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環境心理學研究資料引介

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Resources in Environmental Psychology

by
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摘 要

有鑒於環境心理學在台灣尚未受到重視，本文除了介紹環境心理學發展的歷史及其對人與環境關係的看法外，並介紹相關之書目、期刊、組織與研究所，以供有興趣之人士參考。

ABSTRACT

Regarding that environmental psychology is still overlooked in environmental education in Taiwan, the author reviews the history and concepts of environmental psychology, and introduces the education programs, research organizations, journals, and bibliography.

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一、前言

環境心理學（註1），簡單的定義是一門研究人類行為及經驗與社會實質環境之交互關係的學科。其從成爲一獨立的研究領域至今不過二十餘年的歷史。它以科際整合之整體觀點研究人們在實際日常生活環境中的行為；將人類與環境視爲不可分割、相互定義的整體；強調人類主動處理與形塑環境的能力，而非只是被動地接受環境的刺激。此種研究取向不僅使之有別於傳統的心理學，並且回過頭來，對整個心理學界產生影響。心理學的研究，不應將人類的行為與經驗孤立，而必須考慮行為發生的脈絡，已廣泛地爲心理學者所接受。此外，環境心理學的研究結果也影響了環境設計與公共政策。例如，有關無障礙環境的立法；預防犯罪的環境設計準則以及減少兒童意外的遊戲場設計準則的建立；對低收入住宅政策及工廠、辦公室設計之建議；與地下鐵地圖之重繪等。然而環境心理學在台灣一直未受到應有的重視，缺少有系統的實地研究與理論的引介。本文之目的在於介紹環境心理學對人類與環境關係的看法，以及各種相關之資料，如書目、期刊、研究組織等，期能對環境心理學研究的推動有所助益。

二、環境心理學概要

(一) 環境心理學的起源與發展（註2）

較有系統的環境心理學研究開始於一九五〇年代後期，然其根源可以追溯至場地理論（field theory）、知覺心理學及其他有關領域的研究。這些理論與概念提供了豐厚的土壤，使環境心理學的成長與發展成爲可能。

路因（K. Lewin）的場地理論視人類行為爲內在力量（如個人需求、感覺與態度）與外在力量（個人在特定場所所感知的環境特性）持續互動的結果，亦即行為乃在一具有吸引與阻礙力量的生活空間中的移動。路因並提出行動研究（action research），強調藉研究以影響社會變遷（註3）。

托爾曼（E.B. Tolman）指出人類對於環境的反應必須經由認知過程來解釋。行為具有目的取向。人們學習環境訊息與其期望之關係以建立認知圖（cognitive map），此認知圖使得人們得以在環境中行動（註4）。

布蘭斯維克（E. Brunswik）強調人在知覺過程中的主動角色。人們所知覺到的環境訊息永遠不會與實際的環境全然符合。人們根據許多過去的環境經驗對於所接收的

環境刺激加以猜測（probabilistic estimate），並進而根據在環境中之行動結果對此概率性之猜測加以評估。此外，他並且提倡代表性設計（representative design），強調“對各種不同之具代表性的環境進行抽樣以研究人類行為”的重要性（註5）。

巴可（R. Barker）認爲人類行為與環境是相互依賴的整體。要了解人類的行為應至人們日常生活的環境中進行觀察與研究。他提出行為場所（behavior setting）作爲研究人類行為之單位。行為場所乃一具有時間與空間邊界，以及自我調節能力的系統。它由實質物體或環境與可替換的人所組成，此二者以一特定的關係進行互動以完成場所的計畫（setting program）（註6）

這些學者攻擊簡單的刺激——反應因果論，提出整體、生態的觀點以研究人類行為，並且矯正過去心理學研究過於忽視環境的觀點，對環境心理學的發展有很大的影響。

菲式廷覺等人（Festinger, Schacter, & Back, 1950）在一宿舍社會互動的研究中，指出實質環境的設計對非正式社交團體的發展的影響（註7）。儘管有人批評其研究方法及樣本上的缺失，以及環境決定論的傾向。但是在他們之前的社會心理學研究，只注重行為之過程，忽略了實質環境的因子，他們的研究因而一再地出現在社會與環境心理學的教科書中。

精神病院的研究可說是環境心理學發展的一塊重要基石。加拿大的精神醫師奧斯蒙（H. Osmond）於1957年發表「功能爲精神病房設計之基礎」（註8），提出社交向心空間（sociopetal space，鼓勵社會互動的空間，如印第安帳篷與愛斯基摩人之圓頂房舍）與社交離心空間（sociofugal space，不鼓勵或阻礙社會互動的空間，如火車站及醫院之等候室）之概念。與奧斯蒙一起研究的社會心理學者索莫（R. Sommer）也在1958年發表「老人病房之社會互動」（註9），闡明領域感之觀念。依特森（W.H. Ittelson）與普羅宣斯基（H.M. Proshansky）等人，則於五十年代末期開始有系統地對精神病房進行調查，研究病房設計對病人行為的影響（註10），而猶他大學（University of Utah）也在此同時進行精神病房之研究，並分別於1961年與1966年召開「建築心理學與精神醫學會議」，與會人士來自心理學、建築與精神醫學等不同專業（註11）。

另外在人類學界方面，霍爾（E. Hall）研究空間人

類學，出版了二本極為重要的書籍，「無聲的語言」(The Silent Language, 1959)與「隱藏的空間」(The Hidden Dimension, 1966)。探討人際空間距離對人類行為的作用及其在不同文化中的差異。霍爾的著作，索莫(1968)對個人空間的研究(註12)以及卡弘(J.B. Calhoun, 1962)(註13)對老鼠進行的密度擁擠實驗等，對以後的空間行為學(spatial behavior study, 即私密性、領域感、個人空間及擁擠之研究)的發展，有極大的影響。

