

ENVIRONMENTAL STRESS: A PSYCHOLOGICAL ANALYSIS OF LONG TERM DAMAGE TO THE QUALITY OF OUR LIFE

RITUPARNA BASAK^{1*} AND SAIKAT KUMAR BASU²

When a pollutant enters the environment and causes negative impacts, this is referred to as pollution. Noise pollution, like other types of pollution such as air, water, and light, has a negative impact on the ecosystem. When undesired sounds infiltrate the environment, this is known as noise pollution and various methods should be implemented to regulate it. In this review, we have highlighted the significance of environmental stress from a psychological perspective analysis of long term damage to our quality of life.
