

## Psy511 (Environmental Psychology)

### Final Term Questions Answer)

#### Q1: What Is Urbanization? Particularly Focus on Female Migrants (5 Marks)

**Answer:**

**Urbanization** refers to the increasing movement of people from rural to urban areas, resulting in the growth of cities.

For **female migrants**, urbanization often offers:

- **Employment opportunities** (e.g., in domestic work or factories)
- **Access to education and health facilities**
- But also increases exposure to **poverty, gender-based violence, and lack of housing**

Understanding female migration is important for developing **inclusive urban policies** and **gender-sensitive planning**.

#### Q2: How Can Energy Consumption Techniques Be Used in Construction and Building? (5 Marks)

**Answer:**

Energy-saving construction methods include:

1. **Use of natural lighting and ventilation**
2. **Insulation materials** to reduce heating/cooling energy
3. **Solar panels** to generate renewable energy
4. **Smart building design** (e.g., passive solar design)
5. **Energy-efficient appliances** and systems

These techniques help reduce **environmental impact** and promote **sustainability** in urban development.

#### Q3: Enlist Three Eco-Friendly Contributions (3 Marks)

**Answer:**

1. **Tree plantation** to improve air quality
2. **Recycling** waste materials like plastic and paper
3. **Using public transport or cycling** instead of personal cars

These actions help **protect the environment** and reduce the carbon footprint.

**Q4: When Individual and Group Conflict Increases, How Is Conformity Affected? (3 Marks)**

**Answer:**

When conflict between individual and group rises, **conformity usually decreases**.

- The individual may **resist group norms** due to disagreement or mistrust
- Increased conflict leads to **independent decision-making**
- This reduces **group cohesion and collective behavior**

Such environments lower the tendency to follow **peer pressure or majority views**.

**Q5: Hans Selye's Three Stages of Stress Appraisal (3 Marks)**

**Answer:**

Hans Selye's **General Adaptation Syndrome (GAS)** includes:

1. **Alarm Stage:** Body detects stress and initiates fight-or-flight response
2. **Resistance Stage:** Body tries to cope and adapt to ongoing stress
3. **Exhaustion Stage:** Body's resources deplete, leading to burnout or illness

These stages explain how stress affects both **physiological and psychological health**.

**Q6: Define Urban Sprawl and Why Is It Important to Study? (3 Marks)**

**Answer:**

**Urban sprawl** is the unplanned, uncontrolled spread of urban development into rural areas.

- Leads to **traffic congestion, loss of agricultural land, and increased pollution**
- Studying it helps in **sustainable city planning, infrastructure development, and preserving natural resources**

It's crucial for **balanced urban growth**.

**Q7: Is Stress a Stimulus or a Response? (3 Marks)**

**Answer:**

Stress can be viewed as **both**:

- **Stimulus:** An external event or demand causing tension (e.g., job loss)
- **Response:** The body's physical or emotional reaction (e.g., anxiety, headache)

Modern psychology often treats stress as a **transaction** between the individual and their environment.

### **Q8: What Is the Purpose of Prison? (5 Marks)**

**Answer:**

Prisons serve several purposes:

1. **Punishment:** Penalizing unlawful behavior
2. **Deterrence:** Discouraging the offender and society from crime
3. **Rehabilitation:** Helping inmates reintegrate through education and therapy
4. **Protection:** Keeping dangerous individuals away from society
5. **Justice:** Ensuring law and order are upheld

Modern views also emphasize **reform and human rights** in prisons.

### **Q9: Explain Collins' Crowding and Its Effects (5 Marks)**

**Answer:**

**Collins' theory** of crowding emphasizes **psychological discomfort** due to **limited space and social intrusion**.

**Effects of crowding:**

- Increased **stress and aggression**
- Decreased **productivity and focus**
- **Mental fatigue**, especially in urban environments
- Affects **privacy and control** over personal space

Crowding impacts **interpersonal behavior, mental health, and overall well-being**.

### **Q10: Asian People Are More Tolerant – Explain in Terms of Life Span (5 Marks)**

**Answer:**

Asian cultures often promote:

- **Collectivism and family support**, reducing emotional burden
- **Meditation and spiritual practices**, which lower stress
- **Respect for elders and calm conflict resolution**, enhancing emotional regulation

These factors contribute to **higher tolerance** and potentially longer, **healthier lifespans** compared to high-stress, individualistic societies.

### **Q11: Hans Eysenck's Types of Personality (3 Marks)**

**Answer:**

Hans Eysenck proposed **three major personality types**:

1. **Extraversion vs. Introversion** – Outgoing vs. reserved
2. **Neuroticism vs. Emotional Stability** – Emotionally reactive vs. calm
3. **Psychoticism** – Aggressive, cold, and antisocial traits

These traits help explain how individuals **respond to environmental stressors** and adapt behaviorally.

### **Q12: Types of Resources (3 Marks)**

**Answer:**

There are **three main types of environmental resources**:

1. **Natural Resources** – Forests, water, minerals, soil
2. **Human Resources** – Skills, labor, intelligence of people
3. **Man-Made Resources** – Technology, infrastructure, machinery

Proper management of all resources is vital for **sustainability**.

### **Q13: How Population Varies Across Cultures (3 Marks)**

**Answer:**

Population characteristics such as **birth rate, family size, age distribution, and migration patterns** differ across cultures due to:

- **Cultural norms** (e.g., preference for sons in some cultures)
- **Economic conditions**
- **Religious beliefs**
- **Government policies**

These variations impact **resource use, housing, and urban planning**.

### **Q14: Controllability of Stressors – Impact and Example (5 Marks)**

**Answer:**

**Controllable stressors** allow individuals to **change the outcome** through action.

**Uncontrollable stressors** cause more emotional distress due to **lack of control**.

- **Impact:**
  - Controllable: Often result in **problem-focused coping**
  - Uncontrollable: Lead to **emotional stress, anxiety**

**Example:**

- **Controllable:** Preparing for an exam
- **Uncontrollable:** Natural disaster or sudden illness

Perceived control reduces the **negative psychological effects** of stress.