環境專業界對環境心理學的進展也有很多貢獻。林區(K. Lynch)認為都市規劃與設計不應只是建立在歷史與美學的基礎上，而應考慮使用者的環境知覺與反應。他研究波斯頓、洛杉磯與澤西城之居民如何使用都市空間，以及都市設計與居民經驗對都市意象的影響。其「都市意象」(The Image of the City, 1960)一書，開啓了無數環境認知與尋路(way finding)等課題之研究。亞歷山大(C. Alexander)於1964年出版「形式綜合」(Notes on Synthesis of Form)。此書導致系統設計方法的革命，被認為是近二十年來建築理論與研究中最具影響力的書籍，傑克森(J.B. Jackson)於1951年至1968年主編「地景」(Landscape)。此期刊供一個不同專業者發表與討論的園地，拉普普(A. Rapoport)、史地(D. Stea)以及段義符(Y.F. Tuan)早期的著作都在此期刊上發表(註14)。而傑克森本人有關自然與人造地景的文章也予後人很多的啓發。

一九六〇及七〇年代，環境心理學有了驚人的成長。1966年「社會課題期刊」(Journal of Social Issues)出版了由凱茲(R.W. Kates)與沃維爾(J.F. Wohlwill)主編的「人對實質環境的反應」專號(註15)。這是環境心理學的文章首次得以專輯的形式在期刊上出現。1968年紐約市立大學(City University of New York)成立第一個環境心理學的博士班。環境研究設計學會(Environmental Design Research Association)也於此年成立，並於1969年起每年召開一次會議，這是世界上成立最早也是最大的從事環境行為研究與應用的組織。1969年環境心理學的第一份期刊「環境與行為」(Environment and Behavior)創刊。1970年紐約市立大學的普羅宣斯基等人編了第一本環境心理學讀本(Environmental Psychology: Man and His Physical Setting)；1974年他們又出版第一本環境心理學教科書(An Introduction

to Environmental Psychology)。1973年「心理學年度評論」(Annual Review of Psychology)首次出現了「環境心理學」這個主題，環境心理學才真正奠立在學術機構所認可的研究領域裡的合法地位。隨後於1976年美國心理學學會(American Psychological Association)也正式成立「人口與環境心理學」分部。

在這短短的十年之間，環境心理學界從原來只是少數不同專業者的興趣，進而成立博士班；研究組織；發行期刊；出版讀本與教科書，得到學術界的認可並且對工業界與政府決策產生很大的影響。究竟是甚麼因素促使環境心理學，在六十年代中期之後得以如此快速的成長呢？我們可以從當時的社會背景與學術界的自省兩方面來加以探討。

1. 社會背景

1960年代可說是一個覺醒與反叛的年代。各種運動，如黑人運動、婦女運動、消費者運動、環境運動、反越戰運動等風起雲湧，以爭取人類的尊嚴與確保環境的品質。

二次世界大戰之後，許多西方國家的殖民地紛紛獨立，擺脫殖民國家的控制與壓榨，而美國國內一些受到忽視與不平等待遇的團體，如黑人、少數民族、婦女、老人、殘障者，也紛紛為爭取社會、經濟與政治上的機會平等而奮鬥。此人權運動一方面促使心理學者對種族偏見與住宅融合等進行研究，一方面也引發學者對實驗室道德(如何對待受測者)廣泛的重視與討論。而在環境心理學界裡，老人住宅、無障礙環境、兒童遊戲場、婦女與環境等，一直是很受到重視的研究領域。

六〇年代以前，人們相信自然資源是取之不盡、用之不竭的；而科技的進展則許諾了一個富裕幸福的天堂。1962年卡遜(R. Carson)的「寂靜的春天」(註16)在社會大眾、決策者與學術界間引起極大的震撼。人們不再盲目地對科技抱持樂觀與信心，科技界也漸漸體認其所應負的社會責任，而美國國會也在二年內通過了「野生地法案」(Wilderness Bill)「土地與水資源保護法」(Land and Water Conservation Act)。此外，生態保育運動的重點也有了轉變。以前保育團體大都由中年的有閒階級組成(他們通常是賞鳥、釣魚、打獵或研究自然史的愛好者)，其目的是保護自然景觀與野生動物。但現在他們也開始關心都市空間、人口控制與能源運用等問題，並且與和平的政治草根力量結合以及對資本家與政府進行遊說工作

。1969年，美國國會通過「國家環境政策法案」(NEPA)，確保在計劃與決策過程中，運用自然科學、社會科學與環境設計等專門知識，以對人類環境產生實質良性之影響。1970年，美國頒佈「地球日」，進一步推動環境保護運動與喚起全民對環境的認識。環境意識的覺醒於此時可說是達到了高峯。

六〇、七〇年代，營建環境的問題也引發許多人的關切，二次世界大戰後，一方面要彌補戰時停滯之實質建設、重建戰時被破壞的環境，另一方面由於經濟快速的成長，因而各種住宅、學校及商業、工業與交通設施的需求急遽增加，於是都市的開放空間消失了，老的建築物被摧毀了，取而代之的卻是面無表情、單調冰冷的高樓。此種環境破壞原本關係緊密的鄰里生活，且使得地方失去原有的意義與特色。居住環境的擁擠、噪音、不便利及其他壓力，剝奪了人的尊嚴，而越來越多的人被迫在越來越狹小的實質場所裡工作；效率、速度與一致性的要求，更使得人的個性、選擇自由與美感表達受到壓制，消費者開始要求其實質環境的品質應受到保障，而學生們也要求學校教導他們有關所身處的政治、社會及經濟環境的知識，藉以關懷每日所居住的生活環境，並進而主動的參考與改善。

