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# THE ECOLOGY OF EXPERIENCE: EXAMINING ENVIRONMENTAL MEMORY, BEHAVIOR, AND WELL-BEING ACROSS LIFESPAN TRAJECTORIES

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THE ECOLOGY OF EXPERIENCE: EXAMINING ENVIRONMENTAL MEMORY, BEHAVIOR, AND WELL-BEING ACROSS LIFESPAN TRAJECTORIES

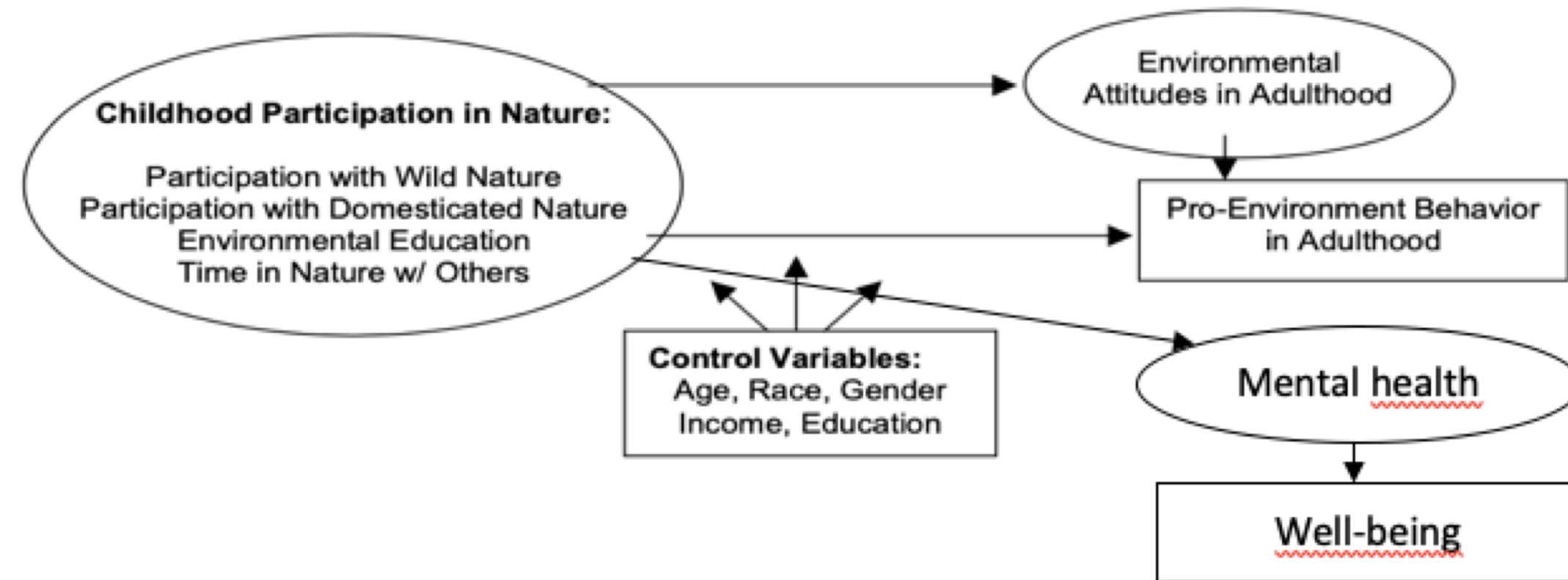
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INTRODUCTION

➤ Childhood exposure to nature enhances both pro-environmental attitudes and mental well-being.

