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Human Emotions : SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Volume 1

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Human Emotions Social Connections and Personal Well-Being

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TABLE OF CONTENT

Foreword

Preface

CHAPTER 1

Fashion as Emotional Expression

Ms Anshu Singh Choudhary

CHAPTER 2

A Life Well-Lived: The Role of Emotional Health

Selvaraj Grapragasem and Dr Anbalagan Krishnan

CHAPTER 3

Language and Emotion: Psychological Perspective

Dr. Anurag Upadhyay

CHAPTER 4

Emotional Intelligence: The Key to Success in Life and Work

Dipti, Dr. Farhina Sardar Khan and Prof. Syed Shahid Mazhar

CHAPTER 5

The Impact of Emotions on Health

Anindya Bhattacharyya and Tanaya Das

CHAPTER 6

The Economics of Happiness: How Financial Stability Influences Emotional Health

Mr. Atul Krishna Ghadge

CHAPTER 7

Emotional Maturity and Leadership Behavior of B. Ed. Student Teachers: A Correlation Study

Dr. Kotra Balayogi

CHAPTER 8

From Data to Emotion: The Fusion of AI and Human Emotions

Dr. Shalini Lamba, Rinku Raheja , Divyany Paliwal & Ananya Sharma

CHAPTER 9

Dimensions and Dynamics of Emotional Well-being: Significance, Influences, and Future Directions

Manoj Kumar Tiwari and Amandeep Kaur

CHAPTER 10

Natural Environment and Emotions

Dr. Amina Jafri, Dr. Rahila Rahman Khan & Dr. Shweta Yadav

CHAPTER 11

Cultivating Emotional Well-being: Practices for a Fulfilled Life

Sana Absar, Nilofer

CHAPTER 12

Emotional Mastery: Practical Tools for Success in Life and Work

Dr. Soumya Pandey & Neha Roshni Yooshing

CHAPTER 13

The Interplay of Emotion and Decision-Making: Navigating the Human Experience

Dr. Sania Kulsum

CHAPTER 14

Artificial Intelligence and Emotions Recognition and Processing

Mr Vishal Agarwal, Dr Shweta Dwivedi

CHAPTER 15
Psycho-Physiological Impact of Emotions

Ms. Nabanita Barua

CHAPTER 16
Social Context and Emotional Motivation

Swati

CHAPTER 17
Supporting Students with Dyscalculia: Emotional Distress and Coping Strategies

Babita Yadav

CHAPTER 18
The Tapestry of Life: How Culture Shapes Our World and Human Emotions

Lav Bhambhwani

CHAPTER 19
The Impact of Emotions on Health

Guncha Khan

CHAPTER 20
Strategies to Master Emotions

Dr. Brijesh chandra Tripathi & Niharika Mishra

CHAPTER 10

Natural Environment and Emotions

Dr. Amina Jafri¹⁸, Dr. Rahila Rahman Khan¹⁹ and Dr. Shweta Yadav²⁰

Abstract

The chapter sheds light on the significance of different types of emotions within the natural environment and how they impact decisions related to pro-environmental actions and environmentally risky behaviours. Initially, it presents instances of emotional responses to environmental issues. Subsequently, it delves into exploring the concept of “*environmentally relevant emotions*.” The text presents a proposed categorization of emotions, followed by an examination of the connections between emotions and environmentally significant activities. It also highlights the unique behavioural influence of these emotions on both pro-environmental and environmentally risky behaviours. The chapter concludes with a discussion on utilizing knowledge about emotional factors in the environmental discourse and suggests methods to gain a more profound comprehension of the dynamics and effects of these emotions. This knowledge has the potential to enhance models of environmentally relevant behaviours and psychological action models in a broader context.

Keywords: Feelings, decisions that impact the environment, the ecosystem, managing emotions, resolving disagreements.

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Introduction

The ecological environment, which encompasses various components such as air, soil, and water, is crucial for human life. However, it is undeniably facing significant risks due to exploitation and modern behavior patterns. Pollution of air, water, and soil on a global scale, the greenhouse effect, depletion of the ozone layer, and the extinction of species are just a few examples of the ecological problems caused by societies with energy-intensive lifestyles. Despite numerous efforts to mitigate these environmental threats, the majority of global ecological problems and their long-term consequences remain unaddressed.

Resolving environmental issues presents a significant technical challenge for both natural and engineering sciences, but it also poses a substantial challenge for psychology, which focuses on human behavior and experiences (Gifford, 2008). It is crucial to recognize that human behavior and decisions are the primary causes of environmental problems, necessitating an examination of the motivations behind these behaviors.

By delving into the underlying motives behind both environmentally friendly actions and behaviors that contribute to environmental harm, effective strategies for intervention can be developed. Understanding the psychological factors driving individuals' choices can lead to more targeted and successful approaches to addressing environmental challenges.

Environmental problems are not confined to a specific locality; rather, they have a global impact. Take, for instance, the air pollution caused by individual car usage. This pollution does not only affect one's immediate surroundings but also contributes to broader environmental issues on a global scale. Consequently, there are significant changes occurring worldwide in both the geosphere and biosphere, such as the rise in Earth's surface temperature. Kurt Pawlik (1991) highlighted the interconnectedness of demographic and social changes over time. The emission of greenhouse gases, for instance, may not have immediate consequences for the current generation, but it is likely to become a