2. 心理學界的自省

從一百多年前的馮德(W. Wundt, 1862)開始，心理學家們便相信經由實驗方法可以研究人類的反應。整個心理學的知識也大都奠基在大學校園的實驗室裡以白老鼠與大學生為實驗對象的研究上。實驗方法不僅決定了研究题目的合法性並且成為真偽的判準，不在實驗室裡從事的研究，被視為是不科學的，因為無法控制外生的變項；而無法在實驗室裡進行觀察的行為也就在心理學家的研究範圍之外。在此種學術氣氛下，精準的測量、複雜的實驗設計、方法的優美以及複雜的統計分析，成為大家致力研究的目標，而研究的應用只不過是次等的學術活動。

在實驗方法的範型下，內在效度雖得到確保，外在效度卻遭到忽略。但在實驗室裡，受測者所背後的歷史經驗，對未來的期望以及主動改變環境的能力常被忽略，因而實驗結果的推廣與應用遭受強烈的質疑。

在傳統的心理學裡，研究者只對人際或個人心理過程感興趣，實質環境被視為與人格成長和團體行為無關，或者只不過是許多單一片斷，可加以操縱與控制的聲光刺激而已。此種研究取向，無法了解人類日常生活中的經驗與意義，因此一些心理學家便提倡以日常生活環境做為研究

場所，考慮社會與實質涵構與人類行為的關係。

3. 建築學界的自省

二次世界大戰之後，一方面營建的需求遽增，一方面經濟成長、科技進步，新的材料及營建方法解除了建築師的許多束縛，因而建築前景一片美好。似乎只要有人願意出錢，在任何地方蓋任何式樣的建築物都是可能的。建築系的學生認真的討論巨型集合住宅、行走的城市以及超高的摩天大樓；而現實世界裡，一幢幢毫無個性的高樓取代了原有的老舊建築、霸佔了都市的開放空間。除了極少數的私人住宅外，居住環境被開發商、銀行及工程師所決定。使用者的角色在整個設計過程中消失了。建築評論肯定形式主義的追求，沒有使用者置喙的餘地。建築獎贊許新奇與自我表現，大都頒發給尚未使用的新建築。建築期刊裡則充斥著看不到人的建築照片。建築成為一場少數人所玩的遊戲。

六〇年代，面對窮人、少數民族、老人與婦女意識的覺醒，以及要求保存歷史建築、開放空間與鄰里的浪潮，建築師顯得有些不知所措。他們極少受過建築研究的訓練，因此期望得到行為科學家的幫忙。而在此同時，心理學界也在反省實質環境的遭受忽視以及研究應用的困難，因而環境設計與行為科學的結合也就成為必然之勢。

(二)環境心理學之研究取向

環境心理學是一門科際整合的學科，研究者來自環境規劃與設計，以及社會學科等不同領域，因而研究取向與興趣有著很大的差異。同時由於此學科發展之歷史尚短，因而沒有一個可為廣泛接受的理論或看法。概括來說，有關「人與環境關係」的概念或理論，可以歸納成三種不同的世界觀(註17)。

1. 互動論(Interactional approach)

互動論視心理學之目的為預測與控制。人的心理現象與社會實質環境被視為分別獨立的個體。其研究步驟為將複雜之整體現象分割成幾個元素，如「環境」與「行為」；探討各別元素之特質；然後尋求元素之間的關係與因果法則以描述整體現象。環境與行為正如撞球一樣，每個球是獨立存在的，有其個別之特性，經過撞擊之後而改變其所在的位置。其關係法則通常是單方向的機械法則，有時是環境因子(自變項)影響人的行為(應變項)，有時是環境因子與人格特質共同影響行為，或者是環境因子透過某種心理過程(中介變項)而影響行為。因子之影響權重

容或不同，然其基本看法則是一樣的。研究者重視變數之準確，嚴格之操作性定義，以及研究可重覆測試及推廣之程度。時間被視為獨立於現象之外的變項，而變遷則是在不同時間之下現象之靜止狀態與結構的差別。研究者是客觀、獨立於研究現象之外的。

互動論的研究案例非常多。早期的擁擠研究認為密度會直接影響人的行為，後來雖然加入個人及人際的變項，但基本上仍認為這些變項是獨立存在的，而因果關係則是研究的興趣所在（註 18）。此外，如採用操作學習理論（operant learning theory）從事能源節約與亂丟紙屑的研究；有關噪音與光線之壓力模型（Stress model）；以及資訊超荷理論（information overload theory）等，亦是屬於互動論的研究（註 19）。

2. 有機論（Organismic approach）

有機論認為人類與環境存在著複雜的相互作用的關係。其與互動論之差別在於強調「整體大於部份之總合」。因此整體，而不是個別的元素，才是主要的研究單位。研究之目的則是尋求規範整體系統運作之有機法則。元素是獨立存在的，但彼此不斷的相互影響，且受制於整體運作之法則。而整體系統是有目的的朝向維持平衡與理想狀態運行，且通常經過幾個特定的發展階段。因此變遷反映了系統之穩定或距理想狀態之程度，而一旦達到理想狀態變遷也就停止了。研究者同樣被認為是客觀、處身於研究現象之外的，並且對研究的可驗證性及法則推廣有興趣。

阿特曼（I. Altman）的私密性模型是有機論的一個例子。他認為個人在一特定場所裡有其理想的私密性程度，於是透過語文行為、身體語言、個人空間與領域以達到其目標。當實際獲致的私密性與理想的私密性有差距時，個人會回過頭來改變其行為。此模型認為整體是由相互影響的元素所組成，並假設有一理想之穩定狀態及回饋的網絡（註 20）。

人與環境關係的最適化（human—environment optimization 或 person—environment fit）也是有機論的觀點。其假設人會經由與環境的互動以達到「最適環境」，強調目標取向與循環迴饋的特質（註 21）。

3. 交互論（Transactional approach）

交互論與有機論同樣重視整體，而非各別的元素，但是對於整體如何組成與運作卻有不同的看法。有機論認為整體是由獨立的元素所組成，這些元素間的關係與互動賦予「大於元素總和」的整體以性質。交互論則認為整體並

