

Environmental Change & Human Behavior

Dr. Rekha Baxy
Professor - Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)

Abstract

Soil, air and water are the main components of natural environment, affecting most of the life of human being. But now-a-days, due to infrastructural development all around, environment has very badly affected. That is why people are becoming more and more concerned about the environment. Human behavior is greatly affected by the environment. Environmental Psychology is a new branch of psychology that focuses on relationship between the physical environment and human behavior and well-being. The environmental factors like noise, heat, air-pollution and other irritants affect the human life.

A short psychological study is conducted on the effect of noise-pollution on adolescent behavior of two groups mainly of Urban and Rural. This research study is taken from the environmental psychology. In this study, noise and mass media are taken as the main source.

The objective of the present study is to show that the imbalance of Psychological and Biological Environment affects the physical and mental health of adolescents of urban & rural areas. It is also tried to see comparatively which group is more affected and what effect is seen on them.

For the purpose of study, two groups each of 30 adolescents were taken from urban and rural areas for comparative analysis. Reason for selection of rural and urban area was the great variation of noise pollution in these areas. The main sources for the study were noise and mass-media.

The groups were selected through random sampling technique. Data collection was done by observation and interview method. The responses of the subjects in the use of mass-media were taken in the form of percentage. Various mass-media taken into account were T.V., computer, video-game, mobile, reading-books. The study shows that mass-media is used more frequently by urban adolescents than the rural adolescents and in order to study the effect of noise-pollution due to mass media, on adolescent's behavior, a mental health scale was used. It was found that the analysis of the data collected gave result that extensive use of mass-media put a negative effect on the physical and mental health in the form of noise-pollution. Effect of noise-pollution is found

more on urban boys. It decreases the working-capacity and increases pressure and frustration. Certain psychological effects such as irritation, sleep-disorder, distract-attention, lack of concentration, mood-disorders, etc were seen. These psychological conditions give rise to various mental disorders. So, it is suggested through this study that noise pollution should be managed and control at family, society and community level.

Not only the management of biological environment but management of psychological environment.

Keywords

Noise pollution, urban/rural adolescents, human behavior, environmental psychology, mental health, mental disorder, mass media.

Introduction

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.

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.

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.

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.

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 fastly 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.

Observation Table

Activities	Percentage of Rural Adolescent Boys	Percentage of Urban Adolescent Boys
Mass-Media		
T.V.	50%	100%
Computer	05%	95%
Video Games	10%	90%
Mobile	30%	100%
Reading books	20%	95%
Sports	80%	50%

Result & Discussion

With reference to Noise Pollution, the study of use of mass media was done on Rural and Urban adolescents. Results are shown in the observation-table in the form of percentage. 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 ibrin 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.

References

- Asthana Bipin and Baxy Rekha (2008) organizational behavior, page 311-334
- David O.Seays, Peplay, Taylor-Social Psychology-Seventh Edition, Prentice Hall, Engle wood cliffs, New Jersey environmental psychology, page 461
- Sexsena A.B. (2008) environmental studies, page 01-02