➤ Figure 1. gure 1. Figure inspired by Weels and Lekies (2006)



➤ Environnemental attitudes, behaviors and mental health depend on the amount of greenery, proximity to green spaces in the neighbourhood, frequency of visits, time spent, types of environments, level of biodiversity present and connection to nature (Van Heezik, 2021; Beute et al. 2023)

➤ Different factors contribute to pro-environmental attitudes: time spent in nature, preference for landscapes, exposure to biodiversity and connection with nature (Wells & Lekies, 2006)

➤ It is therefore important to understand the events experienced during childhood and that will shape environmentally friendly attitudes in adulthood in order to promote ecological values, environmental protection and restoration

➤ Nature has a positive impact on the well-being of individuals by reducing stress and increasing creativity (Kahn et al. 2009) (Figure 1)

➤ **Objective** : Which kind of childhood experiences influence pro-environmental behaviours in adulthood and does this influence the well-being of the individual?

METHOD

➤ **Participants** : 49 adults aged 20 to 67 years (M = 40 years and 7 months, ET = 12.3, 36 womans, 13 mans) participated in the study. They were recruited by survey on social network

➤ **Matériel** : 4 questionnaires : 1) Demographic questionnaire; 2) Questionnaire to identify values and attitudes towards the environment (L.S. Moussaouia et al. 2016); 3) whether adults who had one or more childhood experiences reactivated the trends left in their memory regarding environmental behavior (NM. Wells, KS. Lekies, 2006); 4) questionnaire on the well-being of the participant (Mental Health Continuum Short Form, WHO). The Likert scale for questionnaires 2, 3, and 4 was a 5-point scale.

➤ **Procedure** : All participants filled up the questionnaires on Google FORM individually.

➤ **Data coding** : Mixed method data coding was used (qualitative and quantitative data)

RESULTS

➤ This is the first step of a larger research project. This presentation will cover the beginning of quantitative analysis.

➤ For each questionnaire, we calculate the Cronbach alpha : Questionnaire 2:  $\alpha$  de Cronbach = 0.69, Questionnaire 3:  $\alpha$  de Cronbach = 0.14, Questionnaire 4:  $\alpha$  de Cronbach = 0.73

➤ **About Demographic questionnaire** : The majority of participants were executives and higher intellectual positions (37%), employees (26%), and students (19%).

