

Factors predicting connection to nature

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Overview

- Connection to nature?
- Trends
- Qualitative study – highly connected
- Quantitative study – general public



What is connection to nature?

- thoughts, feelings, & experiences people have with nature
- Sample items:

My relationship to nature is an important part of who I am

Humans have a right to use natural resources in any way we want (R)

I enjoy being outdoors, even in unpleasant weather (Nisbet, Zelenski, & Murphy, 2009)



Why is it important?

“We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.”

– Aldo Leopold (1887-1948)

Well-being (Wolsko & Lindberg, 2013)

- Flourishing **.27*****
- Vitality **.32*****
- Positive emotions **.25*****
- Negative emotions **-.23****
- Mindfulness **.16***

Pro-environmental behavior (Mayer & Frantz, 2004)

- Ecological behaviour **.45*****
- Consumerism **-.36****



Historical evidence for nature disconnection in a 70-year time series of Disney animated films

Anne-Caroline Prévot-Julliard and Romain Julliard

Muséum national d'histoire naturelle, Paris, France

Susan Clayton

The College of Wooster, OH, USA

Margaret Atwood, Michael Morpurgo 'alarmed' Oxford Junior Dictionary has dropped nature words

Authors write letter urging publisher to reinstate nature words in children's dictionaries

NATIONAL BESTSELLER

Last Child *in the* Woods

SAVING OUR CHILDREN FROM
NATURE-DEFICIT DISORDER

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RICHARD LOUV

RECIPIENT OF THE 2008 AUDUBON MEDAL

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25 October 2013 Last updated at 07:09 ET



Children urged to put away screens and play outside

By Judith Burns
BBC News education reporter



Children have lost touch with nature and the outdoors in just one generation, argues the Wild Network campaign

Children are being urged to take back their "wild time", swapping 30 minutes of screen use for outdoor activities.

The call to renew a connection with nature comes from a collaboration of almost 400 organisations, from playgroups to the NHS.

The Wild Network wants children to take up activities like conkers and camping.

"The tragic truth is that kids have lost touch with nature and the outdoors in just one generation," said chairman Andy Simpson.

The organisers argue that swapping 30 minutes of television and computer games each day for outdoor play would increase the levels of fitness and alertness and improve children's well-being

Related Stories

Connecting children to the great outdoors

Few children 'connected to nature'

Nature deficit 'harming children'



Study 1 – Semi-structured interview

23 participants, 22.3 years old ($SD = 9.93$, 18-50), 18 women

- Activities (**96%**) – being in nature, outdoor sports, gardening, camping
- Influential others (**65%**) – parents, grandparents, siblings, friends, teachers
- Geographical location (**43%**) countryside/rural, cottage, nature near home
- Self-transcendence (**30%**)
- Education (**30%**)
- Attachment to animals (**30%**)



- Most important influence
 - Influential others 35%
 - Being in nature 13%
 - Psychological benefits 13%
 - Geographic location 9%
 - Self-transcendence 9%
 - Experiencing pollution 4%
 - School curriculum 4%
 - Having pets 4%
- Novel finding: hallucinogenic drugs 17%



Study 2 – Online survey

- 360 participants, 19.7 years old ($SD = 3.2$, 17-48), 288 female
- *“How experiences growing up have contributed to your identity”*
- Influence of other people, frequency of activities, play, education
- Nature Relatedness Scale (Nisbett, Zelenski, & Murphy, 2009)

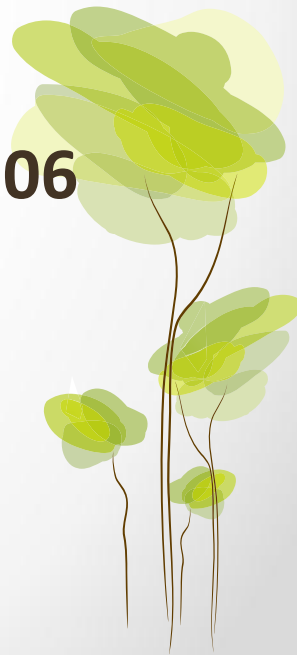
Significant others (12 and under)

