

IOP1503

(494920)

October/November 2016

ENVIRONMENTAL PSYCHOLOGY

Duration 2 Hours

75 Marks

EXAMINERS

FIRST

SECOND

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Closed book examination

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This examination question paper consists of 14 pages plus instructions for the completion of a mark-reading sheet.

ANSWER ALL QUESTIONS.

[TURN OVER]

Answer all the questions in Section A on the mark reading sheet. Please complete the mark reading sheet as indicated on the instruction form. The unique number is 494920.

- 1 _____ refers to the number of individuals per given unit of land area which put stress on the environment, society and resources
- 1 Territoriality
 - 2 Overcrowding
 - 3 Population density
 - 4 Lack of privacy
- 2 Primary, secondary and public human territories are categorised as such by what factor?
- 1 The centrality of the territory to one's personal life
 - 2 The degree of ownership and access
 - 3 Permanence of the territory
 - 4 The value of the property to the individual
- 3 How workspace is designed and occupied affects not only how people feel, but also their work performance, their commitment to their employer, and the creation of _____ in the organisation
- 1 new knowledge
 - 2 employment opportunities
 - 3 interaction
 - 4 dependency
- 4 Environmental psychology as field of study examines _____
- 1 physical and social dimensions of the environment
 - 2 overcrowding, traffic congestion and noise
 - 3 human behaviour and wellbeing in relation to the environment
 - 4 reduced stress and increased productivity
- 5 Environmental psychologists deal with such environmental problems as _____
- 1 pollution
 - 2 workplace design issues
 - 3 sustainability
 - 4 all of the above

[TURN OVER]

- 6 When designing workspaces several factors must be taken into account, which are not related to the physical design, but rather to their psychological impact on the workers _____ is often facilitated by an open-plan office, such as being able to look at one another and the sound of other people talking, reminding us that we are not alone
- 1 Stimulation
 - 2 Socialisation
 - 3 Identity
 - 4 Control
- 7 Raising awareness through environmental psychology awareness programs aimed at all levels of education, from schools to Universities, and the general public, is an example of _____
- 1 increased awareness
 - 2 sustainable practices
 - 3 best business practices
 - 4 training and education
- 8 The General Adaptation Model developed by Hans Selye is a very handy way of understanding the _____ reaction to stress
- 1 biophysical
 - 2 psychological
 - 3 physiological
 - 4 psychosocial
- 9 For humans, sustainability is the potential for long-term maintenance of wellbeing, which has environmental, economic and social dimensions _____ is development that meets the needs of the present without compromising the ability of future generations to meet their own needs
- 1 Sustainable development
 - 2 Green development
 - 3 Ecological development
 - 4 Natural development
- 10 The goal of workplace design is to provide spaces that allow people to do their jobs with maximum effectiveness and comfort Which of the following does not support work of groups?
- 1 Creation of a community
 - 2 Open proximity
 - 3 Link communities
 - 4 Collaborative design
- 11 Light is important to our overall well-being and general health People who encounter a lack of sunlight during winter often experience levels of depression, which is known as _____
- 1 ambient stressor syndrome
 - 2 lack of light depression
 - 3 seasonal affective disorder
 - 4 winter depression disorder

[TURN OVER]

- 12 Gifford (2007) defines environmental attitudes broadly as the individual's concern for the physical environment. Which of the following is not a component of an attitude?
- 1 Cognitive
 - 2 Appreciative
 - 3 Affective
 - 4 Conative
- 13 Environmental health comprises those aspects of human health, disease, and injury that are determined or influenced by factors in the environment, which includes _____
- 1 those aspects of human health that are influenced by environmental factors
 - 2 usage of chemical, physical and biological agents
 - 3 housing, urban development, land use and transportation
 - 4 the impact of industry on agricultural economy and health
- 14 Research findings into temperature and productivity of office employees indicate that performance is _____
- 1 better when the weather is somewhat warmer than usual
 - 2 worse when the weather is somewhat warmer than usual
 - 3 better when the weather is a bit colder than usual
 - 4 worse when the weather is a bit colder than usual
- 15 An architect designing an office and an ergonomist seeing to it that the equipment and the lighting in the offices are up to standard, while an environmental psychologist assesses the psychological impact on the employees, is an example of _____
- 1 behavioural science
 - 2 multidisciplinary science
 - 3 systematic interrelationship
 - 4 environmental design
- 16 Which of the following options are areas where environmental psychology will make a difference in improving the relationship between people and the environment and the functioning of people?
- 1 The push towards utilising renewable sources of energy
 - 2 Ensuring that organisations practice ethical principles related to the long-term usage of the environment
 - 3 Assuring organisational success through making the organisation sustainable
 - 4 All of the above

