charles' Experience:** A 34-year-old arrested for speeding and possessing cocaine. He was housed in a single cell for two people and learned new criminal behaviors from cellmates.

- This case raises questions about how prison design influences inmates' behavior and rehabilitation outcomes.

### Conclusion

Reflecting on the relationship between design, punishment philosophy, and inmate behavior encourages exploration of reformative approaches. Prison design should embody philosophical ideals and foster environments conducive to rehabilitation and integration. Understanding these complexities is essential for discussions in environmental psychology and criminal justice studies.

## Lesson 40: Education Environments

### Traditional Classroom Arrangements

The traditional classroom setup, with rows of students facing the instructor, is designed for easy surveillance, attendance tracking, and maintaining control.

### Seating Arrangement

Seating affects participation, attentiveness, and achievement. Front-row students participate more and achieve higher grades. Seating proximity influences interaction, especially in smaller classrooms.

### Color and Environmental Factors

Colors affect mood and learning. Blue creates security; red excites. Classroom behavior, performance, and learning are influenced by:

**Temperature:** Extreme temperatures distract students.

**Noise:** Excessive noise disrupts concentration.

**Crowding:** High crowding causes discomfort and stress.

**Light (illumination):** Proper lighting enhances visual activity and task performance.

### Open Space Classrooms

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Open-space classrooms promote flexibility and interaction but can increase noise and distractions, requiring careful design.

### Optimizing Learning Environments

Effective design balances illumination, noise control, and seating to maximize learning potential.

### Considerations for Dormitory Design

Dormitory design impacts students' well-being and performance. Factors like social density and noise levels are crucial.

### Conclusion

The design of educational environments significantly affects learning outcomes and student behavior. Addressing environmental factors enhances the learning experience.

## Lesson 41: Institutional Design Reconsidered & Queuing Theory

### Understanding Institutional Design

**Complexity of Design:** Simple designs are often inadequate. Comprehensive data analysis is crucial.

**Interaction of Physical and User Characteristics:** The success of a built environment depends on its physical traits and the diverse needs of its users.

**-Evaluation Beyond Prototypes:** Real user experiences are more valuable than theoretical models.

### Challenges in Design Process

**Technical Focus of Architects and Designers:** Architects focus on technical aspects, but often overlook cultural and ecological factors.

**Cultural and Ecological Considerations:** Design must consider privacy, territoriality, and cultural differences.

### Steps in Design Process

1. **Preparation and Problem Statement:** Clearly define the problem and objectives.

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2. Data Gathering and Analysis: Collect relevant data to inform decisions.
3. **Outcome Evaluation and Creativity:** Define desired outcomes and find cost-effective solutions.
4. **Selection and Implementation:** Choose and execute design plans.
5. **Reevaluation and Adaptation:** Assess and refine designs based on feedback.

### Considerations for Design Criteria

**Performance Standards:** Criteria include profit, quality, performance, competition, compatibility, flexibility, elegance, safety, and time.

**Human Factors and Physical Limitations:** Design should consider human physical and anatomical characteristics.

### Queuing Theory and Its Applications

**Queue and Traffic Intensity:** Understanding these concepts helps improve service efficiency.

Example: In a grocery store, queuing theory helps manage customer flow and optimize service by opening more registers when needed.

**Recommendations for Store Managers:** Anticipate customer arrivals and optimize service processes.

**Other Uses of Queuing Theory:** Applicable in various contexts to improve system efficiency and user experiences, including accessible environments for people with disabilities and energy conservation efforts.

### The Future Challenges

- Addressing energy use, environmental costs, and finding sustainable solutions for the future.

## **Lesson 42: Energy Use in Homes and Commercial Buildings**

### Determinants of Energy Use at Homes:

Heating and cooling systems are key factors affecting energy consumption at homes.

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For example, using natural gas for heating is more efficient than electric baseboard heating due to lower energy loss during fuel conversion. Lifestyle choices also impact energy use, such as types of appliances and lighting.

**Savings for Consumers – An Example:**

Choosing energy-efficient appliances leads to economic and environmental benefits. If all refrigerators sold in 1970 were energy-efficient, significant savings in electricity and money would occur, alongside reduced environmental pollution.

**Home Construction and Energy Use:**

Home design influences energy consumption significantly. Factors like insulation, shading, and solar utilization can lead to substantial energy savings without sacrificing comfort. Well-insulated homes with strategic shading reduce heating and cooling needs.

**Energy Use in Commercial Buildings:**

Commercial buildings often consume excessive energy due to design elements like extensive glass and tall structures. Implementing energy-efficient designs and practices can lead to considerable energy savings.

**Environmental Costs of Energy and Materials Usage:**

Energy and material usage have profound environmental impacts, from extraction to usage stages. Oil drilling, for instance, can harm marine life and ecosystems through spills and pollution. Sustainable practices are essential to mitigate these impacts.

**Strategies for Saving Energy and Promoting Sustainability:**

Efforts include reducing consumption, extending product lifespan through reuse and recycling, and choosing energy-efficient materials and appliances. Embracing renewable energy sources and improving energy efficiency in construction and daily activities are crucial for a sustainable energy future. Addressing challenges like initial costs and energy source availability is necessary for wider adoption of sustainable practices.

**Lesson 43 Conservation as Energy Source**

**Three Types of Conservation**

**Curtailment:** Reducing overall energy use by using energy-efficient appliances and minimizing waste.

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**Overhaul:** Making major lifestyle changes to reduce energy use, such as laws against suburbanization.

**Adjustment:** Enhancing energy efficiency through actions like home insulation and improving appliance efficiency.

Imagine Your Life 50 Years from Now

Envision a future where energy conservation and efficiency are part of daily life, leading to sustainable and eco-friendly practices.

