

- 一、課 名：環境心理學
二、課程編號：544 M3030（97學年度第一學期）
三、學 分 數：3
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- 五、上課時間及地點：每週二第 234 節，工313教室

- 六、課程概要：

儘管環境心理學已經有四十餘年的歷史，漸漸也與社會/發展/工商心理學等相互滲透，但是在台灣仍然沒有受到太多的重視。台灣的心理學界，認知、實驗、社會等心理學仍然是主流，臨床、組織等位於邊緣，環境心理學則幾乎在心理學系裡找不到課程。相對來說，建築系倒是有些老師會講授環境心理學、建築心理學或者環境行為研究課程。

環境心理學的用詞與定義分殊，每本教科書隨著其對於科學的界定，而涵蓋不同的理論取向與內容。最簡單而通用的定義是，有關於人的心理經驗/行為與其所處實質/社會/文化環境關係的研究。兩個關鍵字是心理與環境。然則，有的偏重外顯可觀察的行為，有的涵蓋抽象的意義層面；有的偏重於實體空間，有的含括空間的社會/政經條件。有人認為環境心理學是心理學的一個分支，有人認為它是對於傳統心理學的批判，有人認為是一個問題導向的跨學科。

本課程將探討環境心理學發展的歷史、理論與經驗研究，以及其與環境規劃與設計的關係。其所涵蓋的領域，可以從四個向度來組織：（1）人：性別、種族、階級、年齡世代、行動能力等。（2）空間：物、住宅、辦公室、購物、公共空間、KTV、醫院、災害、自然等。（3）心理/社會/文化行為：知覺、認知、空間行為等。（4）時間與歷史向度。每一個領域又都涵蓋理論、方法、經驗研究與設計應用。

環境心理學的範圍很廣，非一學期的課程所能窮盡。課程的安排，將先介紹其發展的歷史脈絡、基本定義、文獻資源等。接著介紹與環境/行為較為有關的研究方法。修課的同學原則上三人為一組，選取一個有興趣的主題，一方面搜尋相關的國內外文獻，消化整理後在課堂上報告；一方面選定一個空間（如總圖書館、小福廣場、中正紀念堂..）或一種空間（如廁所、公車、捷運標示系統...）進行田野觀察研究，最好能夠運用所學到的環境心理學理論概念，期末時輪流報告研究結果。

9/18 前言：環境心理學發展的背景、歷史與資源

Stokols, D. (1977). Origins and directions of environment and behavior research. In D. Stokols (Ed.), Perspectives on environment and behavior: Theory, research and applications (pp. 5-36). New York: Plenum.

Moore, G. T. (1987). Environment and behavior research in North America: History, developments and unresolved issues. In D. Stokols & I. Altman (Eds.), Handbook of environmental psychology (pp. 1359-1410). New York: Wiley.

畢恆達（1989）環境心理學研究資料引介。國立台灣大學建築與城鄉研究學報，4，115-136。

9/27 物的意義：用我的博士論文以及其他研究物的不同取向，來說明環境心理學所討論的interactionism, transactionism的比較。

Csikszentmihalyi, M., & Rochberg-Halton, E. (1981). The meaning of things: Domestic symbols and the self. New York: Cambridge University Press.

畢恆達（1993）物的意義：一個交互論的觀點。國立台灣大學建築與城鄉研究學報，7，97-110。

10/2 環境行為的觀察法：這裡不談問卷調查、訪談、實驗法，而把焦點放在研究人與空間關係的觀察上。包括behavior mapping，以及屬於無干擾研究法（unobtrusive measures, non-reactive method）中的對於實質軌跡的觀察。

Zeisel, J. (2006). Inquiry by design: Environment/ Behavior/ Neuroscience in architecture, interiors, landscape, and planning (rev. ed.). New York: Norton.（第8章 Observing Physical Traces，頁159-190；第9章 Observing Environmental Behavior，頁191-226）

Webb, E. J., Campbell, D. T., Schwartz, R. D., & Sechrest, L. (2000). Unobtrusive measures (rev. ed.). Thousand Oaks, CA: Sage. (chap. 2: Physical traces: Erosion and accretion, pp. 35-52)

Ittelson, W. H., Rivlin, L. G., & Proshansky, H. M. (1970). The use of behavioral maps in environmental psychology. In H. M. Proshansky, W. H. Ittelson & L. G. Rivlin (Eds.), Environmental psychology: Man and his physical setting (pp. 658-668). New York: Holt, Rinehart and Winston.