**Q15: Sustainable Strategies – Modern Agriculture and Tourism Impact (5 Marks)**

Answer:

- **Sustainable Strategies:**
  - Recycling, water conservation, eco-friendly transport
  - Promoting local agriculture and clean energy
- **Modern Agriculture:**
  - Uses **organic methods**, reduces chemical use, conserves water
  - But over-mechanization may harm the **ecosystem**
- **Tourism Impact:**
  - Boosts economy but also causes **pollution, habitat destruction, and cultural erosion**
  - **Eco-tourism** helps balance development and conservation

**Q16: Heating and Cooling Systems – Energy Consumption in Homes (with Example) (5 Marks)**

Answer:

Heating and cooling are **major energy consumers** in households, especially in extreme climates.

- **Examples of high-energy systems:**
  - Air conditioners, electric heaters, geysers
  - Poor insulation increases energy waste
- **Solutions:**
  - Use **solar panels** for water heating
  - **Insulated windows and walls**
  - **Programmable thermostats** reduce unnecessary energy use

Sustainable building design can **reduce energy bills and carbon footprint**.

**Q17: Define Personality (3 Marks)**

Answer:

**Personality** is the unique combination of thoughts, emotions, and behaviors that define how a person responds to the environment. It is relatively stable over time and influenced by both **biological** and **environmental factors**.

**Q18: Biomedical Model (3 Marks)**

Answer:

The **biomedical model** focuses on the **biological and physical causes** of illness. It views health

as the absence of disease and emphasizes **medical treatment** over psychological or social factors. It ignores environmental or emotional influences on health.

**Q19: Write Any Three Problems Faced by Pakistan (3 Marks)**

**Answer:**

1. **Overpopulation** – Causes strain on resources and services
2. **Water scarcity** – Affects agriculture and human health
3. **Air pollution** – Increases respiratory diseases and reduces quality of life

These environmental challenges require urgent **policy and behavioral responses**.

**Q20: How Limited Space in Prisons Affects Inmates (3 Marks)**

**Answer:**

Limited space in prisons leads to **crowding**, which causes:

- **Increased aggression and conflict** among inmates
- **Higher stress levels** and anxiety
- **Reduced privacy and mental health issues**

Overcrowding disrupts **rehabilitation and behavior control**.

**Q21: What Is an Antecedent? Give Example or Prompt (3 Marks)**

**Answer:**

An **antecedent** is a trigger or cue that **precedes a behavior** and influences it.

- **Example:** A teacher giving a reminder to students before a test
- **Prompt:** A visual sign saying “Turn off lights” encourages energy saving

Antecedents guide behavior before it happens.

**Q22: Difference Between Additive Burden Hypothesis and Chronic Burden Hypothesis (5 Marks)**

**Answer:**

<b>Additive Burden Hypothesis</b>	<b>Chronic Burden Hypothesis</b>
Suggests that <b>multiple stressors add up</b>	Suggests that <b>long-term exposure</b> to stress harms health
Focuses on <b>quantity</b> of stressors	Focuses on <b>duration</b> of exposure

### Additive Burden Hypothesis

### Chronic Burden Hypothesis

Example: Job loss + illness + pollution    Example: Living in poverty for many years

Both impact **mental and physical well-being**, but differ in how stress accumulates.

### Q23: Dormitory Construction and Stress Factors Related to Density (5 Marks)

#### Answer:

Dormitories with **high population density** and poor design can lead to:

- **Crowding stress** – lack of privacy
- **Noise** – disrupts sleep and study
- **Limited personal space** – increases conflict
- **Shared facilities** – create hygiene and conflict issues

Proper dormitory design must consider **space per person, ventilation, and privacy** to reduce stress.

### Q24: Explain Controllability With Example (5 Marks)

#### Answer:

**Controllability** refers to whether a person feels they can **influence or manage a stressor**.

- If a stressor is **controllable**, people use **problem-focused coping**
- If **uncontrollable**, it may lead to **emotional distress**

#### Example:

- **Controllable:** Studying for an exam (can prepare)
- **Uncontrollable:** Death of a loved one (must accept and cope emotionally)

Perceived control reduces the **negative effects of stress** on health and behavior.

### Q25: Personality – Origin of the Word & Definition (3 Marks)

#### Answer:

The word "**personality**" comes from the Latin word "**persona**," which means **mask**.

#### Definition:

Personality refers to the **enduring patterns of thinking, feeling, and behaving** that make an individual unique. It includes traits, attitudes, and behaviors shaped by both **genetics and environment**.

### Q26: What Are Ambient Stressors? Give Example (3 Marks)

**Answer:**

**Ambient stressors** are **chronic environmental conditions** that are **unavoidable** and **persist over time**, often going unnoticed.

**Examples:**

- Air pollution
- Noise in urban areas
- Crowding or poor lighting

They may not cause **immediate harm**, but contribute to **long-term stress** and health issues.

**Q27: Observational Findings in Galle and McPherson's Study on Density and Social Disorganization (3 Marks)**

**Answer:**

Galle and McPherson (1972) found that:

- **High population density** in urban areas was linked to **social disorganization**, such as increased **crime rates**, **mental illness**, and **family instability**.
- The relationship was stronger in areas with **low social support** and **poverty**.

They concluded that **density alone doesn't cause issues**, but **when combined with poor social conditions**, it leads to problems.

**Q28: Role of Psychological and Social Determinants in Individual Resilience to Stress (5 Marks)**

**Answer:**

**Psychological determinants:**

- **Optimism** and **self-efficacy** help individuals believe in their ability to overcome stress
- **Coping strategies** like problem-solving and emotion regulation improve adaptation

**Social determinants:**

- **Family and peer support** reduce the emotional burden
- **Community support systems** provide resources and encouragement
- **Cultural values** (e.g., spirituality or collectivism) strengthen resilience

Together, these factors **buffer the negative effects** of stress and promote recovery.

**Q29: High Social Density According to Griffith and Veitch (1971) (3 Marks)**

**Answer:**

Griffith and Veitch (1971) studied **high-density environments** and found:

- People living in crowded conditions showed **increased stress, social withdrawal, and less helping behavior**
- High density caused **interpersonal strain** and **limited privacy**, especially in shared living spaces

They concluded that **high social density negatively affects social interaction and well-being.**

### **Q30: Explain Personality Traits with the Big Five Model (5 Marks)**

**Answer:**

**Personality traits** are enduring characteristics that influence how a person thinks, feels, and behaves across various situations. They help explain differences in people's responses to their environment.