非由分離的元素所組成，而是由並存、相互依賴與定義的面相（aspect）所組成。人、心理過程與環境，孤立來看時，並不具有意義。一個人的活動，只有放在情境、時間以及他人的活動等脈絡裡來描述與理解方有意義。互動論與有機論視時間為一獨立的變項，用以標定元素所在的位置或通往既定理想狀態的距離。交互論則認為變遷是不斷進行的、是現象具有的本質。互動論則認為心理現象可以經由元素之間的互動關係加以預測；有機論認為目的法則會引導系統朝向一既定的理想狀態；而交互論並不贊同目的法則（不認為未來可以“決定”現在），然接受人的行為是目標取向、具有意向性的。此目標是基於短期或長期的動機與社會規範，並且隨著現象的進行會有所改變。目標是多重且具有彈性的。交互論研究的目的是要瞭解事件的形成與流動（flow）。其研究通常以現象本身為出發點，包括假設檢定也包括假設建立的過程。研究者與研究的現象是密不可分的，研究者的角色、背景與觀點也應當作為現象的一個面相來理解。

瓦坡納（S. Wapner）有關環境過渡（environmental transition）的研究，某種程度表現了交互論的觀點。例如他提出固着點（anchor point），而非地標（landmark），在組織環境過程中的重要性。環境經驗通常包括人際、社會文化及實質的向度。固着點乃是對人具有意義的、組織環境的基點，隨著組織的複雜化，固着點也不斷的改變。另外在對即將畢業的大學生的研究中，他們發現，無論是在實質環境或社會文化的向度，對未來已有明確計劃的學生，通常表現出較大的自我與週遭的距離（self—world distance），在他們畢業之前，就心理上而言，他們已經離開學校了。羅禮士（G.D. Rowles）對阿帕拉契山（Appalachian）一小鎮的老人所進行的研究，也反應了“人、心理過程、地點及時間是不可分割”的交互觀點，他長期地對此鎮老人進行訪談，以期了解這些老人在不同生命階段其社會關係、活動與地點的關係（註 22）。

（三）結語

環境心理學由於其多學科的性質，很難清楚地劃定其研究領域的範圍，所以普羅宣斯基曾說，「環境心理學家所做的研究就叫做環境心理學」。以目前來說就有許多不同的研究取向，如古柏（C. Cooper Marcus）致力於從使用後評估（POE）來研究發展設計準則；瑞夫林與吳爾芙（L.G. Rivlin & M. Wolfe）強調各種概念與地點

的歷史分析；索莫（R. Sommer）提倡注重民衆參與過程的社會設計（Social design）；西蒙與段義符（D. Seamon & Y.F. Tuan）等人則從現象學的觀點批判部份屬於實證主義的研究。總之其目的皆在於瞭解人與環境的關係，進而改善人類的的生活。

目前環境的危機，其實並不只是環境的危機，也是人類尊嚴的危機，而環境心理學的研究正可以做為一個相互溝通、學習、反省與批判的過程，以辨明環境經驗裡的意義與衝突，確保並促進多樣的生活。

三、環境心理學研究所

美國約有二十個以上研究所頒給有關環境心理學方面的博士學位。但是其間差異極大。從研究所裡只有一二位對此有興趣的教授，到擁有六七十名學生的環境心理學專業研究所。所屬的科系從心理、地理、社會學到建築、自然資源經理。因此其課程安排、研究取向與興趣也就不盡相同。其中有三所研究所是最具科際整合傾向的。

1. 紐約市立大學環境心理學博士班

此博士班於1968年創立，是第一個環境心理學博士班，著重實質環境與行為關係之科際整合性研究。核心課程包括環境社會科學概論、心理學理論、環境心理學方法與歷史、知識論與統計學等。目前有 Roger Hart, Leanne Rivlin, Susan Saegert, Gary Winkel 與 Maxine Wolfe 等九位教授及六十餘名學生。正在進行的研究計畫有開放空間、整合性兒童遊樂場、幼兒安全、醫院、住宅與社區發展、及無家可歸（Homelessness）等。

Environmental Psychology Program/Box 295
Graduate School and University Center
The City University of New York
33 West 42 Street
New York, NY 10036
U.S.A.

2. 加州大學艾文分校社會生態學博士班

強調以科際整合之科學方法研究各種社會及環境問題。主要研究領域有環境品質、環境設計研究、都市計劃、社區、犯罪、社會發展及計劃評估等。教師來自心理學、社會學、都市計劃、法律、環境科學及犯罪研究等領域，共二十八人，其中 Gary Evans 與 Daniel Stokols 二人之專長為環境心理學。核心課程有社會生態學、研究方法、

統計學與計劃評估等。

Program in Social Ecology
University of California-Irvine
Irvine, CA 92717
U.S.A.

3. 威斯康辛大學密爾瓦基分校建築博士班（環境行為研究）

其成立宗旨為研究人類與社會實質環境之互動關係，並應用至建築設計、環境規劃與公共政策。主要的研究領域為老人與環境、兒童與環境、文化與環境、環境知覺、認知與意義、住宅、鄰里與都市設計、研究應用以及婦女與環境。目前主要有 Amos Rapoport, Gary Moore 與 Gerald Weisman 等七位專任教授及其他九位支援教授。此博士班歡迎建築其他環境學科、社會及行為科學背景的學生申請。

PhD Program in Architecture (E-B S)
The School of Architecture & Urban Planning
The University of Wisconsin-Milwaukee
Milwaukee, Wisconsin 53201
U.S.A.

其餘有關環境心理學的研究所，分別屬於心理學、建築、地理學及自然資源等系。

- * Dept. of Psychology Environmental Psychology Program University of Arizona Tucson, Arizona 85721 U.S.A.
- * Dept. of Psychology Environmental Psychology Program Arizona State University Temple, Arizona 85287 U.S.A.
- * Dept. of Psychology Social/Environmental Psychology Claremont Graduate School Claremont, CA 91711 U.S.A.
- * Dept. of Psychology University of California, Davis Davis, CA 95616 U.S.A.
- * Dept. of Psychology Environmental/Social Psychology Colorado State University Ft. Collins, CO 80523 U.S.A.
- * Dept. of Psychology Doctoral Program in Social Psychology Rutgers University Tillet Hall, Kilmer Campus New Brunswick, NJ 08903 U.S.A.
- * Dept. of Psychology/Geography Clark University

Worcester, MA 01610 U.S.A.