- Mother **.22****
- Father **.20****
- Siblings women **.23****, men **.02**
- Grandparents **.17****
- Teachers women **.20****, men **.16**
- Friends women **.20****, men **-.05**
- Others women **.24****, men **.01**



Playing (12 and under)

- Woods **.32****
- Lake/pond women **.26****, men **.12**
- Overgrown field **.20****
- Farm field/pasture **.31****
- Creek/stream **.31****
- My yard women **.19****, men **.06**
- Indoors **-.23****
- Street, alley, playground **~ .02**



Activities (12 and under)

• Gardening	women .38** , men .18
• Camping	.32**
• Hikes/nature walks	.42**
• Use cottage	women .21** , men .16
• Picnics	women .29** , men .06
• Visit national parks	women .28** , men .00
• Outdoor sports	women .18** , men .10
• Swimming	.14**



Education (under 12)

- 1-day outdoor ed/field trips **.08**
- Multi-day outdoor ed **women .14*, men -.09**
- Nature museums **women .13*, men .12**
- Zoos **women .16**, men -.14**
- Read books **women .18**, men .16**
- Browse env. websites **women .15*, men .03**
- TV/documentaries **women .30**, men .10**
- Plants inside home **women .14*, men .13**



Geography (12 and younger)



- Farm women **.14***, men **.11**
- Rural **.11***
- Small city **-.08**
- Large city (centre) **-.05**
- Large city (suburbs) **-.17****



Did you have a special place where you spent time alone in nature?

No $M = 3.33, SD = .60$

Yes $M = 3.68, SD = .53$

$t(345) = 5.71, p = .000$

Did you have any pets before age 12?

No $M = 3.30, SD = .61$

Yes $M = 3.56, SD = .57$

$t(354) = 3.74, p = .000$

Have you ever had any drug experiences that have made you feel closer to nature?