The **Big Five Personality Traits** model categorizes traits into five broad dimensions:

1. **Openness to Experience**  
– Creative, curious, open to new ideas and experiences.
2. **Conscientiousness**  
– Responsible, organized, goal-directed, and dependable.
3. **Extraversion**  
– Outgoing, energetic, and enjoys social interactions.
4. **Agreeableness**  
– Kind, empathetic, cooperative, and trusting.
5. **Neuroticism**  
– Emotionally reactive, anxious, and prone to mood swings.

These traits exist on a **spectrum**, and individuals may vary in levels of each. This model is widely used in **psychology, personality assessment, and organizational settings.**

### **Q31: Explain Wohlwill's Adaptation Theory With a Real-Life Urbanization Example (5 Marks)**

**Answer:**

**Wohlwill's Adaptation Theory** states that humans have a **tendency to adapt** to environmental stressors by adjusting their **expectations, behaviors, and emotional responses** over time.

**Urbanization Example:**

A woman who migrates from a peaceful rural village to a noisy, crowded city initially feels **overwhelmed by noise and pollution.** Over time, she adapts by **adjusting her daily routine,** using **noise-cancelling headphones,** and finding **green spaces** to feel at ease.

Wohlwill emphasized that **psychological adjustment** is crucial in high-stress environments like urban areas.

### **Q32: Migration Rate of Women – From Rural to Urban Areas (5 Marks)**

**Answer:**

**Women's migration from rural to urban areas** has steadily increased due to:

- **Employment opportunities** (domestic work, factory jobs)
- **Access to health and education**
- **Escape from patriarchal rural norms**

**Previous studies** show:

- Migration was mostly **male-dominated** in earlier decades
- Now, women increasingly migrate **independently** for work or due to **climate change** and **family instability**

This trend has changed **urban demographics**, increasing the need for **gender-sensitive planning** and **female-specific housing and safety policies**.

### **Q33: Manipulation of Physical and Social Situations in Laboratory Settings (3 Marks)**

**Answer:**

In **Environmental Psychology**, researchers often manipulate **physical or social conditions** in labs to study behavior.

**Examples:**

- Adjusting **room temperature, lighting, or crowding** to see their effect on stress
- Changing **social settings**, like number of people in a room, to test conformity or cooperation

This helps identify how **specific environmental changes** influence psychological responses, **without real-world distractions**.

### **Q34: How Can Behavior Change Help Solve Environmental Problems? (5 Marks)**

**Answer:**

**Behavioral change** plays a key role in solving environmental problems by promoting **sustainable practices** and reducing harmful impacts.

Examples include:

- **Reducing plastic use** through reusable bags/bottles
- **Saving energy** by switching off unused appliances
- **Using public transport** to reduce air pollution
- **Recycling** and waste segregation at home
- **Water conservation** by repairing leaks and using low-flow taps

Small changes in behavior across society can lead to **large-scale improvements in environmental quality**.

### **Q35: Role of Acculturation in Cultural Change and Adaptation (5 Marks)**

**Answer:**

**Acculturation** is the process by which individuals or groups **adjust to a new culture** after migration or exposure to different environments.

Role in cultural change:

- Encourages **integration of new values, language, and customs**
- Promotes **adaptation** by reducing cultural shock
- Leads to **bicultural identity** or **blending of traditions**

Acculturation is essential for migrants adapting to **urban environments** or foreign cultures, helping them manage stress and build **social cohesion**.

### **Q36: Significance of Primary and Secondary Appraisal in Cultural Adaptation (5 Marks)**

**Answer:**

In the context of **cultural adaptation**, appraisal helps individuals assess and respond to new environments:

- **Primary appraisal:**
  - The person evaluates whether the new situation is **threatening or challenging** (e.g., language barriers)
- **Secondary appraisal:**
  - The person assesses whether they have the **resources or coping skills** to manage the change

Together, these cognitive evaluations determine the **emotional response** and coping strategy, which influence successful cultural adaptation.

### **Q37: Hans Selye's Three Personality Types (3 Marks)**

**Answer:**

Hans Selye didn't classify personality types but focused on **stress responses**. You may be confusing it with **Hans Eysenck**, who described:

1. **Extraversion** – Outgoing, sociable
2. **Neuroticism** – Emotionally unstable
3. **Psychoticism** – Aggressive, cold, and antisocial tendencies

These traits affect how individuals respond to **stress and environmental challenges**.

### **Q38: Inner and Outer Density (3 Marks)**

**Answer:**

- **Inner density:** Number of people **per room** in a housing unit
- **Outer density:** Number of people **per building or area** (e.g., per square kilometer)

Both types influence **crowding stress, social behavior, and mental health.**

### **Q39: Population or Adaptation Trends in Different Countries (3 Marks)**

**Answer:**

- **Developed countries:** Show **aging populations**, low birth rates, and **urban migration**
- **Developing countries:** Experience **youthful populations**, high fertility rates, and **rapid urbanization**

**Adaptation trends include:**

- Emphasis on **urban planning, green spaces, and sustainable housing**
- **Technological adaptation** to manage resource scarcity

### **Q40: Self-Serving Bias with Example (3 Marks)**

**Answer:**

**Self-serving bias** is the tendency to **attribute success to oneself** and **blame failures on external factors.**

**Example:**

A student gets good grades and says, "I worked hard."  
But if they fail, they say, "The exam was unfair."

This bias helps protect **self-esteem** but may **distort reality.**

### **Q41: What Do You Know About Conformity? Recall the Moments Where You Have Conformed and Why? (5 Marks)**

**Answer:**

**Conformity** is the act of adjusting one's behavior, beliefs, or decisions to match those of a group or social norms, often due to peer pressure or the desire to fit in.

**Example from personal life:**

I once conformed during a group project where everyone agreed on an idea I disagreed with. I chose not to object because I wanted to maintain harmony and avoid conflict.

**Reason:**

People conform for **social acceptance**, to **avoid rejection**, or because they believe the group is more knowledgeable.

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**Q42: Density Impacts Altruistic Behavior. Do You Agree or Not? (5 Marks)**

**Answer:**

Yes, I agree. **High population density** can negatively impact **altruistic (helping) behavior** due to:

- **Overstimulation** – too much noise and interaction can lead to emotional exhaustion
- **Social withdrawal** – people avoid contact to protect personal space
- **Decreased responsibility** – the “bystander effect” is more common in crowded areas

In contrast, **low-density areas** foster stronger community bonds and increased helping behavior.

