

Connectedness with nature as an attitude

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Connectedness with Nature as an Attitude

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Pleasurable experiences in nature are suspected to promote a personal connection with nature, and subsequently, nature conservation in individuals. In a survey, based on a large convenience sample of the general population (N = 1492), we developed an implicit connection-with-nature measure that relies on only simple self-reflection, and is thus expectedly, less vulnerable to response biases. In contrast to other approaches, we explicitly conceptualize connection-with-nature as an attitude. As such, a connection with nature can be indirectly derived from inspecting reports of past bonding activities and responses to evaluative statements reflecting appreciation of nature. In opposition to traditional connection-with-nature measures, our new instrument yielded better discriminant validity regarding environmental concern. Moreover, our measure closely converged – with one exception – with other connection-with-nature instruments, and it turned out to be technically superior, with regard to accuracy, validity, and intellectual demand.
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Connectedness with nature, well-being, and time spent in nature

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Connectedness with nature (CN) is an evidence-based predictor for conservation behaviour. The complex interrelationships of CN with well-being, and time spent in nature (TIN) are less investigated, until recently. In five questionnaire-studies (N=547, general population) two scales measuring CN (CNS and CN-SI) were used in parallel. Simultaneously, a set of well-established scales for well-being and TIN were applied. We found significant Pearson-correlations of CN with age [$r(491) > .233^{**}$] and gender differences [$t(544) = 4.13^{**}$]. Indicators for well-being (psychological well-being/WHOQOL- BREF, vitality/SF 36, meaningfulness/TPI) were related to CN after controlling for age and gender [$r_{part} = .209^*$ to $r_{part} = .303^*$]. Results support TIN correlation with CN, even during wintertime [$r_{part} = .184$ to $r_{part} = .380^{***}$]. CN evolves primarily during childhood, predicts conservation behaviour, health behaviour and well-being. Therefore it can be considered a valuable resource not only in environmental protection but also in Public Health.

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