

Health Problem Related to Environmental Issues

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Abstract

The study explores the correlates of environmental pollution on health related behavior on various aspects of health. In this study 60 participants were selected. The study provide insight view about the affects on environmental pollution, i.e, air, water, noise and soil pollution. According to this study findings suggests that these kind of pollution are not only affecting the human body but at the large scale many health issues are emerging, such as various diseases related to breathing trouble, high blood pressure etc. Animals and plants were also seriously, affecting by these pollution. Viewing the environmental pollution as an increasing illness in the people, this study examined the inter-correlation between different domains of quality of life (QOL) as well as various aspect of pollution on health.

Keywords: Environmental Pollution, Quality of Life, Health, Wellbeing.

Introduction

Environment and human health are related with each other. The interaction between environment and human health raise ethical issues related to environment regulations and health policy decisions. It is truth that the environment can affect human health, but a lees widely. Known fact is that promoting human health can also affect the environment.

There are various health problems are related to environmental issues. According to the World Health Organization (WHO), Environmental health addresses all the physical, chemical and Biological factors external to person and all the related factors impacting behaviors. It encompasses the assessment and control of those environmental factors that can potentially affect health. It is targeted towards preventing disease and creating health- supportive environments. This definition excludes behavior not related to environments, as well as behavior related to this social and cultural environment and genetics.

Environmental health also address issues related to solid waste management, Management of medical waste, Hazardous materials, management ultraviolet radiation, occupational health and promoting improvement of working conditions and other aspects of environmental hygiene. When the researcher assess the healthy environment of a person, they are looking at how external elements are impacting the mental, emotional and physical health of the individual, environment related health issues can extend to cover housing, transportation, food and water management. Human stumbles across numerous environmental hazards even single day, which can be classified in four categories as biological, physical, chemical and cultural. Biological hazards refer to bacteria, viruses, fungi, spores etc. Physical hazards are those physical processes that happen naturally in the environment like natural disaster, Chemical hazards occur in two ways, human-made or natural, which are considered heavy metals. Human chemical hazards encompass lots of synthetic chemicals human produce, such as pesticides, plastics and disinfectants. Chemical hazards originate from your locality behavioral choices, occupations and socioeconomic status such as cigarette smoking etc. Most critical issues related to environmental health. Exposure of high levels of air pollution can cause a variety of adverse health outcomes. There are still advance resources available to balance the environment for leading better life. Effective condition is largely based on human appraisal. It has been found that by optimizing. Environmental health, communities can reduce exposure to disease as well as to pollutants that have a toxic affect an the body.

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Gratitude is one of the easiest positive emotions to conjure up out of thin air. Love define as any movement in this positive emotions are shared between an among people. There is an ancient meditation practice called loving, kindness and meditation(LKM), which find to help the people to self generate more positive emotion in daily life. These emotion in turn to build their emotion strong such they can behave in the balanced way in day to day life. Grateful people are reported to feel more optimistic and happy Walkins et al (2003). To better mitigate aversive experiences Emmons and Mc Cullough (2003) and to have stronger interpersonal bond (Algoe, 2012).

Currents literature indicates that gratitude was find to be beneficial to sustained physical health, its interventions have been shown to result in stronger cardiovascular and immune system, improved sleep and more frequent exercise post (2005). Such of these findings stimulates the development of new ways to help people lager to embrace gratitude in daily life. For the enhancement of wellbeing its seem to be important to nourish intrinsic motivations for gratitude. On the basis of the self determination theories of Ryan and Deci (2000), autonomy, competitive and relatedness are key component of intrinsic motivation Calvo and Peters (2014) mentioned that creative ways of supporting expression of gratitude can be a future research path for improving well being.

Objective of the Study

The main purpose of this study was to compare the effect of environmental pollution between male and female, as well as, to find out the relationship between different domains of quality of life indicator of well being.

Method

Participants

This study was conducted on 60 respondents. Among those 30 respondents were male and 30 respondents were female. Age range of them was in between 40 to 60 years. All the respondents were randomly selected from Gorakhpur city to examine their health related behaviors.

Measure

The measures used in the present study were based on health related Behaviors with the different aspects of the health. Such as psychological domain physical domain environmental domain and social domain.