**Q43: What Do You Know About Open Space Classrooms? Give an Example and Enlist Some of Its Advantages. (5 Marks)**

**Answer:**

**Open space classrooms** are learning environments **without traditional walls**, promoting flexible learning and interaction among students.

**Example:** A school where multiple grades share a large hall for learning with movable partitions.

**Advantages:**

1. Encourages **collaboration** and group learning
2. Supports **team teaching**
3. Increases **student autonomy**
4. Promotes **creative thinking**
5. Allows for **flexible classroom arrangements**

**Q44: Enlist the Five Measures of Density Given by Schmitt. (5 Marks)**

**Answer:**

According to **Schmitt**, five common ways to measure density include:

1. **Room density** – People per room
2. **Building density** – People per building
3. **Neighborhood density** – People per neighborhood block
4. **Household density** – Number of people per household
5. **Functional density** – Amount of social contact experienced by an individual

These measures help assess the psychological impact of **crowding**.

**Q45: What Can You Do to Progress in Pakistan Related to Energy Consumption? (3 Marks)**

**Answer:**

To support progress in Pakistan, I can:

- **Use energy-efficient appliances**
- **Turn off lights and electronics** when not in use
- **Promote awareness** about energy conservation in my community
- **Support renewable energy** sources like solar panels

Small actions at the individual level can create a **big collective impact**.

**Q46: What Natural Ways Can You Adopt to Replace Energy Sources Like ACs and Heaters? (3 Marks)**

**Answer:**

Natural methods to reduce reliance on **ACs and heaters** include:

- **Proper ventilation** and window positioning
- **Use of thick curtains or blinds** to block heat
- **Planting trees** around the house for natural cooling
- **Wearing climate-appropriate clothing**
- **Using clay homes or insulation materials** to maintain internal temperature

These strategies save energy and support **sustainable living**.

**Q47: Identify Some Factors That Are Bringing Change in the Rural Areas. (3 Marks)**

**Answer:**

Factors causing change in rural areas include:

1. **Migration to cities** leading to labor shortages
2. **Introduction of technology** in agriculture and communication
3. **Education and awareness** promoting health and hygiene
4. **Infrastructure development** like roads and electricity
5. **Government policies** supporting rural upliftment

These factors shift rural lifestyles closer to urban standards.

**Q48: We Want to Teach Children to Keep Their Environment Clean. How Can the Principle of Positive Reinforcement Help? (3 Marks)**

**Answer:**

**Positive reinforcement** encourages desired behavior by offering **rewards** after the behavior occurs.

**Example:**

If a child throws trash in the dustbin and receives **praise or a small reward**, they are more likely to repeat the behavior.

**Result:**

Children associate cleanliness with **appreciation**, making them more responsible and environment-friendly.

**Q49: How Has Population Change Caused Depletion of Resources and Their Deterioration? (3 Marks)**

**Answer:**

Population growth increases demand for:

- **Water**, leading to scarcity
- **Forests**, resulting in deforestation
- **Fossil fuels**, causing depletion and pollution
- **Land**, leading to urban sprawl and soil degradation

Uncontrolled population growth places **immense pressure on natural resources**, harming the environment.

**Q50: How Can Operant Conditioning Be Used in Learning and Changing Attitudes and Behaviors? Exemplify. (2+3 Marks)**

**Answer:**

**Definition (2 Marks):**

**Operant conditioning** is learning through **rewards and punishments** to increase or decrease behavior.

**Example (3 Marks):**

A student receives **stars or praise** for timely homework (positive reinforcement), encouraging them to repeat the behavior.

If a child misbehaves and loses screen time (negative punishment), they may reduce that behavior.

This method is used in **classrooms, therapy, and behavior modification** programs.

**Q51: Your Car Is About to Bump Into Another Car. What Physiological and Behavioral Changes Occur During This Increased State of Readiness? (5 Marks)**

**Answer:**

**Physiological changes:**

- **Increased heart rate and breathing**
- **Dilated pupils**
- **Tensed muscles**
- **Adrenaline release**

**Behavioral changes:**

- Quick decision-making (e.g., braking or swerving)
- Heightened alertness
- Possibly freezing or shouting

This is a **fight-or-flight response**, preparing the body for immediate action.

**Q52: Enlist a Few Urbanization-Related Problems. (5 Marks)**

**Answer:**

1. **Overcrowding**
2. **Increased pollution** (air, water, noise)
3. **Lack of housing** and rise of slums
4. **Traffic congestion**
5. **Strain on public services** like healthcare and sanitation
6. **Social disintegration** and rising crime

These problems affect both **physical and mental health** of urban dwellers.

**Q53: Highlight Robert Sommer's Observations About Mental Hospitals. (5 Marks)**

**Answer:**

Robert Sommer observed that:

- **Hospital environments** were often **dehumanizing and institutional**
- Patients were treated as **objects**, not individuals
- **Privacy was lacking**, and the physical setup **discouraged recovery**
- A more **humane, personal, and aesthetically pleasing** design could enhance mental health

He emphasized that **environment design affects psychological well-being**.

**Q54: What Is Energy Conservation? Explain Three Types of Energy Conservation. (5 Marks)**

**Answer:**

**Energy conservation** means using **less energy** by adopting **efficient practices** and **renewable resources**, which helps preserve natural resources and reduce environmental damage.

**Types:**

1. **Behavioral Conservation** – Turning off unnecessary lights, using public transport
2. **Technological Conservation** – Using energy-efficient appliances or solar panels
3. **Structural Conservation** – Designing buildings with natural ventilation and insulation

These efforts reduce **energy consumption** and support **sustainability**.

**Q55: Compare Urban and Rural Environment in Terms of Affiliation, Prosocial and Antisocial Behavior (5 Marks)**

**Answer:**

<b>Aspect</b>	<b>Urban Environment</b>	<b>Rural Environment</b>
<b>Affiliation</b>	Weaker social bonds due to fast life	Stronger community ties
<b>Prosocial behavior</b>	Less common due to anonymity	More frequent due to close relations
<b>Antisocial behavior</b>	Higher due to stress and crowding	Lower; community pressure discourages

Urban life increases **stress and isolation**, while rural settings often encourage **cooperation and mutual support**.

