



Impact of Environmental Degradation on Human Health



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Abstract

Degradation of the environment is one of the most serious challenges before mankind in today's world. Mankind has been facing a wide range of problem arising out of the degradation of the environment. Not only the areas under human inhabitation but the areas of the planet without human population have also been suffering from these problems. As the population increase day by day, the amenities are not improved simultaneously. With the advancement of science and technologies, the needs of human beings have been changing rapidly. As a result, different types of environmental problems have been rising. Environmental degradation is a wide-reaching problem and it is likely to influence the health of the human population is great. It may be defined the deterioration of the environment through depletion of resources such as air, water, and soil. The destruction of the ecosystem and extinction of wildlife. Environmental degradation has occurred due to the recent activities in the field of socio-economic, institute and technology. Poverty still remains a problem as the root of several environmental problems to create awareness among the people about the ill effect of environmental pollution. In the whole research, it is clear that all factors of environmental degradation may be reduced through-Framing the new laws on environmental degradation, Environment friend policy, Controlling all the ways and means of noise, air, soil, and water pollution, Through growing more and more trees and by adopting the proper sanitation policy.

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1. Introduction

Abdel-Shafy, H. I., & Mansour, M. S. (2016), the environment is the surrounding things. It includes living things and natural forces. The environment of living things provides conditions for development and growth as well as danger and damage. The environment consists of the interaction between plants and animals, soil, water, temperature, light, and other living and non-living things.

Haines, A., Kovats, R. S., Campbell-Lendrum, D., & Corvalán, C. (2006), an environment consists of all the living and non-living things in it. It can be classified as a natural environment. The natural atmosphere is being polluted due to the unnatural factors. Human cause more pollution than the environmental causes like a volcanic eruption. Most of the human is responsible for the pollution caused to the environment for their own personal motives.

It is very difficult for humans to accept any change from the environment they are born and live in. The environment built by humans has become more noteworthy than the natural ones in today's times. Holmström, K., Gräslund, S., Wahlström, A., Pongshompo, S., Bengtsson, B. E., & Kautsky, N. (2003), the primary reason for issues like Global warming, Land degradation etc. are due the great dangers faced by everyone as a result of the negligence, it is the growth and also the economic advancement that has added to pollution as well. Every living and non-living thing is being affected by this so one must understand the biophysical environment is meant for all and understand the importance of ecological balance. Horrigan, L., Lawrence, R. S., & Walker, P. (2002), it is mandatory that all the essential things affecting pollution and how one can make a step to control it. Everyone must take own efforts to bring down the consumption of petroleum. One has to take all the required actions to keep a tab on dreadful conditions in the environment. Huang, Y. Q., Wong, C. K. C., Zheng, J. S., Bouwman, H., Barra, R., Wahlström, B., ... & Wong, M. H. (2012), it is better than we look for natural solutions like shift to a more fuel efficient vehicle make use of paper bags try to economize by using the carpool or public transport go by walk or use a bicycle, recycle things etc.

The causes of environmental degradation need to be mentioned so that one is aware of the ones that are affecting the humans and the role they can play to help to improve it. One must realize the importance of the environment and that it is for his/her own benefit to protect it and to take measures to make the world clean and green.

2. Research Methods

The present study applied qualitative methods. All data is analyzed descriptively. It is used a paraphrase to explain, elaborate, and explore regarding the phenomenon belonging. The conclusion is the last remarked based on the previous discussion and result.

3. Results and Analysis

Environmental Degradation

Rapport, D. J., Costanza, R., & McMichael, A. J. (1998), environmental degradation is the degradation of the earth or deterioration of the environment through consumption of assets, for example- water and soil, the destruction of environments and eradication or aggravation to nature's turf seen to be pernicious or undesirable. Ecological effect or degradation is created by the consolidation of an effectively substantial and expanding human population, expanding monetary development or per capita fortune and the application of asset exhausting and polluting technology.

Environmental degradation is one of the largest threats that are being looked at the world today. The United Nations international strategy for Disaster Reduction characterizes environmental degradation and needs. Environmental degradation can happen in a number of ways. At the point when environments are wrecked o common assets are exhausted, the environment is considered to be corrupted and harmed. There are different techniques that are being used to prevent this including environmental resource protection and general protection efforts.

Stern, D. I., Common, M. S., & Barbier, E. B. (1996), environmental issues can be seen by long-term ecological effects, some which can demolish whole environments. An environment is a unique unit and incorporates all the living and non-living components that live inside it. Plants and creatures are evident part of the environment but it also includes the thing on which they depend on, for example- lakes, streams, and soils.

2.1 Causes Of Environmental Degradation

Some environmental life species require substantial areas to help provide food, living space, and other different assets. These creatures are called area specific. At the point when the biome is divided, the vast patches of living space don't exist anymore. It gets to be more troublesome for the wildlife to get the assets they need in order to survive. The environment goes on, even though the animals and plant life are not there to help sustain it properly.

