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Psychological Pollution: A Study on Human Environment

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Abstract

How a person becomes psychic and what are issues around him in the social environment. The study is intended to high light the current issues involved with the human, with his behavior, with his emotions and its surroundings which are considered consequential causes for depression, frustration, mental disorders, psychic, etc. The study is taken to engrave the reasons behind psychic of human being, inner anxiety, and dejection of self, living in a family or in any society. Attempts are made to explore the facts and heterogenic psychic of human being that is resulting in diverse distortion of human world. When this pollution increased it beget the mental patient, psychic, retardedness, depressed persons, and some became mad due to various reasons which are going to prove in the under consideration study. This pollution is caused by different factors which gradually increase psychological illusions, and a person became restless and helpless. The psychological pollution gets converted into mental traumas, psychic, madness, depression, superstitious mental illness, etc. This sort of study is tried to find out the areas and domains that caused this pollution in human being. The study will focus primarily on human being and attempts will be made to deal with the issues and problems faced by a person in and around the environment.

Key Words: Psychological, Pollution, Issues, Converted, Heterogenic, Study, Human.

Introduction

Psychology Pollution is a term used to study the psychic environment of human being. It has been used in order to explore the congested psychic system involved in heterogenic superstitious and psychic traumas of human being. It is used for the first time to trace the distorted human world that causes diverse effects on the lives of humanity. This type of disease is caused by different factors existing in a family, or in an environment or in a society. It can be attracted due to the personal self controversies within inner self and inner feeling of a person. The total social environment of the society is making every types of human depression and the society is responsible for the cause and consequence. There are factors which are playing anti self role in family or in the society. The role of human environment in human's mind and the problems beget in the social spectrum and in the life of a person can be due to the totality of self.

Objectives of the study

- ✓ To find out the causes of psychic distortion
- ✓ To study the human heterogenic environment
- ✓ Explore the aspects of pollution that cause depression
- ✓ To find out the solution to psychological pollution

Etymological Meaning and Term “Psychological Pollution”

The term is coined by two meaningful words “Psychological and Pollution” for the first time in this article by the author. The word psychology is from French word psychologie, which is coined by Marko. Psycho means insane and olgie means study therefore psycho mean unsoundness or disorder of man or a person who acts in a dangerous manners and a person who is usually stable but unusually instable in manner and in behavior. The word psychology is the study of mind, behavior, culture of human or animal’s mind. Pollution, the word is from the Anglo Norman word “pollution” which means to soil, defile or to contaminate. The word “Pollution” means to impure, to defile and to degrade the morality and spirituality of a state of being. Both the words are taken to study in order to give new insights and address to an existing current and common issues through the use of this term “**Psychological Pollution**” therefore Psychological Pollution is the study of impurity, defilement and contamination of human’s mind caused by different factors existing in the family, environment and in the society. It means the study and knowledge about the psychic of human being or any living things around the society. This sort of pollution causes deaths and can distort the mental ability of human being. So the tem is coined in order to understand the psychic world of human being and its consequences to an extent. This term “psychological pollution” is used in this research paper for the first time by the researcher in order to find out the causes of psychic in human’s mind and in other words to explore the exposing factors of the pollution that leads to psychological traumas, anxiety, depression, mental illness, hypertension, nervousness, psychic, and mental disorder.

Causes of Psychology Pollution

In an article titled “*Observation and Research on: Psycho-physical Effects of Environment Pollution the Health of Kabul Citizens*” Boll stated that the environment pollution has the same effects on both mental and physical health and can intensify mental disorder, including sleep disorder, aggression, depression, anxiety and somatic symptoms. Researchers have illustrated various problems but the serious and effective that derails the human mind are desires, family and society to a great extend. These are general factors and the factors attached with all these problematic issues and these are stated in the following points wise.

An extensive body of research demonstrates that air pollution is associated with increased with criminal and unethical behavior... (Lu, P 59)

We can understand that there are various causes that effects on the psychological pollution of a person. It is proved by this research that human being is the product of society and it plays negative as well as positive role in his life. All these causing factors are the result of self desire, broken families, environment, and the society.

❖ Intellectual Instinct of Human Being

Human being is one of the unique creatures on the earth and had been bestowed with precious spirituality and divinity by Allah almighty. Human being can think and has thinking power of domination over other creatures. Human being is greedy and has huge wish this cause mental disturbance and it never gives

comfort and relaxation. This sort of thinking makes him fall into rat race continuously over other human being and increases his living instinct high and over which cause his mental fall and mental disturbance. He takes one and another issue in order to satisfy self instinct in doing this he get lost his control and becomes consistent thinker which overlap his capacity of thinking.