**Q56: Prisoners Tend to Commit Crime Due to Impulsive Behavior. As an Environmental Psychologist, What Skills Will You Use to Reduce Their Impulsivity? (5 Marks)**

**Answer:**

To reduce impulsivity in prisoners:

1. **Cognitive-behavioral training** – Helps identify triggers and develop self-control
2. **Anger management programs** – Reduces emotional reactivity
3. **Structured routine** – Encourages discipline
4. **Mindfulness and relaxation** – Improves focus and emotional regulation
5. **Environmental modification** – Creating calm, controlled spaces reduces aggressive impulses

**Q57: TV Cartoons Promote Fashion. Do These Cartoons Impact Children's Minds? Name and Explain the Theory Involved. (5 Marks)**

**Answer:**

Yes, cartoons influence children's thinking and preferences.

**Theory involved: Social Learning Theory (Bandura)**

Children **observe and imitate** what they see in media. If cartoon characters wear trendy clothes, children **model that behavior**, wanting similar items to feel accepted or admired.

Repeated exposure can shape **attitudes, preferences**, and even **materialistic behavior**.

**Q58: What Three Things Do You Use Daily to Maintain Optimal Level of Arousal? (3 Marks)**

**Answer:**

1. **Physical activity** – Walking or exercise boosts energy
2. **Balanced sleep and rest** – Prevents fatigue or over-arousal
3. **Social interaction** – Keeps mood stable and mind active

These maintain **emotional, physical, and mental balance**, supporting productivity.

**Q59: Three Basic Lifestyles for Energy Conservation (3 Marks)**

**Answer:**

1. **Minimalism** – Reducing excessive consumption
2. **Eco-friendly habits** – Using public transport, turning off lights
3. **Green living** – Using solar panels, energy-saving appliances

Such lifestyles promote **sustainability** and reduce environmental strain.

**Q60: How is Culture Learned Through Enculturation and Acculturation? (5 Marks)**

**Answer:**

- **Enculturation:**
  - The process by which individuals learn their **native culture** through **family, education, and society**.
- **Acculturation:**
  - Occurs when people adapt to a **new culture**, often after **migration or exposure to foreign environments**.

Both shape a person's **values, beliefs, and behaviors**, with **enculturation forming the base** and **acculturation modifying it** in new contexts.

**Q61: Density Can Affect Altruism Behavior. Do You Agree or Not? (3 Marks)**

**Answer:**

**Yes, I agree.**

In high-density areas:

- People feel **overstimulated**, leading to **emotional withdrawal**
- **Bystander effect** increases, reducing helping behavior
- Overcrowding can create **anonymity**, weakening social responsibility

In low-density areas, **close social bonds** encourage more altruistic actions.

**Q62: How Is Individual Behavior Affected by Reciprocal Relationships of Physical and Social Variables? Give Example. (5 Marks)**

**Answer:**

Behavior is influenced by both **physical (noise, temperature)** and **social (group norms, peer pressure)** variables.

**Example:**

In a noisy, overcrowded room (physical stressor), a person may become **irritable**. If others are aggressive too (social influence), the individual may **mirror that behavior**, escalating tension.

This shows how environmental and social conditions **interact to influence responses**.

**Q63: What Are the Detriments of Energy Use in Homes and Construction? (5 Marks)**

**Answer:**

1. **Air pollution** – From fossil fuel use for heating/cooling
2. **Resource depletion** – Excessive energy use drains natural reserves
3. **Climate change** – Emissions from construction materials and HVAC systems
4. **Waste production** – From poor insulation and outdated technology
5. **High costs** – Financial strain on households and infrastructure

**Sustainable practices** reduce these harms significantly.

**Q64: Define First Postulate (3 Marks)**

**Answer:**

The **First Postulate** in environmental psychology states that **behavior is a function of both the person and the environment**. This is expressed as:

**B = f(P, E)**

Where:

- **B** = Behavior
- **P** = Person (individual characteristics)
- **E** = Environment (physical and social surroundings)

It emphasizes the interaction between individuals and their environment in determining behavior.

### **Q65: Define Intensity and Duration (3 Marks)**

**Answer:**

- **Intensity** refers to the **strength or magnitude** of a stimulus or behavior (e.g., how loud a sound is).
- **Duration** refers to the **length of time** the stimulus or behavior lasts (e.g., how long the noise continues).

Both are important in assessing environmental stressors like noise, light, or crowding.

### **Q66: Task Performance (3 Marks)**

**Answer:**

**Task performance** refers to how well a person completes a specific activity or duty.

It depends on factors like:

- **Environmental conditions** (e.g., noise, lighting)
- **Motivation and focus**
- **Stress levels and mental state**

In environmental psychology, the environment can significantly **enhance or hinder performance**.

### **Q67: Solar Energy + Types of Solar Energy (5 Marks)**

**Answer:**

**Solar energy** is energy obtained from the sun's rays. It's a **renewable, clean, and sustainable** energy source.

**Types of solar energy:**

1. **Photovoltaic (PV) Solar Power:** Converts sunlight directly into electricity using solar panels.
2. **Solar Thermal Energy:** Uses sunlight to heat water or air for residential or industrial use.
3. **Concentrated Solar Power (CSP):** Uses mirrors/lenses to focus sunlight and generate high temperatures for electricity production.

### **Q68: Changing Attitude to Protect Pakistani Environment (3 Marks)**

**Answer:**

To protect the environment, attitudes can be changed by:

1. **Awareness campaigns** on pollution, deforestation, and climate change
2. **School education** to develop environmental responsibility from a young age
3. **Positive reinforcement** for eco-friendly behavior (e.g., rewards for recycling)

These help promote **sustainable habits** in society.

**Q69: Three Types of Energy Conservation (3 Marks)**

**Answer:**

1. **Behavioral Conservation:** Turning off unused devices, using natural light
2. **Technological Conservation:** Using energy-efficient appliances and lighting
3. **Architectural Conservation:** Designing energy-saving buildings with insulation and ventilation

Together, these reduce energy demand and environmental harm.

**Q70: Ali Has Lost His Sister Due to Chronic Illness and Experiences Stress. What Type of Stress Is This, and What Coping Methods Can Help? (5 Marks)**

**Answer:**

**Type of Stress:**

Ali is experiencing **chronic emotional stress** and possibly **grief-related traumatic stress**.

