# Environmental psychology essay

Psychology, Behaviorism

Physical environment affects people in various ways, for example I need sunlight to live, it regulate my internal environment in the body, it helps me produce vitamin D in my skin and too much of it can burn my skin, or even result to development of skin cancer, bad air quality can cause respiratory problems and water that has been polluted can make me sick.

There are various theories that scrounge from several disciplines to theorize about the relations between stimuli and performance. Arousal theories state that an inverted-U correlation exists between arousal and performance meaning that performance increases with increase in arousal, but only up to a certain point. Once stimulation reaches extreme levels, in any given chore, performance begins to lessen. I think this theory makes most sense because it explains that transitional levels of arousal are optimal for physiological response, noise level, and neurological stimulation. Also, cultures are likely to develop in environments with only transitional challenges, which mean that the above mentioned inverted-U correlation exists on cultural level individual, as well as corporate level.

The literature on human behavior in relation to its environment surroundings has expanded at an incredible rate. The rapid expansion of environmental psychology can be determined by the diversity and complete quantity of publications that appeared over the past 50 year's period. Environmental psychologists have maintained a dynamic contact as indicated by published records of recent of environmental design research organizations.

It important to use scientific research methodology to explore the person the points of departure are sets of, correspondingly, environments and

behaviors. In an analogy to canonical relationship, groups of variables that explain environments and groups of variables that describe behavior experiences and are joined through *setting variants* that make up instances of environment behavior study.