Behavioral Solutions to Environmental Problems

Tragedy of Commons: Highlights the conflict between self-interest and public interest, emphasizing the need for collective action.

**Education to Preserve Environment:** Focus on gradually changing attitudes and behaviors rather than just instructing people.

**Applied Behavior Analysis and Intervention\*\*:** Use behavior modification to promote eco-friendly actions:

**Baseline Period:** Observe natural energy use behaviors.

**Treatment Period:** Implement rewards and punishments to influence behavior.

**Follow-Up Period:** Monitor behavior changes after interventions.

Intervention Strategies

**Antecedent Strategies:** Use prompts and cues to encourage eco-friendly actions. Effective prompts are specific and polite.

- **Examples:** "Help keep your pool clean." "Please avoid littering."

**Consequent Strategies:** Use consequences to reinforce or discourage behaviors.

**Reinforcement:** Increase desired behaviors.

**Punishment:** Decrease undesirable behaviors.

Types of Reinforcement:

- **Positive:** Reward desired behaviors.

- **Negative:** Remove negative consequences for desired behaviors.

Types of Punishment:

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**Positive:** Impose unpleasant consequences for undesirable behaviors.

**Negative:** Remove pleasant events for undesirable behaviors.

Integration and Look to the Future

Our behaviors impact environmental quality. By adopting energy-efficient practices and promoting sustainability, we help improve long-term public interest and reduce environmental degradation from excessive energy use.

## Lecture 44

### Understanding Urban Sprawl: Challenges and Solutions

#### Further Plans – The Cities

**Urban Sprawl:** Urban sprawl is the expansion of low-density residential areas, shopping centers, and industrial facilities connected by highways, leading to unplanned development and environmental issues.

**Origins of Urban Sprawl:** Historically, cities were compact and designed for walking, biking, and public transport. With technological advancements and increased private transportation, cities expanded outward.

**The Dream of Suburbs:** The desire for personal space and private transportation led to a housing boom in suburbs, resulting in unplanned development and increased car dependence.

#### Urban Blight

**Challenges Faced:** Industrialization caused poor housing, pollution, and congestion in cities, leading people to seek housing outside urban centers.

**Consequences:** Rapid, unplanned growth strained local governments to provide essential services like schools, water, and roads.

**Vicious Cycle of Development:** New highways built to reduce congestion only encouraged further sprawl, increasing commuting distances and traffic congestion.

#### Moving Towards Sustainable Communities

**Smart Growth Initiatives:** These promote compact, walk able communities with mixed land use to reduce environmental impacts and improve quality of life.

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**Environmental Impacts of Urban Sprawl:** Urban sprawl causes energy depletion, pollution, loss of agricultural land, and fragmentation of wildlife habitats, affecting ecosystems and human health.

### **Towards the Common Good**

**Quality of Life vs. Environmental Concerns:** While sprawl offers larger homes and better services, it also increases vehicle ownership, accidents, and health issues like obesity and high blood pressure.

**Common Good Perspective:** Environmental costs are often overlooked for personal benefits, emphasizing the need for sustainable choices for the common good.

**Reining in Urban Sprawl: Smart Growth Solutions:** Promoting compact development, public transport, and green spaces can mitigate sprawl's negative impacts and create livable, eco-friendly environments.

In conclusion, understanding urban sprawl is crucial for creating sustainable cities that balance personal preferences with environmental conservation for the common good.

## **Lesson 45: Urban Blight**

### **Urban Blight in Developed vs. Developing Countries**

In the developed world, people move away from cities, leading to urban decline. In developing countries, people flood into cities, overwhelming their capacity, and creating slums.

### **City Housing**

Migrants overwhelm city housing, leading to slums as they can't afford the available housing.

### **Slums Surrounding the Cities**

Slums challenge developing countries' structures. These areas often lack basic services but house essential city workers. Residents live in fear of evictions and need jobs, security, and government representation.

### **What Makes Cities Livable**

To sustain the global population, cities must manage urban sprawl and revitalization,

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creating viable, resource-efficient cities.

### **Viable Cities**

"Viable" means livable, where people want to stay. Livability is based on people's satisfaction with their living conditions.

### **Livable Cities Around the World**

Common traits of livable cities include high population density, mixed-use areas, and human-scale layouts encouraging social interaction.

### **People vs. Automobiles**

Livable cities prioritize people over cars. In many modern cities, most land is used for cars, but livable cities reduce this focus.

### **A Matter of Design**

Top livable cities reduce sprawl, car traffic, and improve access by foot, bike, and mass transit.

### **Examples of Livable Cities**

- **Geneva, Switzerland:** No workplace parking in the city center.
- **Copenhagen:** No on-street parking downtown.
- **Paris:** Removed 200,000 downtown parking spaces.
- **Curitiba, Brazil:** Focuses on mass transit over cars.

### **Livable = Sustainable**

Livable cities are sustainable by reducing auto traffic, energy use, and pollution. Urban heterogeneity supports recycling, passive solar heating, and urban gardening.

### **Moving Towards Sustainable Communities**

The UN's Sustainable Cities Program (SCP) promotes planning and management for sustainable cities in developing countries.

### **Sustainable City**

SCP defines sustainable cities as those with lasting social, economic, and physical development, addressing rapid population growth and environmental challenges.

### **Bottom-Up Approach**

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Sustainable development involves all people, focusing on social equity, economic efficiency, and environmental management.

SCP Cities

Examples of SCP cities include Madras (India), Dar es Salaam (Tanzania), Accra (Ghana), and Shenyang (China).

Towards the Common Good

We must focus on sustainability, stewardship, and sound science to live sustainably on our planet.