**Coping Methods:**

1. **Emotional expression** – Talking about feelings
2. **Social support** – Spending time with loved ones
3. **Therapy or counseling** – For grief management
4. **Spiritual/religious coping** – Prayers, seeking inner peace
5. **Healthy routines** – Sleep, exercise, journaling

These help in processing the loss and maintaining mental health.

**Q71: Define Energy Conservation and Explain Three Types (5 Marks)**

**Answer:**

**Energy conservation** means using less energy through **efficient practices** to save resources and reduce pollution.

**Three types:**

1. **Behavioral:** Habits like switching off lights when not needed

2. **Technological:** Using energy-efficient machines
3. **Structural:** Building designs that reduce the need for heating/cooling

These practices support **sustainability and environmental protection**.

### **Q72: Is Alcoholism a Problem of Rural or Urban Area? Justify (5 Marks)**

**Answer:**

Alcoholism is a **problem in both urban and rural areas**, but the **causes and patterns differ**.

- In **rural areas**, lack of education, boredom, unemployment, and limited recreational options may lead to alcohol use.
- In **urban areas**, stress from fast-paced life, peer pressure, and availability contribute to alcoholism.

**Justification:**

Urban areas may show **higher cases**, but rural communities may face **more severe consequences** due to poor healthcare and awareness.

### **Q73: Write About Saegert and Mackintosh Study About Task Performance (5 Marks)**

**Answer:**

**Saegert and Mackintosh (1978)** studied the effects of **crowding on task performance**.

**Findings:**

- High-density environments **lowered performance** in complex tasks
- **Privacy invasion** and **distraction** were key factors
- Crowded conditions led to **psychological stress**, reducing focus

Their study showed that **environmental factors like density directly impact cognitive and motor task efficiency**.

### **Q74: Lahore's Negative Environmental Challenges – Make a Plan and Mention Main Parts (5 Marks)**

**Answer:**

**Challenges in Lahore:**

- Air pollution (due to traffic and industry)
- Water contamination
- Deforestation and urban sprawl
- Waste mismanagement

**Proposed Plan:**

1. **Environmental Awareness Campaigns**
2. **Tree Plantation Drives**
3. **Public Transport Reforms** to reduce emissions
4. **Waste Management System Upgrade**
5. **Strict Industrial Regulations**

This would lead to **sustainable urban living**.

### **Q75: Population Boom and Its Relation with Resource Depletion and Environmental Deterioration (5 Marks)**

**Answer:**

A population boom causes:

- **Increased resource consumption** (water, land, fuel)
- **Overfarming and deforestation**
- **Air and water pollution**
- **More waste and sewage**

This results in **depletion of natural resources** and a **decline in environmental quality**, harming both ecosystems and human health.

### **Q76: Learning Theory Postulates (3 Marks)**

**Answer:**

Common postulates of learning theory:

1. **Behavior is learned from the environment** (behaviorism)
2. **Learning occurs through association** (classical/operant conditioning)
3. **Observational learning** is possible through modeling (Bandura)
4. **Motivation and reinforcement** influence learning outcomes

These ideas form the basis of psychological and educational interventions.

### **Q77: How Can Stress Lead to Physical Illness? (3 Marks)**

**Answer:**

Chronic stress triggers the **release of cortisol and adrenaline**, which:

- Weakens the immune system
- Increases blood pressure and heart problems
- Causes headaches, fatigue, and stomach issues
- Worsens existing conditions like diabetes

Prolonged stress results in **psychosomatic illness** (physical symptoms from psychological causes).

**Q78: As Pakistani Nation, What Is Our General Assumption About Jews? (3 Marks)**

**Answer:**

In many parts of Pakistan, the general assumption about Jews is shaped by:

- **Historical-political conflict with Israel**
- **Media portrayal and lack of direct contact**

This often results in **negative stereotypes**, although such biases stem from **limited interaction and political narrative**, not from religion itself.

Environmental psychologists recommend **cross-cultural education** to reduce prejudice.

**Q79: What Is Meant by Urbanization? How and Why Are Slums Developed? (5 Marks)**

**Answer:**

**Urbanization** is the **increase in population** in cities due to migration and expansion of economic activities.

**Slums develop due to:**

- **Overpopulation** and lack of affordable housing
- **Unplanned urban growth**
- **Rural-to-urban migration**
- **Lack of government infrastructure and policies**

Slums lead to poor **living conditions**, disease spread, and social problems.

**Q80: Difference Between Overstaffing and Understaffing (3 Marks)**

**Answer:**

<b>Overstaffing</b>	<b>Understaffing</b>
Too many employees for tasks	Too few employees for required work
Leads to <b>waste of resources</b>	Leads to <b>overburdened staff</b>
Reduces productivity per employee	Reduces overall efficiency
Common in <b>inefficient management</b>	Common in <b>cost-cutting environments</b>

Both affect **organizational performance** and stress levels in employees.

**Q81: Purpose of Prisons? (3–5 Marks)**

**Answer:**

The main purposes of prisons are:

1. **Punishment** – For committing crimes
2. **Deterrence** – Discouraging future offenses
3. **Rehabilitation** – Reforming the offender's behavior
4. **Protection** – Isolating dangerous individuals from society
5. **Justice** – Serving as part of the legal consequence system

Modern psychology emphasizes **rehabilitation and reintegration** into society.

**Q82: What Do You Know About Ambient Stressors? (3 Marks)**

**Answer:**

**Ambient stressors** are **chronic, low-level stressors** in the environment that individuals may not be consciously aware of.

**Examples:**

- Noise pollution
- Air pollution
- Traffic congestion
- Overcrowding

They **build stress over time**, affecting mental and physical health.

**Q83: Compare Solar Energy Systems (5 Marks)**

**Answer:**

Type	Description	Use
<b>Photovoltaic (PV)</b>	Converts sunlight into electricity	Homes, solar panels
<b>Solar Thermal</b>	Uses sunlight to heat fluids or air	Water heating, space heating
<b>Concentrated Solar</b>	Uses mirrors/lenses to generate heat	Large-scale electricity

Solar energy is **renewable, clean**, and reduces dependence on fossil fuels.

