



Effects of Environmental Changes on Human Health (An Anthropological Study of Multan City)

Muhammad Yasir Malik¹, Iqra Mazhar², Muhammad Shakir³ & Owais Kareem⁴

¹ Phd Scholar, Islamic International University, Kuala Lumpur, Malaysia

Email: yasirmalik334@gmail.com

² M. Phil Scholar, Department of Anthropology, Bahauddin Zakariya University Multan, Pakistan

Email: Iqra6596@gmail.com

³ Visiting Lecturer, Department of Anthropology, Bahauddin Zakariya University Multan, Pakistan

Email: Shakirmalik.anthro@gmail.com

⁴ Senior Registrar, Department of Psychiatry and Behavioural Sciences, Nishtar Medical University

Multan, Pakistan Email: owaiskareem@hotmail.com

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ABSTRACT

Environmental changes are considered to be among the main problems of the world. There are some anthropogenic activities that human beings perform and that cause changes in the environment which adversely puts effect human health in the form of diseases. The main focus of present study is on effect of environmental changes human health and anthropological study of Multan city. The core objective of this research was to find out the environmental effects on the human health and their surroundings due to environmental changes and explore the perception of causes, mechanism and its effects on the life of the individual. This study also includes the recommendations, how human health was affected by the environmental changes. The present research examined the social economic and cultural effects associated with the environmental changes on human health. In this case study, both quantitative and qualitative approaches were used. The data was conducted from population between 20 to 60 years old and selected sample was 100 male and female respondents of Multan city. For the purpose of the current research, data was conducted through questionnaire and case study method and informal discussion and observations. The major findings of the research are environmental issues like air, noise pollution and global warming. This piece of research work is the contribution to the Anthropological literature of Multan in the context of the effects of environmental change on human health.



INTRODUCTION

Environmental changes grip the change in the system of natural human environmental factors, that understand the biophysical component and the process of the earth's natural environment, air as well as water including all coatings for the atmospheric, non-living objects and natural issues (both non organic and organic), socio-economic parts, procedure of the human atmosphere mostly connected with the human physical condition hazards-Environmental sustainability, economy, effectiveness along with social value give an exercise in careful control (Oiamo, 2014).

In that, people have tremendously contributed to the procedures of industrialization, which hold affected the worldwide high temperature pattern. In general, the positive effects of global warming are much less significant than the negative effects. Higher temperatures impact the availability of fresh atmosphere, harmless drinking water, as well as foodstuff, around the world (IPCC 2014; WHO 2017).

Air pollution, enhances its harmful effects on human health, like effect of environmental changes, the normal worldwide high temperature has extremely increased current years. Although these varieties may appear less, they can have servers effects weather and climate causing increase of serious heat waves, flood rains, and drought seasons (U.S Global 2017).

Lifestyles provide a second link between public health and the sustainability of environment. The public physical condition focuses the people and their behavior inside the ground of environmental suitability. A lot of ways of lifestyle have been reasons for the chronic disease and early fatality in high earnings countries: such as no physical activity, harmful diet, smoking (cigarette) and dangerous alcohol ingestion. Caustic reality is that the effects of environmental change might affect a few thematic areas, For example, health, agriculture, nutrition, inequality, future, impoverishment and so on which can be determined by economic devices like various types of regression to investigate the facts of causes and logical effect relationship using community based datasets. An improvement of family appears related with nutritional status at family unit and much compelling to address the intricacy of world poverty reduction targets (Barbier, 2010).

According to Bruno Latour (2014) a French anthropologist, the human activities have changed the earth's atmosphere, anthropologists can contribute significantly to geological studies, Chemistry and weather by examining the effects of man and its cultural system.

According to WHO (2014). A study using standardized cross-culturally valid household water insecurity scale among pregnant and HIV infected women of Kenya concluded that household water insecurity caused psychosocial impacts, economic impacts and main transmission of diseases. According to Mabahwi *et al.*, (2015). Until 2005, WHO estimated that 2 million children under age 5 and each year from acute respiratory diseases exacerbated by air pollution.