- * Dept. of Psychology Social/Applied Psychology: Environmental Specialty University of Utah Salt Lake City, Utah 84112 U.S.A.
- * College of Environmental Design Dept. of Architecture University of California, Berkeley Berkeley, CA 94720 U.S.A.
- * School of Architecture and Urban Planning Program in Architecture University of California, Los Angeles Los Angeles, CA 90024 U.S.A.
- * College of Architecture Ph.D. Program in Architecture Georgia Institute of Technology Atlanta, GA 30332 U.S.A.
- * Dept. of Architecture University of Michigan Ann Arbor, MI 48109 U.S.A.
- * Dept. of Sociology University of Kansas Lawrence, KS 66045 U.S.A.
- * Dept. of Sociology Michigan State University East Lansing, MI 48824 U.S.A.
- * Dept. of Sociology Washington State University Pullman, WA 99164 U.S.A.
- * Dept. of Geography Program in Spatial and Environmental Behavior University of Nebraska Lincoln, Nebraska 68588 U.S.A.
- * Dept. of Geography Human Behavioral and Decision Making Systems University of California, Santa Barbara Santa Barbara, CA 93117 U.S.A.
- * School of Renewable Natural Resources University of Arizona Tucson, AZ 85721 U.S.A.
- * School of Natural Resources Program in Behavior and Environment University of Michigan Ann Arbor, MI 48109 U.S.A.

其他在英國及加拿大的研究所則有：

- * Postgraduate Courses in the Joint Center for Urban Design Oxford Polytechnic Headington, Oxford, England
- * Dept. of Psychology Ph.D in Environmental Psychology University of Surrey Guildford, Surrey, England GU2 5XH
- * Dept. of Psychology University of British Columbia

Vancouver, BC Y6T 1Z2, Canada

- * Dept. of Geography School of Graduate Studies University of Toronto Toronto, ON M5S 1A1, Canada
- * Dept. of Architecture Université de Montréal Montreal, Quebec H3C 3J7, Canada

四、環境心理學組織

(一)環境設計研究學會 (The Environmental Design Research Association, EDRA)

1968年6月，「設計方法羣」(Design Methods Group, DMG)於美國麻省理工學院召開會議。與會人士深深覺得有關環境規劃與設計的研究中，最重要的二個領域，即建築心理學與設計方法，應該要整合在一起而不是各自分開。會議結束後他們旋即成立了「環境設計研究學會」，成員包括來自建築心理學的 John Archea, David Stea 與 Raymond Studer 以及來自設計方法的 Gary Moore 與 Christopher Jones 等共二十七人。1969年 EDRA 開始發行每年四期的「設計研究通訊」(Design Research News)，並且召開首次年會及出版論文集。1972年，由於設計方法取向及組織目標的不同，DMG 又脫離 EDRA 而與之分道揚鑣。

EDRA 附有幾個委員會，從事研究、執行、教育、資訊傳播、科際交流等工作，並且成立幾個研究網，致力環境認知、住宅、參與、用後評估、環境與兒童、環境與老人、環境與婦女及環境與殘障者等課題之研究。EDRA 成立之初，會員大都是建築師與心理學者。目前則有會員九百餘人，包括心理學者(30%)，建築師(30%)，其他環境專業者(室內設計師、地景建築師、規劃師、都市設計師，25%)，以及其他社會科學學者(地理學、社會學、人文區位學及人類學學者，15%)。會員來自二十八个不同的國家，但只有12%是來自北美區以外的國家。

1. 環境設計研究學會從1969年至今已舉辦了十八屆年會，以下是其所出版的環境設計研究學會年報。
Sanoff, H., and Cohn, S. (Eds.)

1970 Proceedings of the 1st Annual Environmental Design Research Association Conference.
EDRA I.

Archea, J., and Eastman, C. (Eds.)

