

Does the weather Affect people's mood

English 8th grade [2nd middle school]

By Ihsan Sameeh Al-Sharif [احسان سميح الشريف]

[Email:ihsanthewinner2011@gmail.com](mailto:ihsanthewinner2011@gmail.com)

[Mail:89grt539 5th

Number:050877084295326738974566

those two are not real]

| | |
|-----------|---|
| Source 1: | https://bureauofmeteorology.org/blogs/weather-and-health/the-psychology-of-weather-how-it-affects-our-mood |
| Source 2: | https://www.verywellmind.com/how-weather-changes-can-affect-your-mental-health-5222029 |
| Source 3: | https://www.psychologytoday.com/us/blog/the-human-beast/202004/why-weather-affects-mood?msockid=360f228cec856d1f299a37c6ed8c6c11 |
| Source 4: | https://bmcp psychology.biomedcentral.com/articles/10.1186/s40359-024-02005-z |
| Source 5: | https://sites.utexas.edu/think-twice/2024/09/24/does-weather-affect-mood/#:~:text=Regarding%20mood%20and%20weather%2C%20most%20of%20the%20experimental,daily%20weather%20was%20not%20associated%20with%20mood%20%286%29. |

| | |
|--|---|
| القرآن الكريم - مشروع المصحف الإلكتروني بجامعة الملك سعود | https://quran.ksu.edu.sa/index.php#aya=24_43&m=hafs&qaree=husary&trans=ar_ayat |
|--|---|

| | |
|--|--|
| | |
|--|--|

weather changes people's mood as for the advents show

Source's 1 , 2 and 3 all agree that the weather dose affect people mood, it could be true for people without modern infostructure they could be happy when it rains after all it can be used as source of water for areas without much rain but in the rest of the world it could be a surprise that it does an affect that makes people ask

Does the weather really affect people's mood?

Source's 4 and 5 questions this idea and Source 5 says

“Evidence suggests there is no relationship” and Source 4 has done a social experiment using the methods in “osf.io/pjfcfcd”

And All of the study procedures are “approved by the University of Chicago Institutional Review Board.” The experiment had 426 people in it and in conclusion they said, “temperature itself was not predictive.”

[predictive: relating to or having the effect of predicting an event or result]

What we forgot

The sun is not just a floating ball of fire and that's it, the sun provides vitamins

And the rain provides drinkable water and the قرآن [Quran]

أَلَمْ تَرَ أَنَّ اللَّهَ يُزْجِي سَحَابًا ثُمَّ يُؤَلِّفُ بَيْنَهُ ثُمَّ يَجْعَلُهُ رُكَّامًا فَتَرَى الْوَدْقَ يَخْرُجُ مِنْ خِلَالِهِ وَيُنَزِّلُ مِنَ السَّمَاءِ { مِنْ جِبَالٍ فِيهَا مِنْ بَرَدٍ فَيُصِيبُ بِهِ مَنْ يَشَاءُ وَيَصْرِفُهُ عَنِ مَنْ يَشَاءُ يَكَادُ سَنَا بَرْقِهِ يَذْهَبُ بِالْأَبْصَارِ }

in conclusion

The Weather undeniably Affect people's human emotions, though its effect is generally subtle rather than **overwhelming**.

People's mood is shaped by various factors beyond atmospheric conditions.

Personal experiences play a more significant role in **determining** people's mood **fluctuations** than mere weather patterns.

Thus, although weather serves as a contributing factor, it is not the primary determinant of human mood or behavior.

[**determining**: choosing (تحديد)]

[**overwhelming**: **very great or strong** (كثير لدرجة ان لا يقدر التحكم فيه)]

[**fluctuations**: an irregular rising and falling in number or amount (يتردد)]

[**contributing**: give something or provide something]

All sources

<https://dictionary.cambridge.org/dictionary/english/overwhelming>

<https://osf.io/pjgcd>

https://quran.ksu.edu.sa/index.php#aya=24_43&m=hafs&qaree=husary&trans=ar_mu

<https://bureauofmeteorology.org/blogs/weather-and-health/the-psychology-of-weather-how-it-affects-our-mood>

<https://www.verywellmind.com/how-weather-changes-can-affect-your-mental-health-5222029>

<https://www.psychologytoday.com/us/blog/the-human-beast/202004/why-weather-affects-mood?msocid=360f228cec856d1f299a37c6ed8c6c11>



<https://bmcp psychology.biomedcentral.com/articles/10.1186/s40359-024-02005-z>

<https://sites.utexas.edu/think-twice/2024/09/24/does-weather-affect-mood/#:~:text=Regarding%20mood%20and%20weather%2C%20most%20of%20the%20experimental,daily%20weather%20was%20not%20associated%20with%20mood%20%286%29>