According to WHO (2016) Globally, 50% of consumption of water needs are met by surface water, which is a major cause of long-term diseases transmission. 91% of the world's population is overreacting to the improvement of drinking water. However, 159 million of these

people are dependent on untreated surface water, placing them at even greater health risks than other water sources. As demographic pressure rises, the question of water quality will become a worldwide issue. The water cycle including sewage and surface water, must be managed holistically to protect scarce fresh water resources, protect human health from water-borne infectious diseases and poisonous chemicals.

Research Methodology

The present research was conducted for the purpose of, finding out the effects on human health due to environmental changes as well as investigatory how human health was affected by the environmental changes. The population was selected in the area of Multan city. 100 respondents were selected for this study with the help of simple random sampling. Data was collected through questionnaire and case study method as well as informal discussion and observation. Through interview, the researcher was able to observe deeply to the attitude and expressions of respondents.

Demographic Characteristics of Respondents (N= 100)		
Demographic Variables	Total Sample (N)	Percentage
Gender		
Male	75	75%
Female	25	25%
Age		
<20	25	25%
21-40	33	33%
41-50	16	16%
>60	26	26%
Environmental Changes		
Air Pollution	50	50%
Noise Pollution	20	20%
Traffic Pollution	30	30%

One of respondent said, Allah give the punished to human in different forms of diseases. Another respondent asked, the admitted to the environmental changes are happening because the air contain toxic pollutants which case of air, pollution that are effected the humans in different diseases like Asthma, High blood pressure, Eyes infections, Skin cancer and Heatwaves etc. An other respondent said, noise pollution also effect the human health because he was doing job in industry, and he was deaf not before joining the industry however, due to explore of machinery sound his hearing power was damaged, it is a chronic process. Noise pollution is also effects on human behavior also case of depression. One of respondent asked, there is a water problem in their resident area which is affecting their health. Because there drinking water was not pure however, water was polluted and very smelly. The water pipelines is very old and damaged from which the dirty water comes from. Due to that's reasons they were suffering from various diseases related to water pollution, such as stomach problems as well as eyes diseases.

Pollution Effects due to Environmental Changings		
Pollutions	Respondents	Percentage
Air Pollution	18	18%
Noise Pollution	13	13%
Global Warming	38	38%
Traffic Pollution	14	14%
Flooding	5	5%
Water Pollution	12	12%
Total Respondents	100	100%

Almost 18% people said that air pollution affected human health in the form of skin cancer, asthma, eye infection, hair loss etc. 13% people agreed to the option of “noise pollution” because noise pollution also affected their health. The people were suffering from different diseases like depression high blood pressure and hearing proplems etc. 38% people considered the option of “global warming” Global warming also affected human health and caused many diseases. 14% people ticked the option of “traffic pollution” the different sounds of traffic created pollution that also affected human health. People were suffering from many different diseases heart problem, nervous system down etc. 5% people agreed that flooding system caused environmental pollution, due to global warming climate was melting the glacier that is why flooding, different types of diseases occurred like diarrhea cholera etc. 12% people select the option of “pollution of sea and rivers”

Air Pollution ever Effectuated to Human Health		
Air Pollution	Respondents	Percentage
Yes	96	96%
No	2	2%
No Idea	2	2%
Total Respondents	100	100%

This table showed that 96% of the respondents agreed that air pollution affected their health whereas, 2% respondents did not agree that the air pollution affected their health and 2% respondents did not know about air pollution.

Noise Pollution Can Create Some Diseases		
Problems	Respondents	Percentage
Hearing problem	10	10%
High blood pressure	22	22%
Heart Problems	27	27%
Effect on Behaviour	36	36%
Others	5	5%
Total Respondents	100	100%

Noise pollution also affected human health. 10% people were suffering from hearing damage due to lot of noise pollution, 22% people were suffering from high blood pressure, 27% people were suffering from heart problem due to noise pollution. Almost 36% respondents noted that noise pollution affected human behavior, other 5% people were facing the problems due to other sources of noise pollution.

