PREFACE

An increase in population and lesser available space has given rise to the problem of crowding in all set ups like houses, industries, offices, libraries and all other educational institutions. The problem of crowding has been an interest of psychologists for long, but for some or the other reason, its impact on subjective well being has not yet been studied. The mechanism underlying the effects of crowding are such that it produces, stress, changes the level of arousal, leads to psychological pressure of feeling constraints and loss of control on the environment in an individual. So there is very possibility that crowding may effect subjective well being, which is very important psychological variable. The study would cover up a gap in the knowledge, and has an applied utility.

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(Sunita)