- 1970 Proceedings of the 2nd Annual Environmental Design Research Association Conference. EDRA2.
- Mitchell, W.J. (Ed.)
1972 Environmental design Research and practice. EDRA 3.
- Preiser, W.F.E. (Ed.)
1973 Environmental design research (Vols. 1-2), EDRA4.
- Carson, D.H. (Ed.)
1974 Man-environment interactions: Evaluations and applications. (Vols. 1-12), EDRA5.
- Honikman, B. (Ed.)
1975 Responding to social change, EDRA6.
- Suedfeld, P., and Russell, J.A. (Eds.)
1976 The behavioral basis of design (Book 1: Selected paper), EDRA7.
- Suedfeld, P. et al (Eds.)
1976 The behavioral basis of design (Book 2: Session summaries and papers), EDRA7.
- Weidemann, S., and Anderson, J.R. (Eds.)
1977 Priorities for environmental design research. (Part 1: Selected papers), EDRA8.
- Brauer, R.L. (Ed.)
1977 Priorities for environmental design research. (Part 2: Workshop summaries), EDRA8.
- Rogers, W.E., and Ittelson W.H. (Eds.)
1978 New directions in environmental design research. EDRA9.
- Seidel, A.D., and Danford, S. (Eds.)
1979 Environmental design: Research, theory and application. EDRA10.
- Stough, R.R., and Wandersman, A. (Eds.)
1980 Optimizing environments: Research, practice, and policy. EDRA11.
- Osterberg, A., Tierman, C., and Findlay, E. (Eds.)
1981 Design research interactions: Exploring the future through the 1980s. EDRA12.
- Bart, P., Chen, A., and Francescato, G. (Eds.)
1982 Knowledge for design. EDRA13.
- Amedeo, D., Griffin, J.B., and Potter, J.J. (Eds.)
1983 EDRA 1983. EDRA14.
- Duerk, D., Obispo, A.L., and Campbell, D. (Eds.)
1984 The challenge of diversity. EDRA15.
- Klein, S., Werner, R., and Lehman, S. (Eds.)
1985 Environmental change / social change. EDRA16.
- Wineman, J., Barnes, R., and Zimring, C. (Eds.)
1986 The costs of not knowing. EDRA17.
- Harvey, J., and Henning, D. (Eds.)
1987 Public environments. EDRA18.
- Wener, R., and Szigeti, F. (Ed.)
1988 EDRA bibliographic series: Cumulative index to 1 the EDRA Proceedings: Volumes 1-18. Environmental Design Research Association.
2. 環境設計研究學會終身成就獎
1977 Sidney Cohn and Henry Sanoff
1978 Environmental Psychology Program, City University of New York
1979 Michael Brill
1980 Amos Rapoport
1981 Roger Barker
1982 Irwin Altman
1983 Donald Appleyard
1984 Clare Cooper-Marcus
1985 Robert Gutman
1986 Edward T. Hall
1987 M. Powell Lawton
1988 Joachim F. Wohlwill
3. 聯絡地址：
Environmental Design Research Association
L'Enfant Plaza Station, P.O. Box 23129
Washington, D.C. 20026
U.S.A.
- (二) 美國心理學學會 (The American Psychological Association, APA)
美國心理學學會於 1974 年成立「環境與行為專案小組」(Task Force Environment and Behavior)，由阿特曼 (I. Altman) 及懷特 (W. White) 主持，從事會議召開、出版、籌措財源及資訊交流等工作。此小組最後出

版「環境與行為資源」一書(White, W. (Ed.), Resources in Environment and Behavior, 1979), 並於1976年正式與學會之第三十四小組:「人口心理學」合併, 名稱改為「人口與環境心理學」(Division 34: Population and Environmental Psychology)

聯絡地址:

1200 Seventeenth Street NW
Washington, DC 20036
U.S.A.

(三)國際應用心理學學會(International Association of Applied Psychology, IAAP)

此學會於1920年成立, 使用英語與法語, 致力應用心理學之研究。1979年成立環境心理學小組, 由克雷克(K. Craik)主持。

聯絡地址:

Prof. Kenneth H. Craik
Dept. of Psychology
University of California, Berkeley
Berkeley, CA 94720
U.S.A.

環境心理學研究起源且盛行於北美, 但漸漸地也影響至世界各地。八〇年代初期於歐洲、日本、澳洲與紐西蘭等地, 分別成立國際性的環境心理學組織, 以因應不同區域的需要。

(四)國際人類及其實質環境研究學會(International Association for the Study of People and Their Physical Surroundings, IAPS)

此學會於1981年正式成立, 為歐洲有關環境心理學方面最主要之國際性組織, 其前身為1969年歐洲首次舉行之雙年國際建築心理學會議。今年七月於荷蘭舉行第十屆會議(IAPS10)。頭三屆之會議論文集分別為:

Canter, D. (Ed.)

1970 Architectural psychology: Proceedings of the Conference held at Dalandhui, University of Strathclyde. London: RIBA Publications.

Kuller, R. (Ed.)

1974 Architectural psychology: Proceedings of the Lund Conference. Stroudsburg, PA: Dowden, Hutchinson & Ross.

Koroserc-Serfaty, P. (Ed.)

1978 The appropriation of space: Proceedings of

the 3rd International Architectural Psychology Conference. Strasbourg. Strasbourg University Press.

聯絡地址:

Sue Ann Lee Membership Secretary
Kingston Polytechnic, Knights Park

Kingston-upon Thames, KT12QJ, England

(五)日本人間——環境學會(Man-Environment Research Association, MERA)

此學會於1982年8月19日, 由一羣關心人類環境的研究者所創立。其目的是為心理學、社會學、建築學與都市計劃學等學科之學者提供一般人類與環境之關係的研究出版與資訊交流的場所。其成立後之部份之年會活動議題如下:

1982年: 1. 日本環境心理學之固有問題
2. 環境心理學發展之趨勢與課題。

1983年: 1. 道路景觀之認知結構
2. 認知地圖
3. 居住環境之壓力
4. 擁擠

1984年: 1. 設計方法
2. 環境概念系譜
3. 市街地景觀評估
4. 住宅之使用後評估

聯絡地址:

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(六)人類與實質環境研究學會(People and Physical Environment Research, PAPER)

1980年澳洲舉辦, 「人與人造環境會議」(1)。此次會議的成功, 促成了「澳洲與紐西蘭建築科學學會」(Australian and New Zealand Architectural Science Association, ANZAScA)於1981年舉辦另一個相近的會議(2)。1983年第三個會議「人類與實質環境研究」(3)舉行, 也宣佈成立一個西南太平洋區域的科際整合的環境組織, 即「人類與實質環境研究學會」。此後每兩年召開一次會議(4)。

(1) Throne, R., and Arden, S. (Eds.) (1980), People and

the man-made environment. Sydney: University, Department of Architecture.

(2) Szokolay, C. (1981), Understanding the built environment: Proceedings of the Australian and New Zealand Architectural Science Association 1981 Canberra Conference. Brisbane, Australia: University of Queensland, Department of Architecture.

(3) Joiner, D., Brimicombe, G., Daish, J., Gray, J., and Kernohan, D. (Eds.) (1983), Conference on people and physical environment research. Wellington North, New Zealand: New Zealand Ministry of Works and Development.

(4) Dovey, K., Downton, P., and Missingham, G. (Eds.) (1985), Place and placemaking: Proceedings of the PAPER 85 Conference. Melbourne: Royal Melbourne Institute of Technology, Faculty of Architecture and Building.