Quality of life

Quality of life was measured by WHOQOL-Brief questionnaire. This questionnaire is a short version of the long version of WHOQAL 100. The abbreviated version was preferred by many researchers. In india this questionair was developed by Saxena, Chandiramani and Bhargwa (1998) a group of researcher of world health organizations. In the present study we have used short version of the WHOQOL-100. It measures QOL in 4 domains physical, psychological, social and environmental domains. A 5 point rating scale was used for answering each questions.

Environmental Pollution-This scale was developed in this research by investigator, it consisted 60 item's related to the effect of pollution on health related behavior. After the pilot study question number 5,12,20,28,30,38,48,49 was dropped. Therefore only 53 items were selected to measures the effect. These were 4 dimensional (Air, Water, Noise and Soil pollution) in this scale on which subject were asked to give their response on a five-point scale subject were asked to give their response on a five-point scale ranging from "Strongly agree" (5) to "Strongly disagree" (1) item's The reliability of the scale was determined, Which was found to be good internal consistency?

Procedure

The investigator individually contacted with the participants after getting their consent they were explained about the purpose of the study and ask to fall the purpose of the questionnaire given from the investigator.

Result

Random Sampling method was used in this study, in which 30 male and 30 female were selected. For answering the question is used as equipment. Questionnaire's are filled by male and female and according to their response sheet, date is converted in the form of the table.

Table No-1

Mean Score's of Environmental Pollution							
	Gender	N	Mean	Std. Deviation	Std. Error Mean	Df	t- test
Air Pollution	Male	30	53.60	6.38	1.16	58	0.04
	Female	30	53.63	5.76	1.05		
Water Pollution	Male	30	53.53	5.45	0.99	58	0.77
	Female	30	52.40	5.87	1.07		
Noise Pollution	Male	30	53.20	6.63	1.21	58	0.14
	Female	30	52.43	6.19	1.31		
Soil Pollution	Male	30	44.10	8.31	1.51	58	0.37
	Female	30	44.47	7.42	1.35		

(P>.01 and .05)

On the basis of the responses results are indicated in the table-1 and table-2 as the table No-1 shows that, there is no- significant difference between

male and female on air pollution, As the mean Score and Stander deviation value of male and female was found to be same (M=53.60, 53.63 and S.D=6.38,

5.76) there for the t-value were (t=0.04) respectively.

Same result was found in the case of water pollution, it has no significant difference between male and female. The mean score and standard deviation value were (M=53.5, 52.4, and S.D=5.45, 5.87) their for t-value (t=0.77) respectively.

Noise pollution and soil pollution is also affects on human health and mind. As the result shows that there was no significant difference between male and female on noise pollution. The

mean score and standard deviation value of male and female were (M=50.2, 50.4, and S.D=6.63, 6.19), therefore, t-value (t=14). In the same results was observed as the mean score and standard deviation value were (M=44.1, 44.8, and S.D=8.31, 7.42 there for the t-value (t=.37) respectively.

"Table No-2" indicate the date obtain on the measure of quality of life and the different domains of quality of life as the Table shows that no significant difference was found between male and female.

Table No. 2

Mean Score's of Quality of Life							
	Gender	N	Mean	Std. Deviation	Std. Error Mean	Df	t- test
Psychological	Male	30	26.20	3.11	0.56	58	0.88
	Female	30	25.40	3.82	0.69		
Physical	Male	30	24.73	3.99	0.72	58	1.04
	Female	30	23.60	4.41	0.82		
Environmental	Male	30	30.77	5.82	1.06	58	0.16
	Female	30	30.50	6.47	1.18		
Social	Male	30	11.83	2.57	0.47	58	0.88
	Female	30	11.20	2.97	0.54		

(P>.01 and .05)

As the table-2 show that, there is no-significant difference between male and female on psychological domain of quality of life. Mean score and standard deviation value was found regarding male and female as, (M=26.2, 25.4, S.D=3.11, 3.82) and therefore t-value (t=.88) respectively. In the same way results was obtained to be similar on physical domain of quality of life. As the mean score and standard deviation value were (M=24.7, 23.6 and S.D=3.99, 4.41) and therefore the t-value (t=1.04) respectively.

