



ENVIRONMENTAL STRESS AND MENTAL HEALTH

Dr. Rekha Baxy

Prof & Head, Dept Of Psychology, Govt. Auto. Girl's P.G. College of Excellence, Sagar, M.P.

KEYWORDS :

INTRODUCTION

Environment psychology is a relatively new branch of psychology that focuses on the relationship between the psychological environment & human behavior and well being. Major topics in environmental psychology include how human use space, crowding, noise, design of building and the life in the city. The environmental factors like noise, heat, air-pollution and other irritant affect the human life.

Psychologists have also become concerned about how, the environment affect the people. Just as toxic chemicals, in the air and the ground, can damage physical health, so as other characteristics of the environment can damage mental, physical & social health.

Soil, air and water are the main components of natural environment, affecting most, the life of human being. But now-a-days, due to infrastructural development all around, environment has very badly affected.

People are becoming more and more concerned about the environment. The environmental movement has focused attention on the quality of the air we breathe, and the water we drink. Now it is realizing that virtually all aspects of the world around us can have profound and potentially negative effects on our health and well being.

Physical, biological as well as psychological environment, all affect the human behavior. In the present research study, noise and mass media are taken as the main source with reference to environment psychology.

Air, sunlight, noise, temperature etc. all together make an environment. We know that environmental factors affect human life and human behavior. Biological, physical environment as well as psychological and social environment also affects deeply. These factors also affect the physical and mental health of the human being.

Any child, since its birth, starts learning on the basis of the experience got by the environment. This learning process continues life long and is the base of all learning. Environment has a broad meaning in itself. We consider its brief meaning as physical and biological environment but when thought from the level of feeling then we see its broad meaning in our surroundings such as family, society, community and also in the physical mental, social and psychological development of human being and children and this is called Psychological environment.

With reference to psychological environment, under Noise pollution, the use of mass-media is taken as a source to show how its use pollutes the environment and causes negative effect on human behavior. Therefore, it is also necessary to know how to manage the noise pollution. In this reference 30-30 Rural/Urban Adolescent boys are randomly selected. In the present age, the role of mass-media is increasing and the Psychological impact can be clearly seen on each age-groups. Now-a-days the development is increasing lastly in the field of Science & Technology and it has totally changed the human's life style and every age group is affected through it. To study these facts, data was collected from 30 Rural and 30 urban adolescent

boys through interview technique and observation method. The percentage of the data related with the use of different mass-media was taken. Data was collected to see the interest about and use of T.V., computer, video-game, Mobile, Books and Sports etc.

Objective

To study the effect of the imbalance in psychological and psychosocial environment on physical and mental health of Rural/Urban Adolescent boys.

Hypothesis

The imbalance in psychological and psychosocial environment will cause adverse (negative) effect on the physical and mental health of the Rural/urban adolescents and comparatively higher percentage of this imbalance will be seen in urban adolescents.

Methodology & Sampling

For this study, 30 urban and 30 rural adolescent boys were randomly selected from Sagar city. For data collection, interview method and observation method was applied and the data was collected.

RESULT & DISCUSSION

With reference to Noise Pollution, the study of use of mass media was done on Rural and Urban adolescents. Comparatively study shows that, mass-media is used more by Urban Adolescents in comparison to Rural Adolescents. On the basis of interview and observation, it is also seen that the extensive use of mass-media puts a negative effect on the physical and mental health in the form of Noise Pollution. On analyzing the percentage basis of both the groups, it is seen that comparatively both groups are different in themselves.

The effect of noise pollution is found more on urban boys. During interview, it was also known that as Air Pollution and water pollution, noise pollution also puts more harmful effect. It decreases the working capacity of a person, it increases pressure and frustration. Certain psychological effect such as irritation, sleep disorder, distract attention, lack of concentration, mood disorder etc. can also be seen. These psychological conditions give rise to various mental disorders.

According to psychologists, those children who are suffering from breathing related problem, increased blood pressure, are affected greatly from noise pollution. In this reference the effect of noise-pollution is seen less in rural adolescent boys. The fact is that, more diseases are caused by water pollution in rural area and by air pollution and noise pollution in urban area.

There is a direct effect of physical, biological and psychological environment on human behavior. A child and an adolescent is a product of this social, cultural and psychological environment. These factors make the personality of a person who's direct relation is with physical and mental health. This is the real meaning of environment which has surrounded and covered us from all sides, everything present around us is, our environment.

The research hypothesis proves that the imbalance in psychological and psychosocial environment has an adverse effect on the physical and mental health of the Rural & Urban adolescents and

comparatively higher percentage of this imbalance is seen in urban adolescents.

During the interview, it was seen that, somehow, the reason behind this is that there is a lot of pressure on the Urban Adolescents in comparison to Rural Adolescents. They, in this materialistic world, are engaged in various activities at the same time.

CONCLUSION

The behavior of the adolescents is affected by the environmental pollution. Noise pollution also puts more harmful effects on the human behavior.

Recommendation

It is a psychological fact that, Noise pollution is created in the form of mass-media and puts immense harmful effect. Noise pollution should be managed and controlled at family, society, community, state and country-level. It should be a combined effort. Not only the management of biological environment but the management of psychological environment should also be thought of, with compulsion.

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