

# Exercise A3.5: Examining our nature relatedness

**Objective/Learning outcome:** To examine the nature-related attribute of your personality

**Time required:** 8–10 minutes

## Instructions

For each of the following, please rate the extent to which you agree with each statement, using the scale from 1 to 5 as indicated in the table. Please respond as you really feel, rather than how you think 'most people' feel. This will help you to delineate where you actually lie on this scale of nature relatedness. The higher your score is, the more nature related you are. You can test this with yourself first and then with your friends and family to see how nature related people around you are. As suggested by the researchers, a stronger nature relatedness is associated with greater happiness and ecologically sustainable behaviour. Disconnection from nature, on the other hand, brings about harmful consequences for both human and environmental health.

## Nature relatedness scale

1	2	3	4	5
Strongly disagree	Disagree a little	Neither agree or disagree	Agree a little	Agree strongly

## Questions

- 1 I enjoy being outdoors, even in unpleasant weather. \_\_\_\_\_
- 2 Some species are just meant to die out or become extinct. \_\_\_\_\_
- 3 Humans have the right to use natural resources any way we want. \_\_\_\_\_
- 4 My ideal vacation spot would be a remote, wilderness area. \_\_\_\_\_
- 5 I always think about how my actions affect the environment. \_\_\_\_\_
- 6 I enjoy digging in the earth and getting dirt on my hands. \_\_\_\_\_
- 7 My connection to nature and the environment is a part of my spirituality. \_\_\_\_\_
- 8 I am very aware of environmental issues. \_\_\_\_\_
- 9 I take notice of wildlife where ever I am. \_\_\_\_\_
- 10 I don't often go out in nature. \_\_\_\_\_
- 11 Nothing I do will change problems in other places on the planet. \_\_\_\_\_
- 12 I am not separate from nature, but a part of nature. \_\_\_\_\_
- 13 The thought of being deep in the woods, away from civilization, is frightening. \_\_\_\_\_
- 14 My feelings about nature do not affect how I live my life. \_\_\_\_\_
- 15 Animals, birds and plants should have fewer rights than humans. \_\_\_\_\_
- 16 Even in the middle of the city, I notice nature around me. \_\_\_\_\_
- 17 My relationship to nature is an important part of who I am. \_\_\_\_\_
- 18 Conservation is unnecessary because nature is strong enough to recover from any human impact. \_\_\_\_\_
- 19 The state of non-human species is an indicator of the future for humans. \_\_\_\_\_
- 20 I think a lot about the suffering of animals. \_\_\_\_\_
- 21 I feel very connected to all living things and the Earth. \_\_\_\_\_

## References

- Nisbet, E. K. L., Zelenski, J. M., & Murphy, S. A. (2009). *The Nature Relatedness Scale: Linking individuals' connection with nature to environmental concern and behaviour. Environment and Behavior, 41*, 715- 740.
- Nisbet, E. K., & Zelenski, J. M. (2013). *The NR-6: a new brief measure of nature relatedness. Frontiers in psychology, 4*, 813.