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The University of Sydney

School of Architecture

Sydney, NSW 2006, Australia

除了以上六個最主要的組織外，其他的相關組織如下：

1. Perception of Environment Study Group, The Association of American Geography.
2. Environmental Section, The American Sociological Association.
3. American Planning Association.

五、環境心理學期刊

有關環境心理學之主要期刊有

1. 環境與行為 (Environment and Behavior)

此期刊於 1969 年創刊，由溫克 (G. Winkel) 主編，是環境心理學之第一份期刊。目前由博特爾 (R. Bechtel) 主編，是一份強調科際整合之期刊，刊載實質環境之設計與控制以及其與人類行為互動關係之理論與經驗性研究。

2. 環境心理學雜誌 (Journal of Environmental Psychology)

此期刊於 1981 年創刊，由肯特 (D. Canter)、克雷

克 (K. H. Craik) 與葛里費斯 (I. D. Griffiths) 擔任編輯，布朗 (G. Brown) 及史托克 (D. Stokols) 擔任書評編輯。其特色是為一國際性之期刊。編輯委員會之成員分別來自美國、英國、加拿大、西德、法國、瑞典、丹麥、澳大利亞、蘇聯、日本及香港等地。出版之宗旨為(1)刊載有助於瞭解人與環境交互關係之理論與經驗研究。(2)刊載批評性之文獻回顧及書評。(3)作為討論環境心理學之歷史、發展與未來以及環境心理學與其他專業關係之園地。

3. 建築與行為 (Architecture and Behaviour; Architecture et Comportment)

本期刊在瑞士出版，同時刊登英文及法文之研究文章。其興趣在人與建成環境關係之研究，涵蓋了心理學、社會學、歷史學、人類學、經濟學、心理分析、知識論、語意學、方法論等與建築研究相關之學科。典型之研究課題有行為生態學、空間與溝通、社區參與、環境決策、空間知識論、人格與環境、空間行為學、環境認知、環境美學與象徵互動論等。

4. 建築與規劃研究雜誌 (Journal of Architectural and Planning Research)

此期刊原名為「建築研究雜誌」(Journal of Architectural Research)，於 1971 年創刊，後來因財務困難，另找贊助，而於 1983 年改成此名，由席德 (A. D. Seidel) 擔任主編。其主要目的在於聯結建築、都市設計及都市計劃之理論與實務。研究領域包括環境與行為、使用後評估、設計方法、使用者參與、環境教育、基地計劃、及發展中之鄰里、都市與區域之社會地理、管理及政治性研究。

5. 人口與環境 (Population and Environment: Behavioral and Social Issues)

此期刊是美國心理學學會人口與環境心理小組的出版品，因此也反映了此小組會員對心理學及跨學科研究與理論的興趣。約有一半的文章與環境心理學有關。

6. 人與環境系統 (Man-Environment Systems)

由「人及其環境」(Man and his Environment) 與「建築心理學通訊」(Architectural Psychology Newsletter, University of Utah) 二份期刊，於 1969 年合併而成。為社會與行為科學及實質環境設計與管理此二領域相互交流之園地。其出刊之宗旨為：(1)藉由摘要及文獻整理以介紹當前之研究；(2)邀請系列文章以整合理論與經驗性研究；(3)刊載文章之評論。本刊之性質介於通訊與學術期

刊之間，現已停刊。

7. 設計與環境 (Design and Environment; D+E)

本刊於 1970 年創刊，1977 年改名「都市設計」(Urban Design)，1979 年改為「都市設計報告」(Urban Design Reports)，1980 年再改名為「都市設計報告」(Urban Design Reports)。主要刊載建築、都市計劃、地景建築、室內設計、工業設計與工程等領域之環境設計報告，並藉之整合社會、心理、生態學與其他環境設計專業之研究。

其他值得參考的期刊還有：

ALA Journal (American Institute of Architects)
American Journal of Sociology
Annals of the Association of American Geographers
Built Environment
Children's Environments Quarterly (原 Childhood City Newsletter)

Ekistics
Environment and Planning (A)
Environment and Planning (B)
Human Ecology
Journal of the American Planning Association (原 Journal of the American Institute of Planners)
Journal of Applied Social Psychology
Journal of Applied Psychology
Journal of Nonverbal Behavior (原 Nonverbal Behavior and Environmental Psychology)
Journal of Personality and Social Psychology
Journal of Planning Education and Research
Journal of Social Issues

Landscape
Psychological Bulletin

如果讀者想知道有關人造環境的期刊究竟有那些則可參閱：
Gretes, F.C.

1986 Directory of International Periodicals and Newsletters in the Built Environment. New York: Van Nostrand Reinhold.

此書收錄一千二百種國際之期刊與通訊，從藝術、室內設計、建築、歷史保存、營建到園藝、地景、運輸、環境設計與規劃。

六、環境心理學書目 (註 23)

(一) 環境心理學資源

Porteous, J.D.

1977 "Appendix: Sources," In Porteous, J.D. Environment & behavior: planning and everyday urban life. Reading, MA: Addison-Wesley. (critiques, readers, bibliographies, journals, conference proceedings, organizations information system, directories, techniques).

White, W.P. (Ed)

1979 Resources in environment and behavior. Washington, DC: American Psychological Association. (包括 overview of the field, graduate programs, teaching innovations, annotated bibliography, career opportunities, federal and private funding, journals, organizations, personal interest inventory).

White, W.P. (Ed).

1984 Environmental Design Research Association Membership handbook. Washington, DC: Environmental Design Research Association. (包括 research agents, graduate programs, career opportunities, friends of EDRA, EDRA award, history of board, structure of the Association, annual conference, publications, policy statement, membership directory)

(二) 環境心理學研究人員名錄

Studer, R.G., and Stea, D.

1965 Directory of behavior and environmental design. Providence, RI: Brown University.

Saarinen, T.F., and Sell, J.L.

