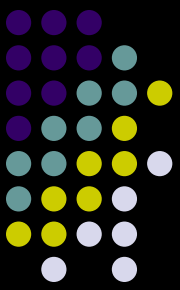




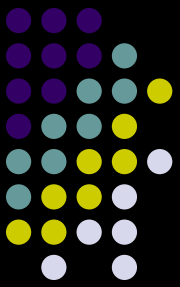
Introduction

- The focus is on **spatial relations** between humans and their environments
- Often called “The Big Four”
 1. **Personal Space**
 2. **Territoriality**
 3. **Crowding**
 4. **Privacy**



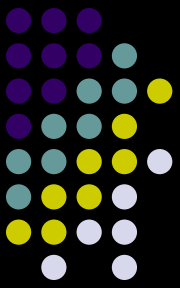
History of Personal Space

- 1966: Edward Hall wrote “The Hidden Dimension”
- Introduced the concept of “proxemics
- **Definition:** “the scientific study of human spatial behavior”
- Found that spatial behavior is greatly affected by:
 1. **Situational conditions**
 2. **Individual difference variables**



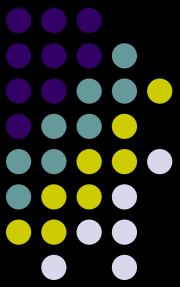
Personal Space

- **Personal Space:** “Portable, invisible boundary surrounding us, into which others should not trespass”
 - Regulates how closely we interact with others
 - Moves with us
 - Expands or contracts according to the situation



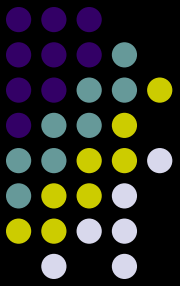
- **Personal space** Person is always at the center of personal space – you take your personal space with you (portable).
 - More of an individual-level process

Three main functions of PERSONAL SPACE

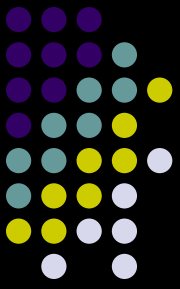


1. **Protective function** serves as a buffer against potential emotional and physical threats
2. **Adjusting sensory input** regulate amount of sensory information we get from others
3. **Communication function** level of closeness and intimacy that we desire with another

The “hidden” nature of personal space



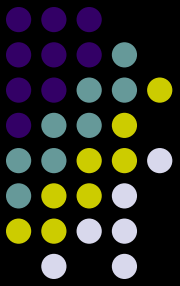
- People position themselves in ways that are not random
- Depends on many things, including:
 1. Status and friendship relationships
 2. Limitations that the physical environment places on us
- When do we realize how important it is?



Brief overview of 4 zones

- **Intimate Distance**
 - 0-18"
 - Head and face are all that is seen
 - Can get additional **sensory signals**
 - Usually not OK in public except for sports

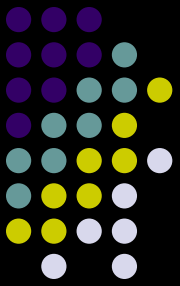




Brief overview of 4 zones



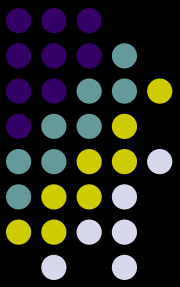
- **Personal Distance**
 - **18" – 4'**
 - **Sensory cues begin to fade here**
 - **More aware of person's body rather than just the face**
 - **Touching is still possible**
 - **Common distance for casual conversation between friends**



Brief overview of 4 zones

- Social distance
 - 4' – 12'
 - Closer distance (4-7') used by people who work together/informal business
 - Longer distance (7-12') requires raising the voice – more formal business and social interaction



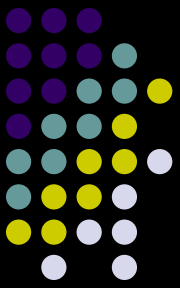


Brief overview of 4 zones



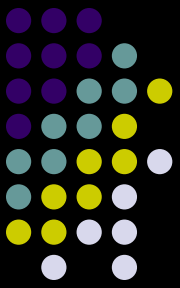
- Public distance
 - 12-25+ feet
 - Very formal
 - Evasive or defensive action can easily be taken
 - Used with strangers
 - Deference when approaching important public figures

How has personal space been measured?



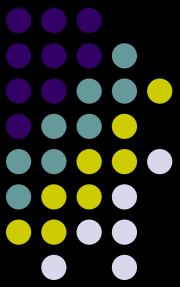
- **Simulation/projective measures**
 - [Class demonstration of the “Comfortable interpersonal Distance Scale” – CIDS]
- **Laboratory “stop-distance” methods**
- **Naturalistic observation**

How does attraction affect interpersonal distance?



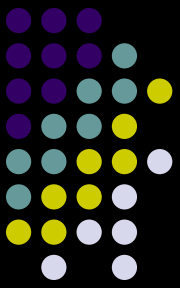
- Similar individuals tend to be more attracted to each other than dissimilar individuals
- What accounts for the smaller interpersonal distances between close friends of the opposite sex?
- **Finding:** Females moving closer to males
- What about female-female friends versus male-male friends?
- **Finding:** Distance is affected by attraction for females, but not males

What about individual differences and personal space?



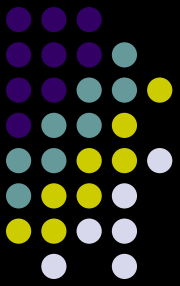
- Differences have been found, but findings are not always consistent (different methods?)
- **Cross-Cultural variations**
- **Gender differences**
- **Age differences**
- **Personality factors**

Effects of architecture on personal space



- Size and shape of room
- Ceiling height
- Presence of partitions
- Light
- Location in room
- Seating or standing position
- Inside or outside
- Crowded versus uncrowded conditions – escape?

Spatial zones in schools and counseling sessions



- Does seating position have a direct effect on grades?
- Where is the best place to sit?
- What about physicians?
- What about counselors and psychiatrists?
- What is **sociopetal** spacing?
- What is **sociofugal** spacing?



Too much or too little personal space – what happens?



- Depends on the conceptual model that you use
- Overload? Arousal? Behavior constraint? Stress?
- Generally, the consequence is unfavorable feelings (stress) and an attempt to re-establish an appropriate distance (“equilibrium”)
- [Many research studies noted on pp. 269-275]