Rathje, W. (1994) 垃圾之歌。台北：時報。

詹宏志（1989）城市人：城市空間的感覺、符號和解釋。台北：經濟與生活。

10/9 都市中的公共空間：從William H. Whyte談起，他的團隊長期在紐約的都市小公園/開放空間進行觀察紀錄與分析。我們可以看環境心理學家的研究如何可以具體的成為法令條文的基礎，形塑了都市公共空間的具體設計。

Whyte, W. H. (1980). The social life of small urban spaces. Washington, D.C.: The Conservation Foundation.

Whyte, W. H. (1981). The social life of small urban spaces [video]. Los Angeles: Direct Cinema Limited.

Whyte, W. H. (1988). City: Rediscovering the center. New York: Anchor Books.

Cherulnik, P. D. (1993). Applications of environmental design research. New York: Cambridge University Press. (chap. 9: Exxon Minipark redesign. pp. 155-174)

- Carr, S., Francis, M., Rivlin, L. G., & Stone, A. M. (1992). Needs in public space. In Public space (pp. 87-136). New York: Cambridge University Press.
- Kayden, J. S., The New York City Department of City Planning, & The Municipal Art society of New York. (2000). Privately owned public space: The New York experience. New York: Wiley.
- Miller, K. F. (2007). Designs on the public: The private lives of New York's public spaces. Minneapolis: University of Minnesota Press.

10/16 空間行為學（Proxemics）：這個英文一般的字典不一定找的到，它是環境心理學很重要的一個研究主題，以私密性（隱私權）為核心，聯繫了密度、個人空間、領域（感）、擁擠感等概念。適用於住宅等私密空間，也關於公共空間的使用。聯想：公共汽車的駕駛座、計程車算是公共還是個人的空間？公園裡某個特定時段的特定地點（太極拳、泡茶、土風舞）？

- *Gifford, R. (2002). Privacy. In Environmental psychology: Principles and practice (3rd ed.) (pp. 210-234). Colville, WA: Optimal Books.
- *Karp, D. A. (1973). Hiding in pornographic bookstores: A reconsideration of the nature of urban anonymity. Urban Life, 1, 427-451.
- Baum, A., & Davis, G. E. (1980). Reducing the stress of high-density living: An architectural intervention. Journal of Personality and Social Psychology, 38(3), 471-481.
- Henderson, M. R. (1975). Acquiring privacy in public. Urban Life and Culture, 3(4), 446-455.
- Lofland, L. (1989). Social life in the public realm. Journal of Contemporary Ethnography, 17, 453-481.
- Rothenberg, L. (2001). Re-thinking privacy: Peeping Toms, video voyeurs, and failure of the criminal law to recognize a reasonable expectation of privacy in the public space. American University Law Review, 49(5), 1127-1153. [Accessed online 9 September 2005].
- Altman, I. (1975). The environment and social behavior: Privacy, personal space, territory, crowding. Monterey, CA: Brooks/Cole.
- Lang, J. T. (1987). Creating architectural theory: The role of the behavioral sciences in environmental design. New York: Van Nostrand Reinhold. (chap. 14: Privacy, territoriality, and personal space: Proxemic theory, pp. 145-156; chap. 15: Social interaction and the built environment, 157-165)

10/23 環境認知、找路與指標：一個關鍵性實驗，讓空間認知從行為論轉向認知論。Kevin Lynch的都市意象，則改變了此後都市規劃的思維與表現法。醫院、車站等是分秒必爭的空間，可是基本的找路，仍然是大問題。台大校總區

幅員廣闊，近來雖然為校內道路命名，其實真的能夠辨識路名的人不多，那如何指路？校內的指標系統與平面圖又好不好用？

- *Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). Environmental cognition. In Environmental psychology (5th ed.) (pp. 68-96). Fort Worth, TX: Harcourt Brace College.
- *Milgram, S., & Jodelet, D. (1976). Psychological maps of Paris. In H. M. Proshansky, W. H. Ittelson, & L. G. Rivlin (Eds.), Environmental psychology: People and their physical settings (2nd ed.) (pp. 104-124). New York: Holt, Rinehart & Winston.
- Carpman, J. R., & Grant, M. A. (2002). Wayfinding: A broad view. In R. B. Bechtel & A. Churchman (Eds.), Handbook of environmental psychology (pp. 427-442). New York: Wiley.
- Lynch, K. (1990). Reconsidering The Image of the City. In T. Banerjee & M. Southworth (Eds.), City sense and city design: Writings and projects of Kevin Lynch (pp. 247-256). Cambridge, MA: The MIT Press.
- Tati, J. [director] (1968). Playtime. 片段