**Q84: Impact of Density Related to Altruism (3–5 Marks)**

**Answer:**

High **social density** (too many people in a space) leads to:

- **Reduced helping behavior** (bystander effect)
- **Social withdrawal and emotional fatigue**
- **Increased anonymity**, lowering responsibility

This negatively affects **altruism**, especially in urban settings.

### **Q85: “Intensity” and “Duration” of Stress (3 Marks)**

**Answer:**

- **Intensity:** How strong or severe the stressor is (e.g., trauma vs. minor annoyance)
- **Duration:** How long the stress lasts (short-term vs. chronic)

**Example:**

A **loud explosion** = high intensity, short duration

**Family conflict** = moderate intensity, long duration

Both impact health differently.

### **Q86: Five Measures of Density by Schmitt (5 Marks)**

**Answer:**

Schmitt proposed the following **measures of density**:

1. **Spatial density** – Number of people per room/unit
2. **Social density** – Number of people per social group
3. **Crowding perception** – Subjective experience of density
4. **Functional density** – Density relative to the use of space
5. **Behavioral consequences** – How people behave in dense conditions

These help understand **crowding and its effects** on behavior.

### **Q87: Why Do People Influence Social Norms? Describe Three Benefits of Conformity (5 Marks)**

**Answer:**

**People influence and follow social norms** due to the need for:

1. **Acceptance** – Being liked and included in groups
2. **Order** – Predictable, organized behavior in society
3. **Guidance** – Reducing uncertainty in social situations

**Three benefits of conformity:**

1. Promotes **social harmony**
2. Enhances **safety** through shared rules (e.g., traffic laws)
3. Helps in **collective action** and cooperation

**Q88: Constant Stress Producing Physical Illness – Justify with Logical Reasons (5 Marks)**

**Answer:**

Constant stress activates the **hypothalamic-pituitary-adrenal (HPA) axis**, leading to:

- **Increased cortisol** → weakens immune system
- **Heart strain** → high blood pressure, heart disease
- **Digestive problems** → ulcers, IBS
- **Sleep disorders** → insomnia, fatigue

Chronic stress is linked to **psychosomatic illnesses** and worsens pre-existing conditions.

**Q89: Have You Saved Any Electric Resources? If Yes, Then How Can You Save in the Future? (3 Marks)**

**Answer:**

Yes, examples of saving electricity:

- Turning off lights when not needed
- Using LED bulbs
- Operating appliances during low-load hours
- Unplugging unused devices

**Future Plans:**

- Install solar panels
- Use energy-efficient appliances
- Promote awareness in community

These reduce **cost and environmental impact**.

**Q90: How Can You Improve the Structure of Open Classrooms? (5 Marks)**

**Answer:**

To improve open classroom structures:

1. **Define learning zones** with flexible dividers
2. **Use sound-absorbing materials** to reduce noise
3. **Install moveable furniture** for dynamic layouts
4. **Provide storage** for resources and student belongings
5. **Ensure lighting and ventilation** are suitable

This encourages **collaborative learning**, creativity, and comfort.

**Q91: How Can Culture Be Learned Through "Enculturation" and "Acculturation"? (5 Marks)**

**Answer:**

- **Enculturation** is the process of learning one's **own culture** from birth through family, peers, and media.  
*Example: A child learning language, customs, and religion from their parents.*
- **Acculturation** is the process of adapting to a **new culture** after exposure, often through migration.  
*Example: A Pakistani student studying abroad adopts local norms while maintaining their identity.*

Both processes help individuals **understand social norms and integrate** into society.

**Q92: What Is Urban Sprawl and Identify Some Cities in Pakistan Affected by It (3–5 Marks)**

**Answer:**

**Urban sprawl** is the **unplanned, uncontrolled spreading** of urban development into surrounding rural areas.

**Cities in Pakistan experiencing urban sprawl:**

- **Lahore**
- **Karachi**
- **Islamabad**
- **Rawalpindi**

This leads to **loss of agricultural land, pollution, and infrastructure pressure.**

**Q93: Recommendations for Superstore Owner to Minimize Customer Waiting Time (3–5 Marks)**

**Answer:**

1. **Use multiple billing counters**
2. **Implement digital billing systems**
3. **Train staff for quick service**
4. **Display clear signage for navigation**
5. **Offer self-checkout options**

These steps improve **customer satisfaction and flow.**

**Q94: What Is Urbanization? Define the More and Less Urbanized Cities of Pakistan (5 Marks)**

**Answer:**

**Urbanization** is the shift of population from **rural to urban** areas, increasing city development.

**More urbanized cities:** Karachi, Lahore, Islamabad

**Less urbanized cities:** Dadu, Chitral, Khuzdar

Urbanization brings **economic growth**, but also challenges like **overcrowding and pollution**.

**Q95: Define Intensity and Duration of Stressor (5 Marks)**

**Answer:**

- **Intensity:** Refers to how **strong or severe** a stressor is (e.g., death vs. loud noise)
- **Duration:** Refers to **how long** the stress lasts (short-term vs. chronic)

**High intensity + long duration** stressors are more likely to cause serious **mental and physical health issues**.

**Q96: How Architectural Design Can Affect Our Environmental Feelings (3 Marks)**

**Answer:**

- Bright, open spaces may induce **calmness and creativity**
- Crowded or dark environments may cause **stress and discomfort**
- Natural elements like **greenery and sunlight** improve **mood and productivity**

Architecture influences **behavior, mood, and mental health**.

**Q97: How Energy Consumption Techniques Can Be Used in Construction and Building (5 Marks)**

**Answer:**

1. **Insulated walls and windows** to reduce energy loss
2. **Solar panels** for sustainable energy use
3. **LED lighting systems**
4. **Energy-efficient HVAC systems**
5. **Orientation of building** to maximize natural light and ventilation

These techniques **reduce costs and environmental impact**.

**Q98: Enlist 3 Energy-Friendly Techniques in Building Design (3 Marks)**

**Answer:**

1. **Green roofs**
2. **Use of solar panels**
3. **Rainwater harvesting systems**

These techniques enhance **sustainability and reduce energy consumption**.

**Q99: Case: Two Girls Watch a Horror Movie – One Is Afraid of Blood and Darkness, the Other Is Not. Define Their Behavior (5 Marks)**

**Answer:**

This reflects **individual differences in perception and emotional response**:

- The **first girl** shows a **high sensitivity to fear stimuli**, possibly due to past experiences or temperament.
- The **second girl** has **desensitization or lower emotional reactivity**.

