

# SOCIAL HABITAT AND ENVIRONMENTAL DETERMINISM

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**ABSTRACT;** *Topic of my study was social habitat and environmental determinism. Specifically to study the effects of environmental changes on food pattern, dress pattern and house pattern. The data was collected from hundred respondents through semi-structures questionnaire in district Rawalpindi. The study was conducted in the time period of two weeks. The study was qualitative in nature. The scope of study was to explore the influence of environmental determinism which affects all aspects of human's lives.*

**Key Words:** Habitat, Social habitat, Environment, Environmental changes, Environmental determinism

## INTRODUCTION

The term habitat comes from “ecology” and it is commonly used for natural habitats for plants and animals. The term human habitat is specially used for human habitats where humans live or inhabit. Human habitats comprise of biotic and abiotic factors. Social habitat is a place where group of people lived together and perform many activities [1]. More and more people wants to live in urban areas due to facilities in these areas. Due to overpopulation different environmental problems are faced by inhabitants, this lead towards environmental determinism. Physical growth of urban areas and cities is called urbanization [1]. Due to the urbanization human habitats faced major environmental problems and this lead towards the death of some civilizations [1,2].

Environmental determinism is a natural phenomena and it affects all the sociological and psychological factors [3]. In the history of the social sciences of geography environmental determinism was a main point of long discussions [4,5]. Human development and activities determined by natural environment is environmental determinism [4]. In the early twentieth century in American geographical thought environmental determinism was important theme [5]. In the field of human geography, environmental determinism was used as a tool, to describe the cultural characteristics which show adaptations with respect to their natural environment [4,5]. Environmental determinism which starts with the concept of environment that included overall surroundings of someone and also included various meanings depends upon understanding of cultural traits [4]. There is interdependence among various components of environment for the environmental stability. It is necessary for these components to work properly. Any disturbances in these components cause environmental degradation [1, 6]. Environmental determinism is a process which was used in earlier anthropology to explain different aspects of culture i.e. tangible part of culture, differences in cultures, race and demography of human in particular cultures [7].

“Environmental determinism have a great influence on various aspects of human lives such as behavior, culture, civilization, resources, anatomy, intellect, health, religion, economic activities and political activities” [3]. Environment and specifically climate have an influence on the psychological mindset of individuals which effects and define the behavior of individuals and culture of the society that is form by the individuals [3, 8].

More dominantly environment affects the lives of human beings. Environment has a great influence on daily activities of humans [3,9]. Physical traits of humans are also influenced by environment [10]. Environment also affects the culture and customs of its inhabitants and also affects the dressing and eating pattern of different cultures. There is a big difference in eating pattern of hot and cold areas. People living in cold areas eat more food to get more calories in order to survive according to environment but people of warm areas do not eat so much [3]. In order to survive, there is a phenomenon of adaption which has to follow by people. “Human culture adapt to changing environmental conditions within a range of normal variation” [7,11].

## MATERIAL AND METHODS

The qualitative study was conducted to explore the relationship between environment, its inhabitants and effects of the environmental changes on the food pattern, dress pattern and house pattern. The data was collected randomly from one hundred respondents of Dhoke Kala Khan Rawalpindi. The findings of this qualitative study are explained in the discussions of respondents.

## RESULTS AND DISCUSSION

**Table 1:Pearson Correlation Sig. (2 tailed)**

Dependent Questions	Independent Question	Chi-square values
Do you believe that different foods have different taseer on body?	Does the types of food eaten change with change in environment?	0.717
Is the high calorie diet is preferred in winters?		0.694
Are there specific food items that are used to cope with warm weather?		0.036
Do people focus more on liquid diets in summers?		0.000
People dealing with food business also change their food types according to the environment?		0.207

