

~~o i l l i n a r o n a f h e r i a o l m f i n n e i s a n c e s o n i n i o f a n d e~~

## A p p l i c a t i o n o f e c o l o g i c a l p s y c h o l o g y

Ecological psychology has diverse applications across various  
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their environment [10]. By elucidating the principles of affordances and perception-action coupling, ecological psychology provides insights into how individuals perceive, act within, and influence their ecological contexts. With applications across diverse fields and implications for environmental sustainability, ecological psychology underscores the importance of recognizing and preserving the dynamic relationships between people and their surroundings. Ecological psychology provides a comprehensive framework for understanding the intricate relationship between humans and their environment. By emphasizing the principles of affordances and perception-action coupling, ecological psychology highlights how individuals perceive, interact with, and shape their ecological contexts. Through its diverse applications in environmental design, education, healthcare, sports, and beyond, ecological psychology offers practical insights into optimizing human-environment interactions for the benefit of individuals and society.

## Conclusion

Furthermore, ecological psychology underscores the significance of environmental sustainability and conservation efforts. By recognizing the reciprocal influence between humans and their surroundings, ecological psychology advocates for the preservation and stewardship of natural resources. By designing environments that promote sustainable behaviours and fostering a deeper connection to nature, ecological psychology contributes to the broader goals of mitigating climate change, protecting biodiversity, and promoting environmental justice. Ultimately, ecological psychology underscores the importance of recognizing and preserving the dynamic relationships between people and their environments, highlighting the interconnectedness of human well-being and ecological integrity.

## Acknowledgements

None

## Conflict of Interest

None

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