- a) Land Disturbance: A more basic cause of environmental degradation is land damage. Numerous weedy plant species, for example, garlic mustard, are both foreign and obtrusive. A rupture in the environmental surroundings provides for them a chance to start growing and spreading. These plants can assume control over nature, eliminating the local greenery. The result is a territory with a solitary predominant plant which doesn't give satisfactory food assets to all the environmental life.
- b) Pollution: Pollution, in whatever form, whether it is air, water, land, or noise is harmful to the environment. Air pollution pollutes the air that we breathe which causes health issues. Water pollution degrades the quality of water that we use for drinking purposes. Land pollution results in the degradation of the earth's surface as a result of human activities. Noise pollution can cause irreparable damage to our ears when exposed to continuous large sounds like honking of vehicles on a busy road or machines producing large noise in a factory or a mill.
- c) Overpopulation: Rapid population growth puts a strain on natural resources which results in the degradation of our environment. The mortality rate has gone down due to better medical facilities which have resulted in increased lifespan. More population simply means more demand for food, clothes, and shelter. You need more space to grow food and provide homes to millions of people. This results in deforestation which is another factor of environmental degradation.
- d) Landfills: Landfills pollute the environment and destroy the beauty of the city. Landfills come within the city due to the large amount of waste that gets generated by households, industries, factories, and hospitals. Landfills pose a great risk to the health of the environment and the people who live there. Landfills produce a foul smell and cause huge environmental degradation.
- e) Deforestation: Deforestation is the cutting down of trees to make way for more homes and industries. Rapid growth in population and urban sprawl are the two major causes of deforestation. Deforestation contributes to global warming as decreased forest size puts carbon back into the environment.
- f) Natural Causes: While environmental degradation is most commonly associated with the activities of humans, the fact is that environments are also constantly changing over time. With or without the impact of human activities, some ecosystems degrade over time to the point where they cannot support the life that is "meant to live there".

Table 1
Top 20 Most Polluted Cities in the World with the Highest Level of PM 2.5

PM 2.5(micro per cubic meter)		
1	Delhi (India)	153
2	Patna (India)	149
3	Gwalior (India)	144
4	Raipur (India)	134
5	Karachi (Pakistan)	117
6	Peshawar (Pakistan)	111
7	Rawalpindi (Pakistan)	107
8	Khormabad (Iran)	102
9	Ahmedabad (India)	100
10	Lucknow (India)	96
11	Firozabad (India)	96
12	Doha (Qatar)	93
13	Kanpur (India)	93
14	Amritsar (India)	92
15	Ludhiana (India)	91
16	Idgir (Bangladesh)	90

17	Narayonganj (Bangladesh)	89
18	Allahabad (India)	88
19	Agra (India)	88
20	Khanna (India)	88

2.2 Impact of Environmental Degradation on Human Health Human Sources of Environmental Degradation

Humans and their activities are a major sources of environmental degradation:

- a) Water and Air pollution: Water and Air pollution are unfortunately the common causes of environmental degradation. Pollution introduces contaminants into the environment that can kill plant and animals.
- b) Acid rain: Acid rain occurs when sulfur dioxide from coal and plant emissions combines with moisture present in the air. Acid rain can acidify and pollute lakes and streams. It causes similar effects to the soil.
- c) Agricultural Runoff: Agricultural runoff is a deadly source of pollutants which can degrade environments so much so that the EPA identifies agriculture as the primary source of water pollution.
- d) Urban Development: Urban development is one of the primary causes of environmental degradation. As the population increased, so did the need for land for homes and farms. Wetlands were drained, prairies were plowed over. Environmental degradation is one of most urgent environmental issues.

2.3 Impact Caused By Humans

Humans are the most polluting species. Earth's very good at recycling waste, but we are generating far more than the earth can cope with. Pollution occurs at different levels and it doesn't just impact our planet, it impacts all species including mankind, who well done on it.

- a) Soil Pollution: Pesticides, herbicides, large landfills, waste from food processing industries, and nuclear waste generated from nuclear reactors and weapon deplete our soil of its nutrients and make it's virtually lifeless.
- b) Water Pollution: Effluence from industries, fertilizer run-off, and oil spills all damage fragile ecosystems. Nearly, a billion people do not have access to clean and safe water in our world. The 450 million kilograms of pesticides U.S. farmers use every year have now contaminated almost all of the nation's streams and rivers and the fish living in them, with chemicals that cause cancer and birth defects.
- c) Air Pollution: Burning of fossil fuels and toxic gases produced in factories causes' pollution. Air pollution infects the environment and threatens the health of all who inhabit the earth. The estimation we have now tell us there are 3.5 million premature deaths every year caused by household air pollution and 3.3 million death every year caused by outdoor air pollution.
- d) Global Warming & Ozone layer depletion: Carbon footprint is the measure of direct or indirect carbon dioxide, greenhouse gases like carbon dioxide, methane are believed to lead to global warming. Chlorofluorocarbons (CFCs) used in refrigeration and aerosols destroy the ozone layer that shields the earth from ultraviolet rays.

4. Conclusion

There is a number of reasons that ecosystem degrade over time. While it may not always be the fault of humans, humans still need to recognize the extent to which they rely on the resources that the natural world provides. The good news is that everyone can affect the environment positively with a bit of conscious effort. Reducing your carbon footprints and food miles are the first step. When everyone makes a conscious effort to reduce personal waste and think about the impact that their every action has on the world around them, a change is a reach. Without favorable environment, no progress can be made but the impact of the environment also act as a catalyst of change for human behavior because sometimes the degradation of environment leads towards the simulation of endocrine secretion which cause a major factor in the change of human behavior.

Recommendations & Suggestions

- a) Firstly imputed the awareness to the masses about the environment.

- b) On the basis of priority promote the culture of forestation.
- c) Minimizing the use of water and treating the water before discharging it in rivers and ponds.
- d) Rainwater harvesting should be practiced to reduce groundwater pollution and water scarcity.
- e) Air pollution can be reduced by selection of proper fuel and fitting smokestacks to factories with electrostatic precipitators, fabric filters, scrubbers, and inertial separators.
- f) Noise pollution can be reduced by efficient machines producing less or no sound. Noise absorbing may also be used.
- g) The hazardous effect of fossil fuel should be introduced at school, college and university as well as community level.
- h) The environment-related laws should be strictly followed.

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Statement of authorship

The author(s) have a responsibility for the conception and design of the study. The author(s) have approved the final article.

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