This table shows the results of different questions. 100% respondents were had opinion that environment effects its inhabitants. 79% respondents were view that food changes with changing environment. In the first question the chi-value  $0.0717 > 0.05$  since the calculated value 0.017 is lead to the

rejection of alternative hypothesis and acceptance of null hypothesis. 88% respondents were view that different foods have different taseer on body. In the second question chi-value  $0.694 > 0.05$  since the calculated value 0.694 lead to the rejection of alternative hypothesis and acceptance of null hypothesis. 88% respondents were view that high calorie diet used in winters. In the third question chi-value  $0.036 < 0.05$  since the calculated value 0.036 lead to the acceptance of the alternative hypothesis and rejection of null hypothesis so there is association between these variables. 92% respondents were view that specific food items used to cope with warm weather. In forth question chi-value  $0.000 < 0.05$  since the calculated value lead to the acceptance of alternative hypothesis and rejection of null hypothesis so there is an association between these variables. 100% respondents were that in summers people more focus on liquid diets. In fifth question chi-value  $0.207 > 0.05$  since the calculated value 0.207 lead to the rejection of alternative hypothesis and acceptance of the null hypothesis. 87% respondents were view that people dealing with food business change their food items according to environment. Climatic changes are important factors affect the production, availability, types and consumption of food [12].

**Table 2:Pearson Correlation Sig. (2 tailed)**

Dependent Questions	Independent Question	Chi-square values
The material used for house building houses is decided by the type of environment?	Are the structures of the houses according to the environment?	0.000
High ceilings are representative of the warmer areas?		0.427
Warmer areas have houses with insulated walls?		0.984

This table shows the results of different questions. Structures of the houses were affected by the environmental changes. 55% respondents were view that the structures of houses are according to the environment in the first question chi-value  $0.000 < 0.05$  since the calculated value 0.000 lead to the acceptance of alternative and rejection of null hypothesis so there is association between these variables. 60% respondents were view that material used to build houses is decided by the type of environment. In the second question chi-value  $0.427 < 0.05$  since the calculated value 0.427 lead to rejection of alternative hypothesis and acceptance of the null hypothesis. 81% respondents were of view that high ceilings are the representative of warmer areas. In third question, chi-value  $0.984 > 0.05$  since the calculated value lead to the rejection of alternative hypothesis and acceptance of null hypothesis. 41% respondents were view that insulated walls have made in warmer areas.

## CONCLUSION

Most of the respondents view that environmental factors affect every aspect of life. Environmental changes affect the dress pattern of its inhabitants. Different types of materials in clothing are used by inhabitants in changing environment to cope with environmental changes. The changes in climate affects dressing pattern and business of different fashion companies [13]. Respondents shared their point of view that different types of colors are used to wear in different environment. Light colors are worn by them in hot climate and dark colors are worn by them in cold climate.

Lawns, swiss lawns, cotton, lattha, chiffons, chickens, silk and arabic lenon are used in summers season. Marina, khadder, woolen clothes, karandi, valvate, wash and wear, falalain and nylon are used in winter seasons. Environmental changes also affect the food pattern of its inhabitants. Respondents shared their point of views that different types of food used by them to cope with environmental changes. In winters high calorie diet is preferred by the inhabitants. People want to eat soup, eggs, fish, meat, gajrella, pakwaan, gonad, yakhni, paay, channay ke daal ka halwa, makhadi halwa, and panjere. In summer, according to the opinions of respondents want to eat light and liquid food. People focus on liquid diets to cope with warm environment and to avoid dehydration. People use yogurt, lassi, sattu sarabat, shakanjabeen, sugarcane syrup, watermelon and cucumber.

Respondents also share their views that people dealing with food business, their business also effected by climatic changes. They change their food items according to the environment to run their business and to earn profit. Respondents also share their views that environmental changes also affect the housing pattern of its inhabitants. Now a day, the structure of the houses is not according to the environment. Because of it, houses are warmer in summers and colder in winters. There is no proper system of ventilation and for air flow in summers and no proper system of sunlight in winters. The material used to build houses is not exactly according to the environment. Environmental changes influence the every aspect of human life.\

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