[TURN OVER]

- 17 Stress is the emotional and physical strain caused by our response to pressure from the outside world. Ramona's child has been very sick at home for a long time and this has kept her awake at night causing her to make mistakes at work and this has been stressing her out even more. This is an example of which type of stressor?
- 1 Major life event
 - 2 Ambient environment
 - 3 Daily problems
 - 4 Cataclysmic event
- 18 When comparing rural-living to urban-living, which of the following is not a variable of the urban environment on the physical, social and psychological functioning of people as discussed by Veitch and Arkkelin (1995)?
- 1 Noise pollution
 - 2 People avoid eye contact with strangers
 - 3 Incidence of crime
 - 4 Slow pace of living
- 19 Environmentally responsible actions often seem difficult to do since business and economic development wants to push for progress. However, protecting the environment makes good business sense since there are several business benefits for organisations that pursue green business and sustainability. Which of the following is not such a benefit?
- 1 Reduces costs
 - 2 Green taxes
 - 3 Positive public relations
 - 4 Employee morale
- 20 In environmental psychology the term "environment" is defined by Veitch and Arkkelin (1995) as any natural setting, man-made setting or work setting. Which of the following examples cannot be included in this definition?
- 1 The beach
 - 2 An airplane cockpit
 - 3 A restaurant
 - 4 A human
- 21 In guiding environmentally responsible actions there are two ways of dealing with environmental problems, either through technological solutions or behavioural changes. Which of the following is not an example of a behavioural change?
- 1 Conservation of resources
 - 2 Decreased littering which contaminates the environment
 - 3 Workplace design issues
 - 4 Decreased dumping of industrial waste into rivers and lakes

[TURN OVER]

- 22 Which of the following is not an advantage which a person experiences when territoriality has been achieved?
- 1 A sense of wellbeing
 - 2 Regulated usage
 - 3 Feeling of control
 - 4 A pleasant setting
- 23 To burst into tears during an argument with someone is an example of which component of an attitude
- 1 Cognitive
 - 2 Situational
 - 3 Conative
 - 4 Affective
- 24 Personal, cultural and physical _____ will have an effect on how we perceive the environment
- 1 personalities
 - 2 activities
 - 3 reactions
 - 4 influences
- 25 _____ is one of the described psychological factors that impact on workers which should be taken into account when designing workspaces
- 1 Lighting
 - 2 Manageability
 - 3 Identity
 - 4 Temperature
- 26 _____ occurs in situations of high population density where personal space is at a premium and is a source of environmental stress
- 1 Territoriality
 - 2 Crowding
 - 3 Population density
 - 4 Lack of privacy
- 27 Roger Baker studies how certain environments and places influence our behaviour. This theory is called _____
- 1 behaviour setting theory
 - 2 stimulus theory
 - 3 arousal theory
 - 4 control theory

[TURN OVER]

- 28 The term "environment" as used in environmental psychology refers to
- 1 The setting in which behaviour takes place
 - 2 The individual's reaction to certain environmental stimuli
 - 3 Orderly, predictable relationships between dependent systems
 - 4 Human-environment interaction
- 29 Which is not part of the definition of environmental psychology?
- 1 The issue of the multidisciplinary, which includes the many disciplines, involved in human interaction
 - 2 The issue of it being 'n behavioural science which focuses on the effect of the environment on people's behaviour and vice versa
 - 3 The issue of unpredictable relationships that exist between independent elements
 - 4 The issue of the environment which is the setting in which the behaviour takes place
- 30 What is environmental perception?
- 1 The way and means by which we collect information through all our senses
 - 2 The way we acquire, store, organise and recall information about our environment
 - 3 How individuals respond to everyday scenes
 - 4 How we think about or remember a place with no particular reference to its relative location
- 31 Rating scales can be used when doing research in environmental psychology They can be defined as
- 1 Instruments used when people are asked to provide information regarding their opinions, beliefs, behaviours and attitudes
 - 2 Carefully controlled conditions designed to eliminate the influence of non-related variables
 - 3 An instrument that requires the rater to assign the number which is considered to reflect their perceived value
 - 4 The relationship or association between two or more variables associated with a natural event or real-world situation
- 32 Attitudes are known to have three components, namely cognitive, affective and conative components What is an example of a conative component?
- 1 Emotion
 - 2 Thought
 - 3 Behaviour
 - 4 Situation
- 33 _____ is an example of the physiological processes that take place in a stressful situation
- 1 The cognitive process
 - 2 Emotional outbursts
 - 3 The alarm reaction
 - 4 The secondary appraisal procedure