❖ **Superstitious World**

The world of superstition is full of sick traditions and whims of life which make human being inconsistent and slap him in uncondensed survival existence. Ghosts and other natural things are with human being and sometimes human being gets victimized by the presences of replica of some shape, object or thing.

❖ **Educational and Knowledge Instinct**

It is believed and natural thing in once life that he/she want to do better things for better living. Everybody wants to excel in life with expectation that power, money and fame will always stand with him. Today education is considered one of the most important instrument to change the human being so it has been found that by excelling some educated youths became mentally disturbed due to consistent study and comparative and competitive exams. Some youths commit suicides. There are other non confirmative reasons and results of the youths where they fail to enhance their education and become psychologically depressed.

❖ **Over and Excessive Thinking**

It can be understood that whenever a person falls in intense thinking, idealize seriously his/her thoughts such person get habitual of continuous thinking due to certain reasons like creative thinking, dissatisfaction, sudden and fluctuating ideas, in-depth study, and comprehension level. Consistent and excessive thinking over ideas gradually diminishes the competitive mental power of human being.

❖ **Unemployment**

Today this factor is commonly found in every section of the society throughout the world. Unemployment is one of the biggest reason behind psychological pollution and it has always negative effects on the life of educated youths. Educated youths are suffering because of unemployment they are not getting jobs this factor becomes a sort of difficult for them to lead happy life and slowly their abilities diminish. This factor increasing mental uneasiness and all these educated and skilled people became victim of this psycho paisa.

❖ **Success and Failure**

Life depends on both the changing factors success and failure. Success is the happy moment of life it comes after you do hard work and when it comes suddenly can break the balance of joy by over feeling and over happiness. Once a person fails it can be said that a failure is the start of the end.

❖ **Mismatch Marriages**

This is another factor which is almost common among traditional types of family system and is also found in far-flung areas where education and religious knowledge is nowhere. These people have only traditional and superstitious whims. Children have not been given rights to choose their life partners and they are being forced to marry where their parents wanted them to merry or settle. They are fully depending on their rituals and whims of the villages.

❖ **Over Burden of Responsibility**

If a person became psychic and intellectually ill than the immediate step is to lessen the responsibilities from him. Overloaded responsibility increase an environment which causes psychic distortion and a person cannot enjoy fully. In such situation this type of pollution starts to begin against wishes of a person.

❖ **Negative Thinking**

Those persons who always possess negativity about things in daily life and they never satisfied with the things they have. In continuous and consistency manners they became victim of thinking and fail to understand how to live happy life.

❖ **Psychic Traumas**

It includes chronic, acute and complex psychic environment of a person. Chronic psychic trauma is repeated and prolonged problem of human being it attracted by domestic violence, abuses or violence in the society. Such acuteness gets with a single incident or by multiply incidents. Complex interpersonal nature is also responsible for creating psychic trauma in a person.

❖ **Poverty**

Poverty becomes cause of several worse consequential factors like people always having least facilities in life. Smart boys and beautiful young girls commit suicide when they have been compelled by poverty. They never enjoy basic facilities of life and they always in search of something new in order to satisfied their instincts. When they fail to get desired things in life they become mentally disturbed and distorted. Poverty increase baggers and thrashed young talents.

❖ **Overcrowdings**

Overcrowding and congested social environment becoming one of the big devastating factor which gives birth to different types of spiritual and physical diseases. Different people are of the opinion that senior citizens are getting most of the problems in such social circumstances and in social congested environment. Air, water and other allied life support elements get disturbed and snubbed.

❖ **Disobedient Children**

Now a day in every type of community people want happy and prosperous life and nuclear family system is commonly found. In this context people prefer to live separate from their parents so that they would enjoy the life style fully. Children never think that they had once been in the womb for nine months and after birth they had reared and cared like red roses are being cared. Time comes and they get separated from parents in order to seek and enjoy much luxurious life standards. Parents became dissatisfied and depressed by their behaviors.

❖ **Congested Population**

Today we find that people are living in congested areas and in such environments that causes many problems among the people. No space for outings and physical exercises people are caged in a single room. Particularly senior citizens became the victim of such congested environment in big cities. This factor is common in those cities where no space is provided for all physical and recreational activities. People want to come out from their rooms in order to enjoy but due to congested areas they victimized.

❖ **Irruption into Nature**

Nature in itself is pure and ultimate and there is no need to irrupt the things which are complete and perfect. This becomes the reason when people come in contact with nature and start injecting or irrupting natural things. Besides above mentioned factors there are other factors which we can consider as harmful for human psychological environment. These are Air and Noise Pollution Broken Families, Inequality among Number of Children, and Unequal Share, Living Standard etc.