Men

No $M = 3.23, SD = .62$

Yes $M = 3.29, SD = .65$

$t(59) = .314, p = .76$

Women

$M = 3.51, SD = .56$

$M = 3.87, SD = .65$

$t(243) = 2.91, p < .01$

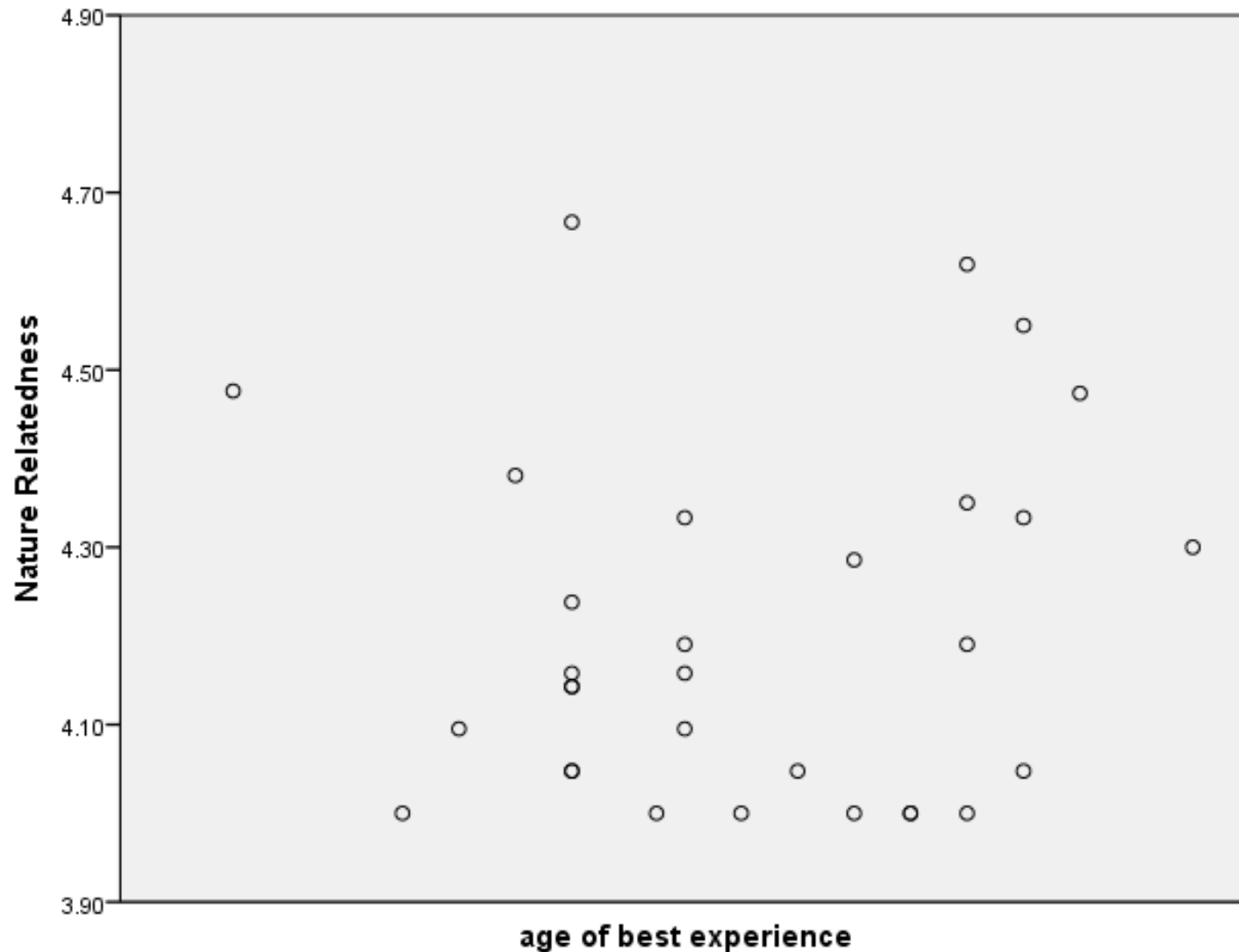


Most important factor

- Hiking **14%**
- Camping **13%**
- Cottage **8%**
- Destruction of nature **6%**
- Animals **5%**
- Swimming **4%**
- Farm **3%**
- Documentaries **3%**
- Outdoor sports, exercise **3%**
- Lifelong feeling **2%**
- Living close to nature **2 %**



Age of most important experience



Family Spends Relaxing Weekend Destroying Outdoors

NEWS IN BRIEF

June 1, 2015

VOL 51 ISSUE 22

Family · Lifestyle



ATLANTA—Feeling refreshed after three days of camping in Georgia’s Oconee National Forest, members of the Prendergast family confirmed Monday they had spent a relaxing weekend destroying the great outdoors. “It’s nice every now and then to escape from the city, get outside, and take some time to really trash nature,” said father of two Dan Prendergast, 49, remarking that the highlight of the trip was a morning hike during which his family was able to toss away their juice bottles, granola bar wrappers, and Ziploc sandwich bags at the summit of Burgess Mountain and along the banks of the Ocmulgee River. “Nothing beats being out in the country and littering with the whole family. It’s easy, too: We just pack up a couple disposable styrofoam coolers with food and drinks, load up the Chevy Suburban, and then drive out into the woods to pollute all that Mother Nature has to offer.” While the Prendergasts all agreed the weekend trip was fun, they told reporters that by Sunday, they were ready to get back to damaging the environment from the comfort of their own 5,000-square-foot air-conditioned home. 🌿

ONION VIDEO



The Seven Male Role Model
Child Needs For A Health



How To Su
Other Mon
Parenting 1



The Onion
'Avengers:

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