



## Försättsblad Prov Original

Kurskod	Provkod	Tentamensdatum
P S 0 3 9 G	3 0 0 1	2 0 1 8 - 1 1 - 0 9
Kursnamn	Psykologi GR (B), Miljöpsykologi för Psykologprogrammet	
Provnamn	Tentamen	
Ort	Östersund	
Termin	H18	
Ämne	Psykologi	



**Mittuniversitetet**  
MID SWEDEN UNIVERSITY

Avdelningen för psykologi  
Campus Östersund  
**Psykologprogrammet**

## **TENTAMEN: Miljöpsykologi, PS039G, ht-2018**

**Välkommen till detta ordinarie tentamenstillfälle!**

**Datum:** fredagen den 9 november 2018

**Hjälpmedel:** inga

**Maxpoäng:** 103 poäng

**Examinatorer:** Richard Ahlström, Terry Hartig, & Kerstin Weimer

Terrys frågor besvaras du genom att fylla i tentamensdokumentet medan Richards och Kerstins frågor besvaras på separata papper. Tänk på att skriva din kod på varje nytt blad.

Glöm inte att lämna in **både** tentamensdokumentet med svaren på Terrys frågor och de pappersblad där du besvarat övriga frågor på.

Skriv tydligt och läsligt!

Lycka till!

Richard, Terry & Kerstin

### **Terrys questions:**

1. Which of the following is true with regard to prospect-refuge theory as discussed in the reading on "Health benefits of nature experience" assigned for the lecture on "City and countryside, natural and built"? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 5 possible choices.)

- a. It assumes that the ability to move toward a goal while out of the sight of predators would have been of primary importance to the survival of proto-humans.
- b. The importance of seeing without being seen motivates an analysis of landscape into prospects, refuges, and hazards.
- c. Among modern humans, the aesthetic experience of landscape is thought to be influenced by variation in the objects that symbolize prospects and refuges, the spatial arrangement of symbols, and the balance between prospect and refuge symbols, among other factors.
- d. The overarching assumption of the theory is that people today still prefer savannah-like environments over other landscapes because the period of human evolution in which environmental preferences became hard-wired was set in the African savannah.
- e. All of the above are true.

2. Which of the following is true with regard to E.O. Wilson's biophilia hypothesis, as discussed in the reading on "Health benefits of nature experience" and in Chapter 2 of the Bell et al. textbook? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 8 possible choices.)

- a. It proposes that all people have some innate drive to affiliate with other forms of life.
- b. It assumes that humans have through evolution acquired patterns of response to the environment, including both approach to environmental circumstances that support survival and avoidance of environmental circumstances that threaten survival.
- c. It assumes that humans evolved in natural environments, and humans still show in different ways that they remain biologically adapted to those environments.
- d. It considers unlikely that the influence of the environments of human evolution would have disappeared after a relatively short period (in evolutionary terms) of human residence in urban environments.
- e. It proposes that the response tendencies characterized as "biophilia" can be observed in all societies.
- f. It has inspired an environmental design strategy, biophilic design, which brings different elements of nature into the built environment.
- g. One argument for biophilia is presented by its converse, biophobia, another form of biologically prepared learning.



h. Despite much circumstantial evidence, the biophilia hypothesis seems to be lacking in convincing support, in contrast to biophobia, for which support comes from many well-controlled experiments.

3. Stress reduction theory (SRT) and attention restoration theory (ART) both provide explanations for restorative effects of different environments, including natural environments; however, the two theories differ in several ways. As discussed in Lecture 3 (with associated readings, which of the following are among their differences? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 5 possible choices.)

- a. Both are primarily concerned with recovery from stress, but SRT is more concerned with acute, intensive stress, whereas the main concern of ART is for emotional consequences of chronic stress.
- b. Both theories take interest in how pleasant, visible features of the environment capture and hold a person's attention, thus initiating the restorative process, but SRT considers how viewing a scene blocks negative emotions whereas ART considers how viewing a fascinating scene enables rest of a neurocognitive mechanism for directed attention.
- c. The restorative benefits of viewing nature described in SRT, such as reduced physiological arousal, can occur very quickly, within minutes, whereas it may take substantially more time for the benefits of interest to ART to emerge, as reflected in performance on tests of directed attention.
- d. In explaining restorative benefits of nature experience, ART makes strong assumptions about positive responses to certain natural environmental having become biologically prepared through human evolution, whereas SRT makes no such assumptions and instead views patterns of responding to nature as primarily dependent on the experiences that an individual has during childhood.
- e. All of the above are true.

4. Which of the following statements is true of activity-based offices as discussed by Appel-Meulenbroek et al. (2011)? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 6 possible choices.)

- a. Developments in communication technologies supported the trend toward activity-based offices, making it possible for employees to easily choose among different places and times for doing their work.
- b. Differences in work styles, activity patterns, and needs for privacy and interaction make it difficult to design an office concept suitable for all employees.

- c. A large majority (68%) of workers in the activity-based offices they studied did not switch from one type of workstation as they changed activities on an average day.
- d. A drawback of this office concept is a loss of possibilities for personalizing an own worksite, and so a loss of identity.
- e. Only a small minority (5%) of workers in the activity-based offices they studied chose to ever work at home to achieve better productivity.
- f. All of the above are true.

5. Which of the following are among the key findings from the analyses by Kim and de Dear (2013) based on post-occupancy evaluation data concerning workers' experiences with different kinds of office design? (Circle the letter for each true statement, draw an "X" over the letter for each false statement. 1 point for each correct choice, 4 possible choices.)

- a. Satisfaction with the workplace environment overall was clearly highest among those in enclosed private offices.
- b. The level of dissatisfaction with ease of interaction with others was quite low for all of the office types.
- c. High percentages of workers expressed dissatisfaction with sound privacy if they worked in an office layout with high or low partitions between workspaces or in an open office without partitions.
- d. Occupants in open-plan offices may be rather satisfied with the ease of interaction with others, but this does not compensate for the negative impacts of the open-plan layout on impaired privacy and noise.

6. Consider the following table of results from an experiment by Evans and Johnson (2000), as discussed in the lecture on work environments. Recall that the data are from experienced clerical workers randomly assigned to do office work (text entry) for three hours under either quiet conditions or under simulated office noise (a recording of the sounds of telephones ringing, background conversation, and the like). What does the pattern of both significant and non-significant results tell us with regard to the argument that office workers will eventually habituate to office noise, so that it no longer affects them? (Give your answer below the table in the space provided. 4 points.)

Table 1  
*Multimethodological Indicators of Stress*

Stress index	Noise	Quiet	<i>t</i> (38)
Epinephrine (ng/min)	5.61 [4.67]	3.90 [4.71]	1.79*
Norepinephrine (ng/min)	3.90 [28.41]	2.59 [29.43]	<1.0
Cortisol ( $\mu$ g/min)	0.04 [0.03]	-0.03 [0.08]	<1.0
Perceived stress	1.72	1.88	<1.0
Aftereffects	11.50	19.10	4.75***

*Note.* Urinary neuroendocrine measures are difference scores, with the mean 3-hr resting baseline subtracted from the mean 3-hr experimental session. As we expected, given random assignment, resting baseline readings (shown in brackets) were all equivalent between the noise and quiet conditions. Perceived stress was rated on a scale ranging from 1 (*not at all*) to 4 (*very*). Aftereffects were measured as the number of attempts made on unsolvable puzzles.

\*  $p < .05$ . \*\*\*  $p < .001$ .