Air Pollution, Causes and Effects

Air is a mixture of gasses. Any human activity that causes disturbance in this composition of gasses can create air pollution. Air pollution is the contamination of air by toxic substances. Some of the main causes of air pollution are smoke from traffic and the burning of fossil fuels, such as coal gas, and oil. Smoke from factories and industries make it impure. Natural disasters like wildfires and volcanic eruptions are also responsible for causing pollution in the air. Air pollution is harmful for human health. Polluted air can cause many breathing disorders, such as asthma and bronchitis. There is a protective layer in the atmosphere, known as ozone layer. Air pollution is damaging the ozone layer which protects the earth from the harmful rays of the sun.

Water Pollution, Causes and Effects

Water is essential for all life forms on earth. Seventy percent of the Earth's surface is covered by water. Clean and pure water is needed by every human being, But is it create that we are really drinking pure and clean water? Most of water in the rivers, lakes, and seas is now polluted due to human activities. Some of the biggest sources of water pollution are oil spills, untreated human sewage, pesticides, herbicides, fertilizers, and industrial waste. They mix with the waters of oceans, rivers, and lakes and make the water impure for humans and other living things. Polluted water is very harmful for human health and the natural environment. It is unhealthy for drinking and for other uses. It can cause many dangerous problems, not only for human, but for marine life as well. When water used by humans is polluted by harmful microorganisms from sewage, it can spread infectious diseases, such as cholera and typhoid fever. Oil spills from tankers and oil wells covers the ocean's surface, killing fish and other sea life.

Land Pollution, Causes and Effects

When waste is not disposed of properly, it causes land pollution. Land pollution is the pollution of the earth by solid and liquid waste which is produced as a result of human activities. Chemical waste produced by factories, human sewage, dumping of litter on the ground, overuse of pesticides, herbicides, and construction debris are some of the major causes of land pollution. Land pollution not only damages the soil, it also has very harmful effects on the entire ecosystem. When toxic chemicals are dumped into the ground, they get absorbed into the soil. From there the roots of plants absorb these poisonous chemicals and in this way these toxic chemicals are transferred from one living thing to another.

DISCUSSION

The purpose of this research was to make dugout for the cultural and social understandings of Environmental changes, effects on human health in Multan City. Social and cultural understandings of people were discussed in informal interviews; questionnaire. The researcher selected 100 respondents for gathering the in-depth view of the respondents. The questions were divided into three domains following is a list of some environmental issues. In your view, has air pollution or have changes in weather ever affected your health (iii). What problems can noise pollution cause?

Environmental changes affect the human health. People suffering from different diseases due to the environmental changes that facing the problem every year. Different kinds of environmental changes like noise pollution, air pollution, water pollution, land pollution, global warming also affect, the human health. Temperature is increasing and climate changes also affect human health. Skin and eye diseases are getting more common.

There were a number of environmental changes, disease problems faced by the human health such as asthma, high blood pressure, eye infection and skin cancer affects human behavior. Human health had to face different diseases due to the environmental changes. Noise pollution and air pollution health problems were the basic issues faced by human due to environmental changes in Multan Pakistan.

CONCLUSION

The present research work was on the title Effects of Environmental Change on Human Health (An Anthropological Study of Multan City). This research study analyzed different environmental changes and their effects on human health. This piece of research work illustrates the socio-economic and socio-cultural aspects of environmental changes. Multan environment is very hot from April to September. People of Multan suffered different diseases due to the environmental changes. People covered their faces' used gloves to protect their own skin from sun rays. Mostly air pollution affects our respiratory system. That is why people faced social and economical problems. Noise pollution is a big problem for those who live near the industrial area and transpotational area. It causes different disease in the form of hearing damage, high blood pressure, and our change behavior. All of these environmental changes, due to anthropogenic activity water pollution, affect our digest system and cause different diseases .The results pointed out the culturally based conceptualizations of Environmental change as punishment of their sins (saza). The current research disclosed the Effects on human due to the environmental changes. The research expressed the results that different diseases affected human health badly and destroyed their body function and also gave awareness how a person was affected by environmental changes. Mostly men working in industrial area sufferd different diseases because there machineries emited different chemicals that affect human body and also released lots of noise which caused hearing damage.

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