

Emointelligence Equation ($I=T*E^{\alpha}*\epsilon$) and One Nature – One Emotion – One Health (ONE-H) Concepts

Hafedh Abdelmelek^{1*}, Amel Hanini¹, Mohamed Dridi³, Amen Allah Amri²

¹Laboratory of Integrated Physiology, Faculty of Sciences, University of Carthage, Jarzouna, Bizerte, Tunisia.

²Bureau d'Etudes Scientifiques et Techniques B.E.S.T CONSEIL SARL–Centre DR, Bizerte, Tunisia.

³Centre de Formation Professionnelle Agricole dans le Secteur des Forêts Remel Menzel Jmil Bizerte, Tunisia.

Hafedh.Abdelmelek@fsb.rnu.tn

***Corresponding Author:** Pr Hafedh ABDELMELEK, Université de Carthage, Faculté des Sciences de Bizerte, 7021 Jarzouna, Tunisia.

Abstract

Our previous theories and research suggests that contact with natural environments improves emotional well-being and creativity. Interestingly, the effect of nature on positive emotion effects varies with type of emotion assessment, type of exposure to nature, geographical location, and age of people or animals. The present theory and research based on One Nature-One Emotion-One Health (ONE-H) are discussed with emointelligence equation examining the effects of nature on well-being and Health. Emointelligence equation in Human and Animals have many common rules and algorithms. This manuscript is intended to study, discuss and interpret the EmoIntelligence equation for Nature, Animal, Human and universe $I=T*E^{\alpha}*\epsilon$ (I: Intelligence or Innovation, T: Time, E: Emotion, α : Factor and ϵ : coefficient). By looking for possible interaction between Universe, Nature, Human and Animals we attempt to introduce an innovative concept called ONE-H.

Keywords: Emotion, Intelligence; Emotional bank system, universe, nature, well-being

INTRODUCTION

Many researchers from diverse scientific field have recognized the importance of contact with natural environments for physical and mental well-being but the mechanism is poorly understood. Based on our previous investigations especially emotional bank system and emointelligence equation (Abdelmelek et al, 2018; 19), we observe the Human need for the “tonic of wilderness like different areas in Tunisia”, and we noted the power of universe and nature to give strength to the body emotion and health. Recently, based on emointelligence equation we introduce new interpretation of time in the equation as physical time and psychological time. The psychological time could be studied in different disciplines such as environmental psychology, urban planning, and landscape aesthetics, white area for electromagnetic pollution, which documents the salubrious effects of universe signals and nature on human health and well-being. Our concept ONE-H indicates that contact with natural environments (especially wilderness or

forest) is associated with several positive outcomes, including improved emotion by increasing alpha values from -6 to +6 in emointelligence equation $I=T*E^{\alpha}*\epsilon$ (I: Intelligence or Innovation, T: Time, E: Emotion, α : Factor and ϵ : coefficient) (Berman et al, 2008; Abdelmelek et al, 2019). In addition, Universe and Nature decreased stress with positive values of Alpha between zero and +6 in emointelligence equation and lead to a greater emotional well-being. Taken together, this concept suggests that contact with the natural environment is likely an important factor contributing to the development of optimal Human or Animal feeling, well-being and health. This positive effects of Nature focuses specifically on examining the effect of brief exposure to natural environments on positive emotions between different biological antenna like water (near infrared) to allow circulation of emotion between lake, plants, micro-organisms such as bacteria, parasites,...etc and aquatic or terrestrial Animals or Human. Examining the positive effects of nature on emotion is important

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for several reasons in order to better understand natural algorithms and rules. First, it is well known that nature can be a source of happiness (Bratman et al, 2012), but there exist no biological or medical mechanism that provide how does Nature impact on Animal or Human wellbeing? Second, our theories concerning the effects of Universe and Nature on our well-being were developed recently based on the emointelligence interpretation and modelisation. Third, investigating the factors that contribute to increase positive emotion (alpha between 0 and +6) and reduce negative emotion (alpha between -6 and 0) leading to happiness has become the focus of a great deal of research in psychology (Lyubomirsky et al., 2011). If it can be established that brief exposure to natural environments like earthing concept enhances emotional well-being.

THEORETICAL FOUNDATIONS

There exist several explanatory theories that address the positive effects of nature on well-being. For instance, the biophilia hypothesis (Kellert & Wilson, 1993) provides the theoretical foundation for a large amount of research on the positive effects of nature.