Psychologically, this can be explained by **classical conditioning, biological predisposition, and coping style** differences.

**Q100: When the Individual and Group Conflict Increases, How Will Conformity Be Affected and Why? (5 Marks)**

**Answer:**

When individual and group conflict increases, **conformity tends to decrease**. People start resisting group norms due to:

- **Loss of trust** in the group
- **Strong personal beliefs** that differ from the group
- **Cognitive dissonance** between personal and group values

Conformity depends on a sense of **belonging**—conflict disrupts that and leads to **non-conformity or rebellion**.

**Q101: New Cellphone Models Keep Arising—What Is Your Attitude Toward Buying the New Model? (3 Marks)**

**Answer:**

My attitude is **needs-based**. If my current phone fulfills all necessary functions (calls, apps, camera), I prefer to **hold onto it**.

This reflects a **utilitarian attitude**, not influenced by market pressure, showing **resistance to materialism** and valuing **function over trend**.

### **Q102: Hans Selye's 3 Stages of Stress Appraisal (With Scenario) (5 Marks)**

**Answer:**

Hans Selye's **General Adaptation Syndrome (GAS)** includes:

1. **Alarm Stage:** Body reacts to stressor (e.g., heart rate rises)
2. **Resistance Stage:** Body tries to adapt (e.g., coping strategies)
3. **Exhaustion Stage:** Energy is depleted if stress continues

**Scenario Example:** A student hears they failed—feels shock (alarm), starts preparing for re-exam (resistance), but prolonged stress leads to fatigue (exhaustion).

### **Q103: Sara Always Came Late to Office; Today Again She Was Late Due to Traffic. Her Boss Blames Her Personality. What Attribution Error Is This? (5 Marks)**

**Answer:**

This is an example of the **Fundamental Attribution Error**.

**Explanation:**

Her boss wrongly attributes her lateness to **internal factors** (Sara's carelessness) instead of **external factors** (traffic jam). This error overlooks the situation and blames the person.

### **Q104: Define Urban Sprawl and Why Is It Important to Study? (3 Marks)**

**Answer:**

**Urban sprawl** is the **spread of urban development** into rural or undeveloped areas, often without planning.

**Importance of studying urban sprawl:**

- Impacts **infrastructure and resources**
- Increases **traffic, pollution, and housing issues**
- Helps in **urban planning** to control overgrowth

### **Q105: Describe the Functions of RAS (Reticular Activating System) (3 Marks)**

**Answer:**

The **Reticular Activating System (RAS)** is located in the brainstem and is responsible for:

- **Regulating alertness and consciousness**
- **Filtering stimuli** to focus attention
- **Sleep-wake transitions**

It plays a key role in **attention, awareness, and response to the environment.**

### **Q106: Define Density and How Does It Apply to Shopping Behavior? (5 Marks)**

**Answer:**

**Density** refers to the **number of people in a given space.**

**In shopping behavior:**

- **High density** leads to **crowding, stress, and shorter shopping time**
- **Low density** provides **comfort**, encourages **browsing**, and increases **purchases**

Understanding density helps improve **store layout and customer satisfaction.**

### **Q107: Two Types of Cognitive Map (5 Marks)**

**Answer:**

1. **Route Map:**
  - A sequential path of directions (e.g., turn left, go straight).
  - Based on personal experience or repeated travel.
2. **Survey Map:**
  - A bird's-eye view understanding of spatial layout.
  - Enables flexible movement across multiple routes.

**Cognitive maps help us mentally represent and navigate environments.**

### **Q108: If You Bump a Car or Another Car Hits You — Physiological and Behavioral Changes (5 Marks)**

**Answer:**

**Physiological Changes:**

- Increased heart rate
- Sweating
- Adrenaline release
- Pupil dilation

**Behavioral Changes:**

- Immediate alertness or shock
- Fight/flight reaction
- Verbal expression (e.g., shouting, apologizing)
- Seeking help or calling authorities

This is a **stress response (alarm stage)** from the autonomic nervous system.

**Q109: What Is Your Best Quality That Affects the Environment Positively? (3–5 Marks)**

**Answer:**

My best quality is **responsibility**.

- I conserve energy by turning off lights and fans when not in use.
- I avoid littering and promote cleanliness.
- I use reusable items to reduce plastic waste.

This shows **environmental awareness** and **pro-environmental behavior**.

**Q110: Population Growth and Its Impact on Resources in Pakistan (5 Marks)**

**Answer:**

- Overpopulation causes **resource depletion** (water, energy, food).
- Strain on **healthcare and education** systems
- **Urban congestion** and increased **pollution**
- Leads to **deforestation** and **housing crises**

Population control is crucial for **sustainable development**.

**Q111: What Do You Do to Control Attitude Toward Energy Resources (Electricity, AC, etc.)? (3–5 Marks)**

**Answer:**

- I use **AC only when necessary** and maintain temperature at 26°C.
- Turn off unnecessary lights and fans.
- Use **energy-efficient appliances**
- Educate others about **energy saving**

These behaviors reflect a **positive and responsible attitude** toward energy conservation.

**Q112: What Is the Purpose of Prison? (5 Points) (5 Marks)**

**Answer:**

1. **Rehabilitation** of offenders
2. **Punishment** for crimes
3. **Protection** of society
4. **Deterrence** to prevent future crimes
5. **Justice** through legal consequences

Modern prisons aim for both **security and behavioral correction**.

**Q113: Explain Collins' Crowding and Its Effects (5 Marks)**

**Answer:**

**Collins' theory** suggests that **crowding is a subjective experience**, not just physical density.

**Effects include:**

- Stress and anxiety
- Aggressive behavior
- Withdrawal or irritability
- Poor task performance
- Reduced prosocial behavior

Perception of crowding depends on **personal tolerance and control over space**.

**Q114: Influence on Behavior and Cognitive Processes (3–5 Marks)**

**Answer:**

**Environment influences both:**

- **Behavior:** Through crowding, noise, temperature, and light, which affect how we act or react.  
*Example: People behave more aggressively in hot, noisy places.*
- **Cognitive processes:** Like attention, memory, and problem-solving.  
*Example: A well-lit and quiet environment improves learning and focus.*

Environment plays a key role in **shaping mental performance and behavior patterns**.