However no significant difference was found between male and female on environmental and

social domain of quality of life. Environmental domain shows that the mean score and standard deviation value were (M=30.7, 30.5 and S.D=5.82, 6.47) and t-value (t=0.16). Social domain was also found to be not significant, between male and female, respectively. As the mean score and standard deviation value were (M=11.8, 11.2 and S.D=2.57, 2.97) and there for the t-value (t=0.88) respectively.

The co-relational results for the various types of Environmental pollution have being presented in the table no-3 and 4 all the domain's were found to be positively and highly correlated to the each other.

Table No-3

	Air Pollution	Air Pollution	Air Pollution	Air Pollution
Air Pollution	1			
Water Pollution	0.458**	1		
Noise Pollution	0.634**	0.495**	1	
Soil Pollution	0.442**	0.312**	529**	1

Correlation result indicated that the water pollution was positively & highly correlated to air pollution (r=0.458**) indicating, that as water pollution and air pollution is increasing positively with on the measure of pollution. Correlation result indicated that Noise pollution was positively and highly correlated to Air pollution (r=0.634**) indicating that as air pollution increase than Noise pollution in Environment. And Similarly the next domain of environment pollution result indicated that the Noise pollution was positively and very highly correlated in water pollution (r=0.495**).Correlation result indicated that soil pollution was positively correlated to Water pollution. Similarly the next correlational result indicated that

soil pollution was highly and very positively correlated to Noise pollution (r=0.529**) indicating that the soil pollution and Noise Pollution was also influence the environment so all the aspects of environmental pollution are positively inter correlated to each other).

Table No. 4 represents the inter-correlation between different domains of quality of life, which indicated that physical domain of quality of life was positively & highly correlated to psychological domain of quality of life (r=0.400**) Which indicates that as physical health is correlated to the psychological health because pollution effect over all health of human being whether it psychological of physical.

Table No-4

	Psychological	Physical	Environmental	Social
Psychological	1			
Physical	0.400**	1		
Environmental	0.373**	0.618**	1	
Social	0.251**	0.336**	0.407**	1

The table also indicated that environmental domain of Quality of life was highly and positively correlated to psychological domain of Quality of life because the impact of environment was very harsh on psychological well being of human being.

Similarly the next domain of quality of life indicated that environmental domain was positively and very highly correlated with physical domain ($r=0.618^{**}$). Correlational result also indicated that Social domain of Quality of life was positively correlated to physical domain of Quality of life ($r=0.336^{**}$) which indicates that socially well people were also found to be physical fit. And last correlational result indicates that physical domain of quality of life was positively and highly correlated to environment domain ($r=0.407^{**}$) which indicate that the people who were healthy physically was found to be sound in overall health related behavior either it is environmental or social.

Discussion & Conclusion

The result indicates that there are not any general issues regarding the environmental pollution on health. Finding explore that no significant differences were found between male and female so it can be said that health related problems due to environmental affect are universal problem. Environmental pollution affect more or less each and every aspect of our lives. It is universal truth that our well being are healthy life style depend on one's immunity system. There are major individual difference was observed between capacity to tolerate threats of health issues related to environmental circumstances. As the table explores that male are found to be slightly higher as compare to female. The reason may be that male have much exposure than female. During their job categories, i.e. various field work and external task related to house hold or any of others.

Environmental pollutants have various adverse health affects from early life. Some of the most important harmful affects are perinatal disorder, infant mortality, respiratory disorder, allergy, malignancies, cardiovascular disorder increases in stress oxidating endothelial dysfunctions, mental disorder and various other harmful affects. (Kelishadi, Mirghaffari, Gidding, 2009, 2010).

Traffic was also observed as a major contributor to air pollution which may cause lung disease, asthma, eye flu, headache etc. Most of the industries dump their waste material on the surface of the earth or in the rivers which causes water pollution. Therefore, continuous use of spoiled water invites a number of diseases which had harmful impact on physical and mental well being.

Thus, it can be concluded that there are still advance resources available to balance the environment influences for leading a better life. Researcher observed that effective condition is largely based on human appraisal. It has been found that by optimizing environmental health communities can reduce exposure to disease as well as to pollutant that have a toxic affect in the body.

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