1987 International directory of environment-behavior-studies researchers.

(三) 環境心理學手冊

D. Stokols and I. Altman (Eds.)

1987 Handbook of environmental psychology. New York: Wiley.

內容包括環境心理學的歷史回顧與展望；環境心理學主要的研究領域，如環境認知、領域感、環境壓力、住宅、學校、老人、兒童與環境等；以及美、英、法、德、荷蘭、瑞典、澳洲、蘇聯、日本、拉丁美洲等地環境心理學發展的情形。

(四) 環境心理學書目

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- Pastalan, L.A. (Ed.)
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- 1984 Environment and behavior: An international and multidisciplinary bibliography 1970-1981. New York: Saur.
- Architecture series: Bibliography. Monticello, Ill.: Vance Bibliographies, 1978- 此書目系列於 1958 年創刊，原名叫 Committee of Planning Librarians: Exchange Bibliography. 1961 年改名 Council of Planning Librarians: Exchange Bibliography. 出版至 1565 號後，於 1978 年再改成現在的名字，並由 A-1 號開始，到目前為止已出版近 A-2000 號，每期有
- 一個主題，從壁紙、傢俱、建築史、建築型態、建築師、建築理論、營建到都市計劃及區域規畫。此處所列的只是 1980 年以後和環境心理學有關的專號。
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1982 The house as a symbol.
- A 739. Vance, M.
1982 Personal space: A book list.
- A 790. Harmon, R.B.
1982 Towards a phenomenology of architecture: A selected bibliography.
- A836. Drazan, J.G.
1982 Psychological literature related to architecture, environmental design, and architects: A bibliographic survey revising bibliography #A 360.
- A 894. Preiser, W.F.E.
1983 Behavior in public places: A core bibliography.
- A 896. Preiser, W.F.E., and Daish, J.
1983 Post-occupancy evaluation: A selected bibliography.
- A 929. Vance M.
1983 Psychological aspects of architecture: A bibliography.
- A 973. Vance, M.
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- A 974. Vance, M.
1983 Architectural research: A bibliography.
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1983 Architectural criticism: A bibliography.
- A1001. Dunlap, R.E.
1983 Environmental sociology: A bibliography of conceptual, methodological and theoretical readings.
- A1027. White, A.F.
1983 Architectural design and crime prevention: A revised bibliography.
- A 1031. Vance, M.
1983 Crowding stress: A bibliography.
- A 1413. Cable, C.
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(五)環境心理學年度評論

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1986 "Environmental psychology," Annual Review of Psychology, 37:381-407.
- 除了心理學外，環境心理學與人文地理學的年度評論則有：
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1979 "Environmental sociology," Annual Review of Sociology 5:243-273.
- Saarinen, T.F., and Sell, J.L.
1980 "Environmental perception," Progress in Human Geography, 4:525-548.
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1981 "Environmental perception," Progress in Human Geography, 5:525-547.
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1983 "Behavioural and perceptual geography," Progress in Human Geography, 7:578-586.
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1984 "Behavioural and perceptual geography: Criticisms and response," Progress in Human Geography, 8:544-550.
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1985 "Behavioural and perceptual geography: From retrospect to prospect," Progress in Human Geography, 9:585-595.
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1974 An introduction to environmental psychology. New York: Holt, Rinehart and Winston.
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1961 Architectural psychology and psychiatry. Salt Lake City: University of Utah.
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1967 Second National Conference on Architectural Psychology. Salt Lake city. University of Utah.
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1970 Environmental psychology: Man and his physical settings. New York: Holt, Rinehart, and Winston.
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1971 Behavior and environment: The use of space by animals and man. New York: Plenum.
- Bell, G., and Tyrwhitt, J. (Eds.)
1972 Human identity in the urban environment. London: Pelican Books.
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- 1972 Behavior, design, and policy aspects of human habitats. Green Bay: University of Wisconsin.
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1974 Issues in social ecology: Human milieus. Palo Alto, CA: Naional Press.
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1980 Architecture for people: Explorations in a new humane environment. New York: Holt, Rinehart and Winston.
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- Vol 1: Altman, I., and Wohlwill, J.F. (eds.)
1976 Human behavior and environment.
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- Vol 4: Altman, I., Rapoport, a., and wohlwill, J.F. (Eds.)
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(九) 環境心理學概論

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1970 With man in mind: an interdisciplinary prospectus for environmental design. Cambridge, Mass.: MIT Press.
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- 以上所列的是專門為環境心理學方法所寫的文章或書籍，其他還可參考環境心理學各讀本裡有關方法的章節。至於其他對環境心理學而言很重要的一般性的方法書籍有：
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註釋：

- 註1.：環境心理學是一門很難加以定義的學科。由於研究者來自許多不同的領域，其研究興趣與觀點不盡相同，所採用的名稱也不同。例如建築心理學、環境設計研究、行為地理學、環境社會學、環境行為研究、人與環境關係研究等等。這些名稱大抵涵蓋了許多相同的研究層面，但仍是不盡相同。其中以環境心理學、環境行為研究與環境設計研究三者，較為通行，涵蓋面也最廣。本文採用環境心理學。
- 註2.：有關環境心理學發展之歷史，可以參考六（十）所列之書目。

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- 註17: 此處互動論、有機論與交互論的分類是參照阿特曼 (I. Altman) 在環境心理學手冊裡的文章。這只是一個初步、嚐試性的探討；是一個思考的起點，而不是最後的定論。事實上，交互論雖為許多人所重視，但對其的瞭解與界定卻不一致。例如瓦坡納 (S. Wapner) 稱自己的研究為有機論，但是文章的題目是「Transactions of persons-in-environments」，阿特曼認為他是介於有機論與交互論之間。此外阿特曼對他自己的秘密性研究，也同時歸到有機論與交互論中探討。此處，只是提供讀者一個思考的參考點。
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- 註23: 所有書目以發表年代先後排列，期能由此隱約看出環境心理學發展之過程。