10/30 客廳：這個我們所至為熟悉的空間可以怎麼研究？客廳可以是社會地位的象徵？反映了屋主的政治態度？什麼類別的人比較需要借用房屋這個物來傳達其社會位置？客廳也可以是一個溫馨聚集的場所。從客廳看親密關係？在台灣的發展年代，客廳即工廠…相較於客廳，床（臥房）則是一個受到學術極度忽視的空間。睡雙人床還是分床睡？是各佔二分之一床面嗎？伴侶打呼？受家暴婦女對床的認知為何？床可以讓何種等級關係的人碰觸？

- *Rechavi, T. B. (in press). A room for living: Private and public aspects in the experience of the living room. Journal of Environmental Psychology. (pdf)
- Laumann, E. O., & House, J. S. (1970). Living room styles and social attributes: The patterning of material artifacts in a modern urban community. Sociology and Social Research, 54, 321-342.
- Duncan, J. S., & Duncan, N. G. (1976). Housing as presentation of self and the structure of social networks. In G. T. Moore, & R. G. Golledge (Eds.), Environmental knowing (pp. 247-253). Stroudsburg, PA: Dowden, Hutchinson & Ross.
- Pratt, G. (1982). The house as an expression of social worlds. In J. S. Duncan (Ed.), Housing and identity: Cross-cultural perspectives (pp. 135-180). New York: Holmes & Meier.
- McCracken, G. (1987). 'Homeyness': Cultural made material in the modern North American home: Working paper No. 87-105, University of Guelph, Ontario, Canada.

Amaturo, E., Costagliola, S., & Ragone, G. (1987). Furnishing and status attributes: A sociological study of the living room. Environment and Behavior, 19(2), 228-249.

Hsiung, P.-C. (1996). Living rooms as factories: Class, gender, and the satellite factory system in Taiwan. Philadelphia: Temple University Press.

11/6 家的意義：家是安全的堡壘，還是你想逃離的空間？當住宅受到侵犯的時候，家的意義會產生怎樣的改變？

*Valentine, G. (2001). Social geographies: Space and society. Harlow, England: Prentice Hall. (chap. 3: The home, pp. 63-104)

*Korosec-Serfaty, P., & Bolitt, D. (1986). Dwelling and the experience of burglary. Journal of Environmental Psychology, 6, 329-344.

Chapman, T. (1999). Spoiled home identities: The experience of burglary. In T. Chapman & J. Hockey (Eds.), Ideal homes? Social change and the experience of the home (pp. 133-146). New York: Routledge.

Cooper Marcus, C. (1995). House as a mirror of self: Exploring the deeper meaning of home. Berkeley, CA: Conari Press.

Lessing, D. (2003) 十九號房。一封未投郵的情書（頁49-92）。台北：一方。

積小流（1996）綠色療法。陳義芝、黃秀慧（編）真女人紀事（頁9-13）。台北：聯經。

徐愼恕（1991）我的小店。賴玉枝，三八阿枝（頁74-78）。新店：賴玉枝。

電影：「時時刻刻」片段

11/13 廁所：經濟能力是空間區隔最大的力量，有錢可以住在信義區，可以出入華麗的餐廳與遊樂園。但是有哪些空間是以人的身體屬性（年齡、性別、身體能力、種族、身高、體重…）來進行區隔呢？廁所作為一個分析的實例，討論目前依性別區隔的合法性在哪、所造成的後果，而出路在哪裡？延伸出來的議題是女性專用車廂、女性運動優先區、鴿的卡、博愛座，游泳水道要分男女嗎？

*Browne, K. (2004). Genderism and the bathroom problem: (Re)materialising sexed sites, (re)creating sexed bodies. Gender, Place and Culture, 11(3), 331-346.

*Overall, C. (2007). Public toilets: Sex segregation revisited. Ethics & The Environment, 12(2), 71-91.

Antony, L. (1998). Back to androgeny: What bathrooms can teach us about equality. Journal of Contemporary Legal Issues, 9(1), 1-20.

Greed, C. (2003). Inclusive urban design: Public toilets. New York: Architectural Press.

莊伯和（2002）廁所曼陀羅。台北：二魚文化。

11/20 老人是空間的囚犯嗎？

*Rubinstein, R. L. (1989). The home environments of older people: A description of the psychological processes linking person to place. Journal of Gerontology, 44(2), S45-S53.

*McColgan, G. (2005). A Place to Sit: Resistance strategies used to create privacy and home by people with dementia. Journal of Contemporary Ethnography, 34(4), 410-433.

Rowles, G. D. (1978). Prisoners of space? Exploring the geographical experience of older people. Boulder, CO: Westview Press.

