1. Define Environmental Psychology. Delineate the elements that define environment psychology.

Ans: Environmental psychology is an interdisciplinary field that focuses on the interplay between individuals and their surroundings. It examines the way in which the natural environment and our built environments shape us as individuals. The field defines the term environment broadly, encompassing natural environments, social settings, built environments, learning environments, and informational environments. The environment affects humans in many ways. For instance, population on the earth varies due to variation in the environment and the main factors which affect the distribution of population and human settlement are

i. Relief of land
ii. Climate
iii. Soil
iv. Mineral deposits
v. Water supply.

3 Relief of Land: Generally the population is dense and high in those areas where the land is fertile, the rivers flow, and the area is plain and not mountainous. Population needs food, water and many other facilities to sustain itself and in high mountainous areas this may not be possible and thus the population is sparse in this area. Furthermore, to sustain a population in a place there should be fair amount of economic activity which again is higher in plain areas than in mountainous area. Climate: Most areas on earth having density less than two persons/sq. km. are not favorable for settlement because of their unfavorable climate. Areas of cold climate—North Siberia, North Canada, Alaska etc. have low density of population. Hot and arid regions of Sahara, Kalahari Desert in Africa, Great Australian Desert etc. are not suitable for human settlement. In tropical regions due to heavy rain and temperature, the density of population is very low. For example in the Amazon basin, population density is less than two persons/sq. km. But places with favorable climate and favorable terrain, have dense population and hence have compact settlement. i Soils: Fertile alluvial soil attract population because it gives rise to agricultural activities. Java Islands of Indonesia has fertile soil of young volcanic material and agriculture is an important activity, hence dense and compact settlements are found here. Whereas in Sumatra, due to infertile soil, the population density is very low. iv) Mineral Deposits: Mineral wealth is yet another factor responsible for population distribution and density. The presence of coal and iron ore in different parts of the world has attracted huge population. Coal mining regions have become regions of dense population for example, Jharkhand in India and gold mines in Australian desert. v) Water: Population distribution is very much affected by water supply. As is well known humans and animals require water and settlements or civilizations develop on the banks of major rivers, example The Canga, the Nile, the Indus, etc. Adequate water supply provides irrigation facilities to farmers and hence population increases due to rise in primary activities. Dry regions, population is concentrated in those areas where there is water, hence nucleated circular settlements are found. Thus it can be said that the environment plays an important role in deciding population distribution, density, settlement type and pattern

2. Elucidate the concept of psychology of crowding.

Ans: Environmental psychologists study how human behavior and the physical environment interrelate. Decision making and behavior make an impact on environmental quality—did you walk, bike, drive, or use public transit to get to school today? The physical environment also affects behavior. Crowding illustrates how the physical environment can affect human behavior. Psychologists distinguish between crowding, a psychological construct wherein the amount of space available is less than desired, and purely physical indices of physical space such as density. Density is typically indexed as people per room or people per square foot. More external density measures like people per acre are less relevant for human well-being. The more immediate experience of the close presence of others, particularly in living and working spaces, matters most. The distinction between psychological and physical perspectives on crowding explains why a high-density social event (e.g., party) is fun, whereas a high-density living or work space can be negative. When you need more space and can’t have it, you experience crowding.

The most common reaction to crowding is stress, particularly over time and in an important space like home. For example when it is crowded, people typically have negative feelings such as anxiety and frustration about restricted behavioral options. Our choices of what, where, and when we do things are constrained. If these restrictions are experienced repeatedly, crowding can also lead to feelings of helplessness wherein we start to question our own ability to effectively manage the environment. Studies in India and in the United States have found that children and adolescents who live in more crowded homes, independent of socioeconomic status, are less likely to persist on challenging puzzles, giving up sooner than those living under uncrowded conditions.

When people experience crowding, their social interactions change. Two results are common: They withdraw from others, creating more psychological space when physical space is limited, and they become more irritable and potentially aggressive. The natural tendency to cope with crowding by social withdrawal may become a characteristic way of interacting with others. For example, one study of college roommates found that when they initially moved in together, the number of people per room in their apartment was