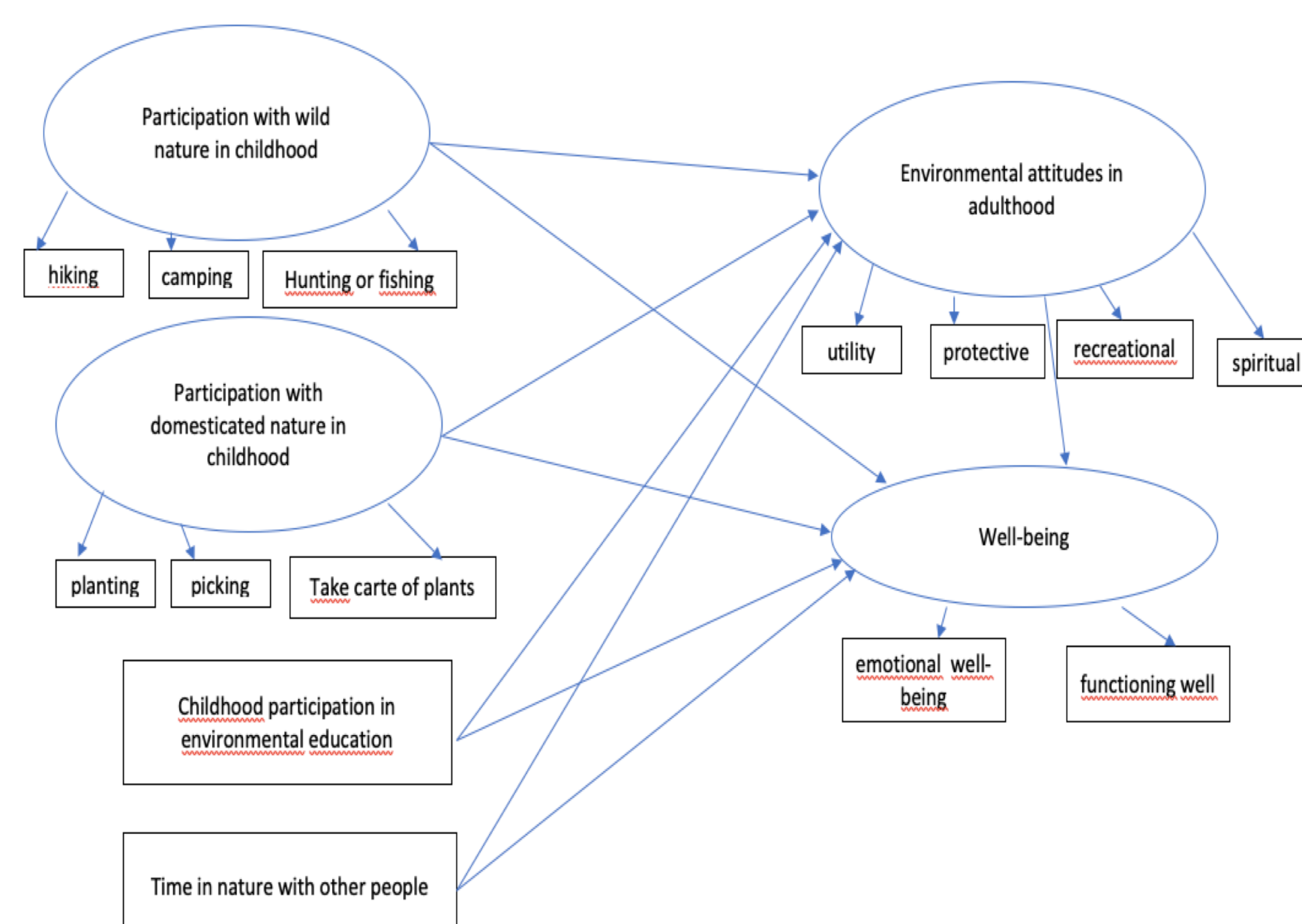
➤ Middle town (27.8%), village (24.1%), and metropolis (20.4%) are the places where it is growing. Houses with gardens (72.2%) and apartments without balconies (13%) are the places where it is growing.

➤ The current location is in the middle town (35.2%) and metropolis (18.5%), houses with gardens (51.9%) and apartments without balconies (13%).

➤ Walking, camping, fishing, and gardening are all positive experiences.

➤ Negative experiences include fear of nature, waste in nature, and accidents in nature.

➤ The following results are descriptive results. We made a figure showing the main responses of people. We took the model inspired by Wells and Lekies (2006) and applied it to our results



DISCUSSION

➤ We made the link between different components: environmental morality (which includes the notions of attitudes and values) and memory

➤ The results showed that adults who had positive experiences with nature (such as time spent in nature, environmental education and having direct experience with sophisticated and wild nature ) have more pro-environmental attitudes and behaviours (Wells & Lkkies, 2006)

➤ In terms of mental health, a decrease in fatigue, anxiety, stress, and irritability would have a positive impact in general

➤ More recent studies link environmental education to child health. This involves different fields such as education, nature study as well as experimental and environmental education. Some authors refer to the term "Nature Deficit Disorder" (Louv, 2009)

➤ Flouri (2014) talks about the influence of nature on mental health. According to Kaplan & Kaplan (2011), green spaces in a neighborhood have a'restorative' effect that reduces stress, fatigue, and mood (Kinnafick et al. 2014).

➤ So people have created patterns and have kept track of them, so they can reactivate their environmental morality as adults.

➤ Limit : There are a limited number of subject men

CONCLUSION

➤ , The results are in agreement with the literature

➤ It would be interesting to continue statistical analyses to identify the pro-environmental attitudes and behaviours of individuals who have had a negative experience with the environment

➤ Future research could explore the elements of environmental activities in nature at school using a longitudinal approach with interest

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