Understanding the Influence of Physical Environment on Human Behavior

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There is an assumption that human beings comprehend and view the world through their senses. In fact, the epistemic link with the environment happens through execution of information though the mind. Human beings are known to look for safety in their habitats. Moreover, they search for physical comfort and psychological growth in their environments. In this case, it can be stated that the physical environment has much impact on the manner in which they live. It has been found that the physical environment can enhance or discourage relationships among individuals. Most importantly, it can affect behaviors and the desire to act among human beings. The physical environment has an effect on people’s behaviors as it poses either positive or negative aspects meaning that they will choose an ecology that is most favorable to them in terms of their activities and livelihood.

On the other hand, the environment promotes and motivates behavior. For example, clean corridors will invite people to spend more time in such places than in dirty ones. Moreover, environments have been seen to influence the mood of human beings (Dietz, Fitzgerald, & Shwom, 2015). Places with none conducive environment will make people feel uncomfortable and unsettled. At some point, destitute situations can lead to outcomes of depression, agitation, anxiety, and insomnia. However, some of these environs can result in healing of all the mentioned kinds of psychological issues.

From the observation of human behavior based on environmental influence, people change based on the present climate. For example, depending on the type of soil found in a given region, people will plant crops that are favored by that condition. For example, coffee and tea do not blossom well in one type of climate. The two plants need to grow in different environments so as to thrive. Additionally, during hot weather human behavior will be under the influence of the prevailing conditions. People wear light clothes during hot seasons and warm clothes during cold periods. Most importantly, the type of climate present in one region makes the humans to know the kind of animals to rare.

As per studies, some of the sensory outcomes may be complex including looking at different buildings and neighborhoods, which can give a person a dissimilar perspective. The diverse stimulations from the physical environment provide various human perceptions that make them change their behaviors. For example, varying noise levels from different places make a person to be distracted, thereby, vacating from the scene within the same environment. In the same way, some people will prefer being in a quiet place doing their studies or passing their time in silence. In an exposed area where there is a lot of light, a person can feel uncomfortable and looks for a way to move out of this field.

Furthermore, under the control theories, individuals adapt to different levels of stimulations in a certain environmental context. In fact, there are no fixed stimuli for all people at the same time. It is so since the adaptation level in one area can change another in a particular setting (Dietz et al., 2015). Stimulation theories have looked at the environment as an important aspect of obtaining sensory information. A part of this sensual evidence comes from the physical environment including different colors, diverse sounds, distinct noise, and varying temperatures.

Behavioral setting theories explain the relationship between individuals and the environment. For the level of character background to be measured in the physical environment, the behavior needs to have a particular degree. The process is done depending on the degree of interdependence of the environment and the people living in it. The behavioral setting is said to be self-referenced in that one can tell the effect of the ecology that one is living in. For example, if a person does not concur with a particular kind of environment, they will resist it for any price.

The physical environment has been studied to either create or reduce stress among individuals. It is so since the human brain is always interacting with the surroundings and that gives them different perceptions concerning the environment. People have always needed to be sensitive to their surrounding for them to survive (Dietz et al., 2015). The first thing is that humans always have a sense of finding security in their surroundings. In fact, that can be exhibited by the physical environment with proper temperature to live. The ecology has been seen to impact the health of people.

Most evidently, a favorable environment heals stress by being friendly to interact with human beings. It engages one’s emotions and reduces stress and depression. The environment has been seen to provide grounds for social interaction (Dietz et al., 2015). For instance, relating to the family and friends in the ecology assists recovery of patients in an excellent way. It can be said that interaction with the best part of the environment contributes to increasing psychological support.

All in all, the manner in which human beings interact with the environment determines their comfort. In fact, it is evident that a favorable physical environment will attract more people than a hostile one. Human beings are fond of living in adequate surroundings where they experience peace of mind and that which attracts their mindset. In this case, they view different environments at diverse angles meaning that they are cautious when settling or living in these ecological settings.

References

Dietz, T., Amy Fitzgerald, & Rachel Shwom. (2015). Environmental values. In *Handbook of Value: Perspectives from Economics, Neuroscience, Philosophy, Psychology and Sociology*, 336-365.