[TURN OVER]

- 34 Coping involves the ability to _____
- 1 prevent, avoid or control emotional stress
 - 2 engage in action-orientated behaviour
 - 3 consider social, psychological and constitutional resources
 - 4 all of the above
- 35 Which of the following is not a stress relieving factor?
- 1 Attitude
 - 2 Relaxation
 - 3 Action
 - 4 Control
- 36 The term "urbanisation" used in environmental psychology refers to
- 1 Movement of people from rural to urban areas and the growth of urban areas
 - 2 High population volumes
 - 3 Practices that facilitate a place or region's progress towards the goal of sustainable living
 - 4 High population density
- 37 What does the term "environmental degradation" mean?
- 1 The impact of cities on the natural environment
 - 2 Unsustainable practices
 - 3 The depletion or destruction of potentially renewable resources
 - 4 The effect of humans on the natural environment
- 38 Which is not a characteristic of a sustainable city?
- 1 The right and property of the individual are respected
 - 2 The consumer culture prevails
 - 3 Local renewable energy sources are used
 - 4 Pollution is avoided to a large extent
- 39 Which of these options is not a benefit, which a person experiences when territoriality has been achieved?
- 1 A sense of wellbeing
 - 2 *Feelings of control*
 - 3 Regulated usage
 - 4 A pleasant setting
- 40 Privacy is an interpersonal boundary-control process by means of which we regulate contact with others. Within this context, "selective control" refers to
- 1 Particular forces that cause us to approach some for interaction and to avoid others to be alone
 - 2 Acquire a balance between too much and too little privacy
 - 3 Whether others will be permitted to join in and on the type of interaction we want to exhibit
 - 4 A dialectic process of opening and closing the self to others thereby regulating contact

[TURN OVER]

- 41 Anonymity refers to when a person wishes to be among others but does not want to be personally identified, and is a form of
- 1 Solitude
 - 2 Privacy
 - 3 Reservedness
 - 4 Intrusion
- 42 Several psychological aspects must be taken into account when designing work spaces which are not related to the physical design but rather to the psychological impact it has on the workers. Which of the options below is not a psychological aspect?
- 1 Stimulation
 - 2 Socialisation
 - 3 Identity
 - 4 Relaxation
- 43 Behaviour setting theories focus on _____
- 1 behavioural expectations
 - 2 limitations imposed by the environment
 - 3 environmental arousal expectations
 - 4 the cultural meaning of environments
- 44 At the World Summit on Sustainable Development held in Johannesburg in 2002, five areas of sustainable development were identified. Which of the following is not one of those areas?
- 1 Increased use of alternative and renewable energy sources
 - 2 The reduction of land degradation
 - 3 The reduction of hazardous waste materials and various types of pollution
 - 4 The building of high-rise buildings to increase housing possibilities
- 45 Behavioural science studies the interaction between the _____ and the _____
- 1 human, environment
 - 2 crowd, environment
 - 3 human, science
 - 4 human, setting
- 46 Which of the following statements is not one of the issues with open-plan offices?
- 1 The overall perceptions of employees in open-plan offices tend to be positive
 - 2 The overall perceptions of employees in open-plan offices tend to be negative
 - 3 Open-plan offices are supposed to improve communication and supervisory control
 - 4 Open-plan offices are supposed to facilitate positive work-related behaviour

[TURN OVER]

- 47 Systematic interrelationship refers to the interaction between _____ systems
- 1 behavioural
 - 2 dependent
 - 3 environmental
 - 4 work
- 48 Sustainable life on earth is a characteristic of _____
- 1 individual organisms
 - 2 ecosystems
 - 3 populations
 - 4 recycling
- 49 The organisation's commitment to the environment is reflected by _____
- 1 encouraging staff to participate in research and development
 - 2 creating a culture where behaviour translates into becoming action
 - 3 coming up with their own solutions to environmental problems
 - 4 making more informed decisions regarding recycling
- 50 Which is not one of the current trends influencing environmental psychology?
- 1 Population trends
 - 2 Human behaviour
 - 3 Resource depletion
 - 4 Environmental upgrading
- 51 _____ describes how content an individual is with his/her job
- 1 Job employment
 - 2 Employee involvement
 - 3 Job satisfaction
 - 4 Employment variety
- 52 Sustainable design seeks to reduce negative impact on the environment, increasing the health and comfort of building occupants, thereby improving building functioning. Which of the following is not one of the abilities of sustainable design?
- 1 Minimising non-renewable energy consumption
 - 2 Minimising operational and maintenance practices
 - 3 Using environmentally preferable products
 - 4 Enhancing indoor environmental quality
- 53 When environmental stressors such as pollution, traffic and noise exceed optimal levels, they intrude on a person, causing tension. This is an example of which behavioural theory?
- 1 Behaviour setting theory
 - 2 Stimulus theory
 - 3 Arousal theory
 - 4 Stress theory

