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### ENVIRONMENTAL PROBLEMS ITS EFFECTS AND APPLICABLE METHODS

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#### HOW PSYCHOLOGY DEAL WITH ENVIRONMENT?

"Environmental Psychology is field of study that examines the inter relationship between environment and human affect cognition and behaviour" (Bechtel & chorchman 2002, Gilford 2007)

#### Environment Types

Natural / Water / Air / Land / Mountain / Forest / Vegetation

Mane Built - Home / Road / School / College / Market / Industries of etc.

General orientation to nature and environment (according Florence Cluson (1953)

- People as subjugated to nature
- People as above nature
- People as part of nature

How Environment affects human body (Change in the environment due to human activities)

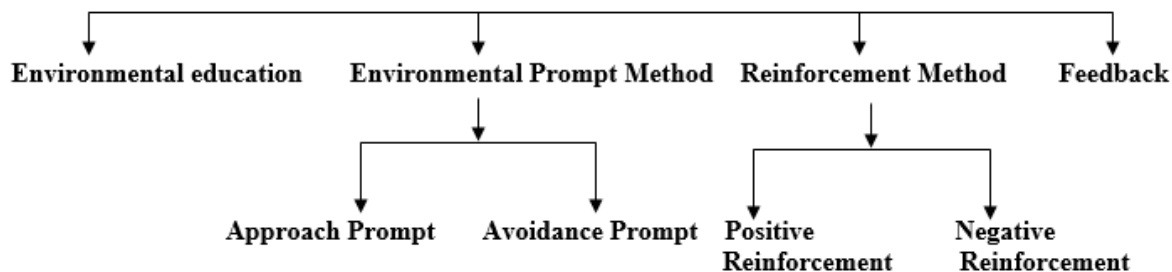


### Environmental problems and its effects

Environmental problems	Types	Physical	Social	Mental
Natural Disaster	<ul style="list-style-type: none"> <li>▪ Flood</li> <li>▪ Tsunami</li> <li>▪ Draught</li> <li>▪ Snow fall</li> <li>▪ Earthquake</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stunned</li> <li>▪ Numb</li> <li>▪ Fearlessness</li> <li>▪ Irrational</li> </ul>	<ul style="list-style-type: none"> <li>▪ Separation</li> <li>▪ Homeless</li> <li>▪ Scarcity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Anxiety</li> <li>▪ Stress</li> <li>▪ Frustration</li> <li>▪ Depression</li> <li>▪ Phobia</li> <li>▪ Loneliness</li> </ul>
Noise Unpleasant sound (above 90 db)	<ul style="list-style-type: none"> <li>▪ Intensity of noise</li> <li>▪ Pitch</li> <li>▪ Reflection</li> <li>▪ Periodicity</li> </ul>	<ul style="list-style-type: none"> <li>▪ High level of catecholamine</li> <li>▪ High blood pressure</li> <li>▪ Digestive disturbance</li> <li>▪ Allergy</li> <li>▪ Cardiovascular disease</li> <li>▪ Hearing loss</li> <li>▪ Headache</li> </ul>	<ul style="list-style-type: none"> <li>▪ Negative Attraction</li> <li>▪ Aggression</li> <li>▪ Violent Physical / Mental</li> <li>▪ Lack of helping behaviour</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lack of perceptual control</li> <li>▪ Learned helplessness</li> <li>▪ Memory loss</li> <li>▪ High arousal level</li> <li>▪ Distraction of attention</li> <li>▪ Lack of performance</li> <li>▪ Changing mood</li> <li>▪ Instability</li> <li>▪ Anxiety / stress</li> </ul>
Temperature and heat (above 32 <sup>0</sup> C)	<ul style="list-style-type: none"> <li>▪ Dust storm</li> <li>▪ Cyclone</li> <li>▪ Tornado</li> </ul>	<ul style="list-style-type: none"> <li>▪ Effect on thermo regulatory mechanism</li> <li>▪ High BP/High heartbeat, heart attack</li> <li>▪ High skin conductance</li> <li>▪ sweating ros used</li> <li>▪ Pelpitation</li> <li>▪ Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lack of coping behaviour (Escape)</li> <li>▪ Aggressive behaviour</li> <li>▪ Disturbed interpersonal relationship</li> </ul>	<ul style="list-style-type: none"> <li>▪ Irritability</li> <li>▪ Anxiety</li> <li>▪ Low stress tolerance</li> <li>▪ Unhappiness</li> </ul>
Air Pollution	<p><b>External</b></p> <ul style="list-style-type: none"> <li>▪ Ozone</li> <li>▪ Sulphur oxide</li> <li>▪ Nitrogen oxide</li> <li>▪ Carbon mono oxide</li> </ul> <p><b>Internal</b></p>	<ul style="list-style-type: none"> <li>▪ Lack of Oxygen (Hypoxia)</li> <li>▪ Dumb and Deaf, Blindness</li> <li>▪ Epilepsy</li> <li>▪ Headache</li> <li>▪ Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>▪ Low work performance</li> <li>▪ High reaction time</li> <li>▪ Driving problem</li> <li>▪ High rate of accident</li> </ul>	<ul style="list-style-type: none"> <li>▪ Emotional disturbance (Due to nitrogen di oxide)</li> <li>▪ Lack of adjustment (Due to sulphur di oxide)</li> <li>▪ Memory Loss</li> </ul>

Environmental problems	Types	Physical	Social	Mental
	(Industrial/homes) ▪ Sulphur di oxide ▪ Nitrogen di oxide ▪ Cadmium ▪ Mercury	▪ Cancer ▪ Immunity ▪ Air Pollution syndrome (APS)	▪ Lack of interpersonal attraction (due to ammonia sulphur di oxide) ▪ Increase aggressive behaviour (Due to ethyl mrcaptain)	▪ Mental Retardation (MR)
Water pollution	▪ Industrial waste ▪ Sewage waste ▪ excessive use of plastic or fertilizers ▪ Carelessness of people towards water pollution etc.	▪ Health hazards ▪ Reduction in solar energy and decreased rate of photosynthesis ▪ Oxygen deficiency in water ▪ Decrease in fresh water	▪ Violent behaviour ▪ Low quality of life	▪ Tension ▪ Anxiety ▪ Unhappiness ▪ Depression

### Applicable methods for the solution of environmental problems



### ENVIRONMENTAL EDUCATION

- Respect for Mother Nature (water / air / land / forest / animals / vegetation).
- Include environment topics in syllabus at school / college / university level.

- Govt. org / NGOs / semi govt. org / should have awareness programme for environment (organize workshop and seminar).
- Organisation / institution should mark important environment days.

#### **ENVIRONMENTAL PROMPT - Improvement for good behaviour**

- Appreciation for appropriate behaviour.
- Punishment and fines for inappropriate behaviour.
- Monetary help /donations.
- Plantations.
- Self-role model.
- Give written information.
- Simple and effective quotations and instruction.

#### **REINFORCEMENT METHOD**

- Monetary awards by Govt. (+ve behaviour occur).
- Relaxation in tax benefits (+ve behaviour).
- Makes laws / acts / rules.
- Penalty by increasing tax (-ve).

#### **FEEDBACK - Information about behaviour modification**

- Set goals and target.
- Target achieved or not.
- Goal attained or not.
- Feedback result in positive behaviour.