



## Effect of Environmental-Pollution on Psychophysical Health

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### ABSTRACT

Any time a relatively long toxin is introduced to our environment, it contributes to environmental contamination. Air, water, soil, noise, light and nuclear pollution are some of the main types of pollution. The air pollution is caused by emissions from factories, building chimneys, cars and oils. Wasted industrial solvents, plastics, and other waste, sewage, etc., are polluting the water. As a result of the environmental pollution that the world needs to cope with, global warming, this had become a significant problem in the present scenario. Environmental pollution significantly hampers the psychophysical health of the individual. A person exposed to prolonged air pollution may suffer from respiratory problems which may in turn affects his mental and emotional health as well. So the present study has tried to identify the drastic effects of environmental pollutions on psychophysical health of the children, youngs and elderly so that necessary actions may be takes timely.

**KEYWORDS:** Environmental Pollution, Psychophysical Health.

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### I. INTRODUCTION

Environmental pollution is the unfavorable alteration of our surroundings, wholly or largely as a byproduct of man's actions, through direct or indirect effects of the changes in the energy pattern. Environmental pollution is a global problem and is common to both developed as well as developing countries and it is directly hampering the physical health and in a way and indirectly affecting the emotional and psychological health of the individuals. The problem of environmental pollution is so vital because it has many medium through which it affects us adversely. Such as affecting our health through Air, Water, Noise, Radioactive substances and through thermal pollution.

Good health is central to handling stress and living a longer, more active life. Physical well-being involves pursuing a healthful lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength, flexibility, and body composition. A person who has good physical health is likely to have bodily functions and processes working at their peak. This efficiency of work can be decreased if his health is hampered by pollution. Long-term exposure to particulate **pollution** can result in significant health problems including: Increased respiratory symptoms, such as irritation of the airways, coughing or difficulty breathing, decreased lung function, premature death in people with heart or lung disease, including death from lung cancer.

Air pollution can also cause long-term damage to people's nerves, brain, kidneys, liver, and other organs. Some scientists suspect air pollutants cause birth defects.(national geography,2011).

Brunekreef (2002) has largely focused on physical health effects: the association of air pollution with various adverse respiratory and cardiovascular disease outcomes has been particularly well documented.

Over the past decade, researchers have found that high levels of air pollution may damage children's cognitive abilities, increase adults' risk of cognitive decline and possibly even contribute to depression. Researchers are identifying startling connections between air pollution and decreased cognition and well-being.(Kirsten Weir, 2012.)

Mental health, defined by the World Health Organization, is "a state of well-being in which the individuals realize his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can make contributions to his or her community."The World Health Organization also places particular emphasis on the fact that mental health should not be viewed simply as an individual being free from psychiatric disorders.

A growing body of literature has discussed the potential link between environmental pollution and an increased risk of developing psychological disorders. Bernett(2012). Now, evidence is mounting that dirty air is bad for your brain as well. Over the past decade, researchers have found that high levels of air pollution may

damage children's cognitive abilities, increase adults' risk of cognitive decline and possibly even contribute to depression.

Lim and colleagues (2012) demonstrated a significantly increased risk of depressive symptoms, most notably emotional symptoms, in older people in Seoul, Republic of Korea. All these studies exhibit negative impact of environmental pollution upon psychophysical health of the individual. So it is high time to control pollution and take some remedial measures to purify environment so that we can have a healthy body with healthy mind.

## **II. CONCLUSION**

Increased levels of some air pollutants are accompanied by an increase in psychiatric admissions and emergency calls and, in some studies, by changes in behavior and a reduction in psychological well-being. Numerous toxic pollutants interfere with the development and adult functioning of the nervous system. So it is the need of the time for the policy makers to have initiative to prevent environmental pollution to secure physical and emotional well being of people.

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