These theories do not give a quantitative estimation to evaluate the positive impact of Universe and Nature on Animal or Human well-being. According to our hypothesis, because water a key molecule in living systems, it can catch energy from Universe and Nature and play a good role in order to stabilize our emotion with alpha values higher than zero. Animal and Humans emotions could be influenced or modulated by near or far environments such as: Nature: forest, desert...etc and far Moon, Mars.etc. Satisfaction of this need in positive emotion from universe or nature and feeling connected to the natural world are thus predicted to produce broad psychological benefits, including increases in positive emotions (α : between 0 and +6) and negative emotions (α : between -6 and 0). In support, our research indicates that individual differences in emotions of connectedness to nature are positively associated with positive emotions and negatively associated with negative emotions. In order to explain emotions of connectedness to nature we have to calculate:

Equation 1. $I \text{ earth} = I_n \times I_a \times I_h$ and $I = T^*E^{\alpha}*\epsilon$: I_u : Universe, I_n : Nature, I_a : Animal, I_h : Health

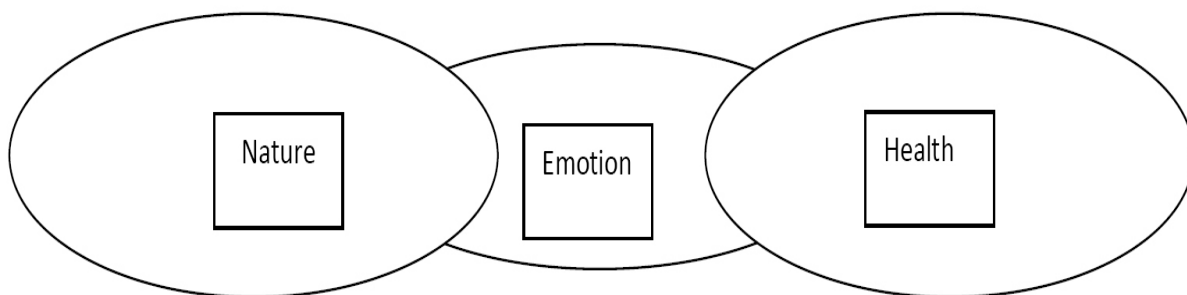


Figure 1. Emotions of connectedness to nature ($I = I_n \times I_a \times I_h$)

$I = T^*E^{\alpha}*\epsilon$: I_n : Nature, I_a : Animal, I_h : Health

ANALYSIS OF CONNECTEDNESS TO NATURE

This recent finding suggests that connectedness to nature is one mechanism through which exposure to nature positively influences well-being and increase alpha near +6. An alternative theory that concerns the effect of nature on well-being is stress-reduction theory SRT (Ulrich et al., 1991). According to SRT, exposure to environments with water, vegetation, expansive views, and other elements that contributed to the survival of our ancestors produces an unconscious autonomic response. A mechanism that addresses the positive effects of nature is attention restoration theory ART (Kaplan, 2001). According to ART, fast-

paced urban living taxes attentional capacities and leads to cognitive fatigue. This fatigue may then manifest through difficulties in concentration and higher levels of irritability and negative emotions. A great deal of research provides empirical support for the predictions of ART, with participants indicating better cognitive functioning and more positive emotions following exposure to both real and virtual natural environments when compared to those exposed to urban or built environments. This different results could be explained by time perception in emointelligence equation related to stress and catecholaminergic system. In urban or natural areas

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time perception vary and influence I and E parameters in emointelligence equation $I=T*E^{\alpha*\epsilon}$.

EFFECTS OF NATURE ON WELL-BEING

Exposure to nature is associated with increased emotion of well-being ($\alpha>0$). However, recent research comparing the effects of virtual nature to real nature indicates higher levels of affective well-being in real nature conditions when compared to virtual nature conditions (Mayer et al., 2009) demonstrating the existing of signals (via water as infrared waves) or information that circulate only between living systems in nature

All together, emotion modulation is correlated to a direct/indirect emotion transfer or exchange between nature, Animal, and Human. The understanding of the action mechanism of nature on Emotional Bank System with tools and technologies that foster positive emotions and psychophysiological coherence, increased emotional stability in Animal and Human. Interestingly, Nature could influence positively or negatively Emotional Bank System concept. The analysis of Emotional Bank System Algorithms can help our understanding of psychological science and health (Abdelmelek et al, 2018; 2019). It appears as though nature inspires feelings that connect us to each other and our environment. "Nature deprivation," a lack of time in the natural world, largely due to hours spent in front of TV or computer screens, has been associated, unsurprisingly, with depression. More than that can have serious consequences, including obesity, behavioral problems, irregular sleep, violent tendencies, poor academic performance, and dampened creativity as predicted by emointelligence equation.

CONCLUSION

Emotion generated from nature, spirituality includes a sense of connection to universe and it typically

involves a search for meaning of health and life. Healthy people may describe a nature or spiritual experience as interconnectedness.

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