Analytical Solution for Psychological Pollution

After diligent observation and careful description of the above mentioned causes we can have some useful steps for solving this sort of problems in the internal world of human, in family and in the society. Solutions are provided to applied and implement at very gross root level so that we can cure the inflicted persons. In this research paper researcher has tried to provide every sort of solution to all these related and relevant factors which remain hurdles in the mental process of human being and caused different

mental disorders. The study was taken to explore the ground level reasons and sources of cause which produce the consequences in the life of a person. It is proved through this research paper that all these causes can be solved by taking proper considerations and in time preventive steps and measured precautions. Steps are below:

- ✓ **Hygienic**
- ✓ **Congenial Environment**
- ✓ **Positive thinking**
- ✓ **Balanced Diet**
- ✓ **High Moral approach**
- ✓ **Outings and Social Interaction**
- ✓ **Responsibility of the family**
- ✓ **Proper Guidance**
- ✓ **Recreational Activities**
- ✓ **Physical Exercises**
- ✓ **Reinforcement**
- ✓ **Limited Responsibility**

Congenial environment and positive thinking are very important for the mental and psychic health of a person. The parents must apply high moral approach and must give balanced diet to such person in order to bring him back on the track. It is responsibility of the family and head of the family to guide and use reinforcement with such persons. We must always do physical exercise and do some recreational activities and try to enjoy and take such situations for the healthy and active environment for such persons. There must be limited responsibilities assigned to the person who seems psychologically weak. He/she must be freed from all other home activities so that his/her health cannot be affected.

Critical Analysis of the Study

It has been beautifully cited that prevention is better than cure, so it is understood by above mentioned proofs that we have to avoid all these factors which cause such pollution in the human being. It is better to take prior notice of the matter so that it can be prevented and life can be saved from involving in such a mess of harassment. We have to limit ourselves and keeping in mind the future problematic crises that would have been raised out of mentioned facts and can be traced by having some familial issues and close relations which can create such dangerous situation and become psychological pollution.

Methodology

The paper is descriptive and self observative in nature. Descriptive and self observative research methods have been applied to this research paper in order to understand the psychological pollution, its causes and solutions. Some psychic and mentally disorder persons were taken to study for finding out the causes and reasons behind. While observing and questioning to these persons it is understood by their reply and their anxious answered that these factors became mainly hurdles for them. The methods were applied differently like for acquiring knowledge about the emotional harassment and frustration of a person, their depression and inner anxiety about life restlessness and sleeplessness. During research senior citizens, old aged couples and old aged people were asked some question regarding their dissatisfaction and depressed life. It has also been observed during travel while interacting with senior citizen and educated youths. Their inner self, instinct and spirituality seem fainted, witless and dead with regards of living in their own social circles and in society.

Results

The above factors slowly get resulting in, mental disorder, and disorder of human psychic, mental illness, psychiatric patient and mentally imbalance. The study is intended to discover effects of the social aspects

and pollution which make a human being psychic or psychiatric disorder. Along with the mentioned factors consistent thinking became reason for mental ill persons. Due to the reason of this pollution a person can end his/her life and became negligent. The study proved such problems in the society cause mental retardness and creates uncongenial mental and behavioral imbalanced persons. Not only a person got involved and suffered but it lasted its affects on once life, his/her family and all relatives. The world becomes frailty, empty and hassled with its effect that gives distortion and outstate in mental world of a person. In the discussion it can be proved that the consequences are harsh and unbelievable because such pollution causes only death or unhappy world forever for inflicted persons.

Conclusion

It can be understood that this sort of pollution increases due to number of factors which ultimately influences on the human being and the result of which can be felt in the form of mental, physic, and superstitious patients. It is the requirement of the time to avoid all these above mention factors and try to get solution for this big and rapid disease which is spreading up day today. The study is intended to deliver suitable proofs which would be benefit for such patients and can be taken for the cause of people who are suffering from such type of pollution. The above mentioned factors increase annoyance, anxiety, hypertension, restlessness, fatigue, laziness, sleeplessness, depression, intensified thinking, aggression, and mental disorder.

Recommendation

- ❖ In this research two words has put together in order to frame a term, “**Psychological Pollution**” to understand the basic and important reasons behind psychic pollution of a person in any society.
- ❖ Creation of suitable environment within self, inside the family and in the society as a preventive step.
- ❖ Providing freedom and take proper care of such person in time so that internally and spiritually he/she will satisfy.
- ❖ Immediate and quick steps to follow and consult experts in order to cure such person.
- ❖ Watch and attend programs and related elements and relevant presentations provided by the government and private sectors in the field or in the concerned subjects.
- ❖ Provide congenial and proper care to such person in order to bring back on the track.
- ❖ Follow precautions and preventive measures before it is late to follow.
- ❖

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