11/27 空間與犯罪：Oscar Newman的Defensible Space開啟了一個新的空間規劃設計領域CPTED (Crime Prevention Through Environmental Design)，也影響了國民住宅等空間的設計規定。犯罪率與安全感不一定成正比。恐懼的地理學，恐懼感又與性別/年齡/種族有何關係？私人警衛成為全球的大企業組織，而CCTV則無所不在，成為和水電/瓦斯同等重要的基礎公共設施，這樣可確保空間安全嗎？從法律的角度看，CCTV是否侵犯了隱私權，即使是公共空間？

*Newman, O. (1972). Territoriality. Natural surveillance. In Defensible space: Crime prevention through urban design (pp. 51-101). New York: Collier Books.

*Merry, S. E. (1981). Defensible space undefended: Social factors in crime control through environmental design. Urban Affairs Quarterly, 16(4), 397-422.

Valentine, G. (1990). Women's fear and the design of public space. Built Environment, 16(4), 288-303.

Cherulnik, P. D. (1993). Applications of environmental design research. New York: Cambridge University Press. (chap. 11: Defensible-space modifications at Clason Point Gardens. pp. 197-220)

Taylor, R. B. (2002). Crime prevention through environmental design (CPTED): Yes, no, maybe, unknowable, and all of the above. In R. B. Bechtel & A. Churchman (Eds.), Handbook of environmental psychology (pp. 413-426). New York: Wiley.

Bannister, J., Fyfe, N. R., & Kearns, A. (1998). Closed circuit television and the city. In C. Norris & J. Moran & G. Armstrong (Eds.), Surveillance, closed circuit television and social control (pp. 21-39). Aldershot, UK: Ashgate.

Wekerle, G., & Whitzman, C. (1995). Safe cities: Guidelines for planning, design, and management. Ontario: Nelson.

Zelinka, A., & Brennan, D. (2001). SafeScape: Creating safer, more livable communities through planning and design. Washington, D.C.: Planners Press.

台大性別與空間研究室通訊第四期「安全」專輯

12/4 異性戀空間：不經過思考的話，我們很少察覺我們生活的空間，無論是都市或住宅，其實都是異性戀空間。男女公然擁抱，是真情的流露；然而男男之間的握手，恐怕引人側目，認為太招搖了。下文作者除了分析同性戀者的處境之外，也提出許多抵抗的策略，從穿著、聽歌到組織與遊行等。

*Valentine, G. (1996). (Re)negotiating the 'heterosexual street'. In N. Duncan (Ed.), Bodyspace: Destabilizing geographies of gender and sexuality (pp. 146-155). New York: Routledge.

12/11 自然環境：

*Kaplan, R., & Kaplan, S. (1989). The experience of nature: A psychological perspective. New York: Cambridge University Press. (chap. 6: The restorative environment, pp. 177-200)

*Ulrich, R. S. (1984). View through a window may influence recovery from surgery. Science, 224, 420-421.

12/18 環境災害：九二一、颱風、土石流，災害似乎離我們並不遠。當家/社區失去了，當家反而成為恐懼的來源，人將如何自處？會改變我們對於住屋擁有、家的意義的想像嗎？

*Edelstein, M. R. (2002). Contamination: The invisible built environment. In R. B. Bechtel & A. Churchman (Eds.), Handbook of environmental psychology (pp. 559-588). New York: Wiley.

12/25 設計準則：建築師最盼望從社會心理學家那裡得到設計準則，而不是自己進行研究。但是設計準則絕對不是放諸四海而皆準，裡面牽涉各種文化與個人價值觀。甚麼是設計準則，以及怎麼使用。

*Cooper Marcus, C., & Sarkissian, W. (1986). Design guidelines: What they are and how to use them. In Housing as if people mattered: Site design guidelines for medium-density family housing (pp. 10-20). Berkeley: University of California Press.

*Hershberger, R. (2002). Behavioral-based architectural programming. In R. B. Bechtel & A. Churchman (Eds.), Handbook of environmental psychology (pp. 292-305). New York: Wiley.

Cooper Marcus, C., & Sarkissian, W. (1986). Housing as if people mattered: Site design guidelines for medium-density family housing. Berkeley: University of California Press.

Cooper, M., & Francis, C. (Eds.). (1997). People places: Design guidelines for Urban open space (2nd ed.). New York: Van Nostrand Reinhold.

Wekerle, G., & Whitzman, C. (1995). Safe cities: Guidelines for planning, design, and management. Ontario: Nelson.

1/8, 1/15 期末報告