

Ecological Psychology



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Urban Environments: Overcoming Stressors with Opportunities

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ABSTRACT

With the advancement of civilisation, urbanisation is one of the striking features of the 21st Century. In the present-day world, the focus of the study of the social environment is in terms of an urban environment, travel, and the use of space, including personal space, territoriality and crowding. The dwellers of urban cities have a range of experiences that differ from the dwellers of rural areas. The stressors affecting the life of urban dwellers are very different from those encountered by rural dwellers. The experience of travel and the problems associated with commuting and travelling form an integral part of the life of people living in urban environments. This chapter explores the above issues and also concludes with plausible environmental interventions to mitigate the effects of living in an urban ecosystem.

URBANISATION

Urbanisation may be defined as a process of creating an urban environment. An Urban Environment is a human settlement with a high population density and infrastructure of a built environment. It can be categorised by the urban structure

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