[TURN OVER]

- 54 The extent to which measurements provide consistent information is known as _____ whether those measurements actually measure what they claim to is _____
- 1 validity, reliability
 - 2 reliability, operationism
 - 3 operationism, validity
 - 4 reliability, validity
- 55 There are several business benefits for the organisation that pursues green business and sustainability Which of the following areas is not a benefit or opportunity of green business?
- 1 Reduced costs
 - 2 Employee morale
 - 3 Positive public relations
 - 4 Increased socialisation
- 56 Resources of which only a limited quantity exists (when it is depleted no more is left), such as fossil fuels used for oil and gas, are called _____
- 1 continuous resources
 - 2 renewable resources
 - 3 extrinsic resources
 - 4 non-renewable resources
- 57 Cataclysmic events are those stressors which _____
- 1 occur suddenly and have a limited impact on a few people
 - 2 occur suddenly and have a large impact on large numbers of people
 - 3 occur over long periods of time, have low impact and are present in daily life
 - 4 result in immediate death to those exposed to them
- 58 _____ is a term used to describe practices that facilitate a place's progress towards the goal of sustainable living that attempts to reduce an individual's or society's use of natural resources
- 1 Urban renewal
 - 2 Urban sustainability
 - 3 Urban regeneration
 - 4 Urban augmentation
- 59 The types of distances associated with personal space have a close and far phase which represents the distance zones between two people, _____ is for comforting and other full-contact activities People who interact at this distance are on close terms
- 1 personal space
 - 2 intimate space
 - 3 social space
 - 4 public space

[TURN OVER]

- 60 _____ is a type of privacy. It is a popular but limited notion of privacy, it is being alone when you want to be alone, like when you are studying for examinations
- 1 Solitude
 - 2 Intimacy
 - 3 Anonymity
 - 4 Reservedness
- 61 As an environmental psychology practitioner, you may be asked to assist organisations in tackling and managing the issue of employee privacy. _____ arises when someone intentionally intrudes on another person's private affairs or concerns and is considered to be highly offensive
- 1 Intrusion
 - 2 Appropriation
 - 3 Public disclosure of private facts
 - 4 False light
- 62 When designing workspaces, several factors must be taken into account, which are not related to the physical design, but rather to the psychological impact it has on the workers. When people are stimulated, they are more alert, creative and productive. This psychological factor is called _____
- 1 stimulation
 - 2 socialisation
 - 3 identity
 - 4 control
- 63 What is not part of the definition of environmental perception?
- 1 The initial gathering of information
 - 2 The stimuli in the environmental assessment
 - 3 The collection of information through our senses
 - 4 A very complicated process
- 64 _____ refers to what occurs when the way we view or perceive a situation is completely incorrect often as a result of previous experience, culture, gender or background
- 1 Perceptual error
 - 2 Perceptual mistake
 - 3 Perceptual inaccuracy
 - 4 Perceptual miscalculation

[TURN OVER]

- 65 A study found that Western culture (eg North American) people think of themselves as highly independent entities. And when looking at scenes, Westerners tend to focus on central objects more than on their surroundings (Hedden & Gabrieli, 2008). This is an example of how _____ influence(s) environmental perception
- 1 cultural environment
 - 2 the perception of culture
 - 3 cultural inaccuracy
 - 4 cultural differences
- 66 As an environmental psychologist, you may be asked to assist organisations in tackling and managing the issue of employee privacy. _____ is what happens when a person is publicly misrepresented, and which is highly offensive to any reasonable person
- 1 Intrusion
 - 2 Appropriation
 - 3 Public disclosure of private facts
 - 4 False light
- 67 In environmental psychology, stress can be thought of as _____
- 1 something terrible that is happening to a person
 - 2 caused by the events in today's times
 - 3 caused by our response to pressure from the outside world
 - 4 the amount of tension placed upon a person
- 68 For purposes of environmental psychology, how is noise defined?
- 1 Unwanted sound
 - 2 Sound above 100Db
 - 3 Unnatural frequency
 - 4 Sound over which one has no control
- 69 _____ is an example of the stress relieving factor which may assist in stress reduction where a strong network such as friends and family helps the person cope with stress
- 1 Attitude
 - 2 Social support
 - 3 Hardy personality
 - 4 Relaxation
- 70 _____ refers to a collection of health problems linked to substances generated in office environments
- 1 Ambient stressor syndrome
 - 2 Sick-building syndrome
 - 3 Office health syndrome
 - 4 Ill-office syndrome

