

A Study on the Effect of Environmental Stress

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Abstract

Environmental stress has emerged as a significant concern affecting human well-being, organizational performance, and the sustainability of communities. This study examines the major causes and effects of environmental stress, with particular emphasis on factors such as air pollution, noise pollution, overcrowding, extreme temperatures, inadequate green spaces, and changing climatic conditions. Prolonged exposure to unfavourable environmental conditions can contribute to psychological discomfort, reduced concentration, fatigue, sleep disturbances, anxiety, and decreased overall quality of life. The study also considers how environmental stress may influence productivity, social interactions, and individual behavioural patterns. A review of relevant literature suggests that the effects of environmental stress vary according to the intensity and duration of exposure, individual characteristics, socioeconomic conditions, and the availability of coping resources. Urban populations may be particularly vulnerable because of population density, traffic congestion, pollution, and limited access to natural environments. The study highlights the importance of creating healthier and more sustainable surroundings through effective environmental management, urban planning, pollution control, green infrastructure, and public awareness. It further emphasizes the role of individuals, communities, organizations, and policymakers in reducing environmental stress and promoting environmental well-being. Understanding the relationship between environmental conditions and human responses can support the development of appropriate strategies for improving quality of life and building resilient communities.

Keywords: Environmental Stress, Environmental Pollution, Air Pollution, Noise Pollution, Climate Change, Urban Environment, Mental Well-being, Quality of Life, Sustainability, Environmental Health.

