New directions in research on well-being: psychological process in everyday contexts

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Conservation Psychology

«The scientific study of the reciprocal relationships between humans and the rest of nature, with a particular focus on how to encourage conservation of the natural world»

(Saunders, 2003, p. 138)
Theoretical framework of «full ecology»

- Impact of the environment on people
- Impact of people on the environment

**Mitigation** - reducing greenhouse gas emissions and other efforts to address and decrease the severity of impending natural and human disasters associated with escalating climate change and other environmental threats.

**Adaptation** - often used in the climate science context to refer to structural changes that people and communities may need to make to address the physical impacts of climate change. But adaptation also refers to psychological responses that people make to climate change threats, including how they appraise and understand risks, how they feel about situations, and how they behave and respond to the threats.
Attention Restoration Theory (ART)

Interaction with nature heals mental fatigue and recovers capacity to focus attention

A walk in nature reduced anxiety, rumination, negative affect, maintained positive affect, increased verbal working memory (Bratman et al., 2012)

Walking in urban green space reduced stress, arousal, frustration, and directed attention. Walking in busy commercial district increased engagement, alertness, and directed attention (Aspinal et al., 2013)

A 90 min nature walk decreased neural activity in the subgenual prefrontal cortex, compared to a 90 min urban walk (Bratman et al., 2015)
Attention Restoration Theory

Perceived properties of an Attention-Restoring Experience

- **Being Away**—
  - sense of being removed from the source of the mental fatigue

- **Extent**—
  - sufficient scope to sustain interaction for a period of time without boredom

- **Fascination**—
  - an effortless way of attending with involuntary attention

- **Compatibility**—
  - fit with a person’s inclinations and purposes to prevent use of mental effort

(Kaplan & Kaplan, 1989)
Restorative properties
(Kaplan & Kaplan, 1989)

- **Being-Away**: a change of scenery and/or experience from ordinary life

- **Extent**:
  
  - **Coherence**: the elements of the environment are connected to constitute a larger whole
  
  - **Scope**: extension in time/space so that it is possible to spend time in the environment

- **Fascination**: effortless attractiveness of the environment

- **Compatibility**: fit between the environment and the individual’s inclinations/purposes
Some other important concepts...

- Place Identity
- Place Attachment
- Environmental Consciousness
- Behaviour Setting

It’s Application

Environmental Psychology has an impact on built setting, infact Architecture uses some concepts and discoveries of Environmental Psychology to understand how manipulate people’s mood and behaviours.
Why is our Environment so important?

• Help people to face *stress* easily

• It can influence people’s mood

• It encourage people to *live longer* and *work better*

• Enhancing *building design*

• It has an impact on *emotional* and *behavioural growth*

• *Support* people *after post-operations* and during their *recovery*
Place attachment (p.a.)

Definition

• The cognitive emotional bond that individuals develop towards places is known as **place attachment**

• House in which we live or have lived is the most important environment of our experience

• Our ties to place are also cognitive. Memories make a place meaningful.
Three dimensions of place attachment

- Personal level
- Psychological level
- Place dimension
Theory of attachment

- This bond, between people and places is due to human relationships in general and it’s directly connected to feelings and the general theory of attachment.
Well-being and Human needs

• Attachment to place as fundamental need
• Self-growth processes
• Entertainment
• Provide practical benefits
Highlights

**Place attachment vs place identity**
- We do identify in the place we are in

**Place elasticity:**
- Weaker place attachment
- Place-congruent continuity and settlement identity

**Place Dependence:**
- Functional attachment
- Ability of a place to satisfy needs and goals
- Topophilia

**Development:**
- Developmental needs
- Personality differences
- Greater among residents with children, later in life, place ties also assist with social support
Neighborhood attachment (NA)

- Neighborhood as safe place
- Habits

The aspects that define place attachment are:
- place identity
- place dependence
- place belongingness
- rootedness
- sense of place
- sense of community
Social identity theory (1) and social status (2)

1. Tendency of being strongly attached and identified with our place of birth
   • Identity gains definition through one’s social groups
   • Place attachment tends to vary according to neighborhoods and environmental qualities

2. Income, occupation, level of education
   &
   • New born families
Childhood in place attachment

- High mobility during childhood – greater desire of stability in adulthood
- Prolonged association between individuals and places – attachment
- Consciousness of attachment to places
- Seeking of security and comfort
People with little or no attachment and ownership

People with **little or no attachment**, such as tourists

Non-attachment it is said to offer a preferable state of flexibility

VS

People with **partial sense of place** (eg. seasonal visitors) **personal sense of place** (eg. long term visitors)

Those who own their place tend to be more attached, although the direction of this relation is unclear.
Conclusions and future resources

The study about flood preparedness showed place attachment influences behavioral components.

Future studies will need to focus on:
- health implications
- psychopathological manifestations of long-term proximity-seeking to risky places of attachment.

Longitudinal studies and work with migrant groups may provide a better understanding of how place attachment might still be mentally active even long after people have relocated.

Focusing on the complexities of attachment to places help us saving people.