[TURN OVER]

- 71 Designing offices to have natural light coming in from well-placed windows, thereby decreasing the need for artificial lighting, is an example of _____
- 1 social design
 - 2 communal design
 - 3 green design
 - 4 beneficial design
- 72 The types of distances associated with personal space have a close and far phase which represents the distance zones between two people _____ is the zone used by speakers and their audiences such as a lecturer speaking to a group of 30 or 40 people
- 1 Personal space
 - 2 Public space
 - 3 Intimate space
 - 4 Social space
- 73 A sustainable city is a city that has been designed with environmental concerns in mind Which of the following is not a characteristic of a sustainable city?
- 1 There is no pollution or dumping of waste
 - 2 Energy and materials are used effectively
 - 3 It is oriented to motor vehicles
 - 4 Vegetation in close proximity to the city is protected
- 74 According to Garvare & Isaksson (2001) which one of the following reasons do not indicate why organisations should pursue sustainability?
- 1 The objective is to satisfy the need of humans while keeping a balance with organisational profitability
 - 2 Our morality (our ethical values and principles) and our respect for the next generation This implies that we live only on what is available today without borrowing from future generations
 - 3 In terms of survival, the stress that we are placing on ecosystems is far too large for the continued wellbeing of the planet Therefore, sustainability is in fact a prerequisite for the long-term survival of the planet and its resources
 - 4 There are several organisational benefits and by embracing sustainability and organisation positions itself to face the future
- 75 A fruit farmer in Mpumalanga putting up "no trespassing" signs and electric fencing around his property to keep the local community from taking the fruit without permission in order to protect his harvest is an example of _____ behaviour
- 1 occupancy
 - 2 possessive
 - 3 ownership
 - 4 territorial

TOTAL: [75]

PART 1 (GENERAL/ALGEMEEN) DEEL 1

STUDY UNIT e.g. PSY100-X STUDIE EENHEID by PSY100-X		INITIALS AND SURNAME VOORLETTERS EN VAN	
1		3	
PAPER NUMBER VRAESTELNOMMER		DATE OF EXAMINATION DATUM VAN EKSAMEN	
2		4	
STUDENT NUMBER STUDENTENOMMER		EXAMINATION CENTRE (E.G. PRETORIA) EKSAMENSENTRUM (BY PRETORIA)	
6		5	
7		UNIQUE PAPER NO UNIEKE VRAESTEL NR	
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For use by examination invigilator
Vir gebruik deur eksamenopsiener

IMPORTANT

1. USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
2. MARK LIKE THIS
3. CHECK THAT YOUR INITIALS AND SURNAME HAS BEEN FILLED IN CORRECTLY
4. ENTER YOUR STUDENT NUMBER FROM LEFT TO RIGHT
5. CHECK THAT YOUR STUDENT NUMBER HAS BEEN FILLED IN CORRECTLY
6. CHECK THAT THE UNIQUE NUMBER HAS BEEN FILLED IN CORRECTLY
7. CHECK THAT ONLY ONE ANSWER PER QUESTION HAS BEEN MARKED
8. DO NOT FOLD

BELANGRIK

1. GEBRUIK SLEGS N HB POTLOOD OM HIERDIE BLAD TE VOLTOOI
2. MERK AS VOLG
3. KONTROLEER DAT U VOORLETTERS EN VAN REG INGEVUL IS
4. VUL U STUDENTENOMMER VAN LINKS NA REGS IN
5. KONTROLEER DAT U DIF KORREKTE STUDENTENOMMER VERSTREK HET
6. KONTROLEER DAT DIE UNIEKE NOMMER REG INGEVUL IS
7. MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS.
8. MOENIE VOU NIE

PART 2 (ANSWERS/ANTWOORDE) DEEL 2

1	11	21	31	41	51	61	71	81	91	101	111	121	131	141	151
2	12	22	32	42	52	62	72	82	92	102	112	122	132	142	152
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Specimen only