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**Polluted Environment and Mental Sickness***Mrs. Hardeep Kaur\**

The issue we would like to discuss here is about environmental pollution, to make it simpler and precise, we sometimes refer it to the word pollution in the later parts of our assignment. Pollution is spreading like wildfire in many regions of the world. The two most significant types of pollution would be air and water pollution. Of course, there are still various other types of pollution such as soil contamination, noise pollution, light pollution and many more that we going to discuss further after this. Pollution has becoming one of the most debated and concerned topics of all times by global citizens because of its disastrous effects on everything on this Earth. Although there are quite an amount of people that care about the level of pollution our earth is facing, there are still too much people ignoring this issue and some even continue doing some activities that produce even more pollution to the surroundings intentionally or unintentionally.

Pollution of the environment is causing great damage to ecosystem that depends upon the health of this environment. Air and water pollution can cause death of many organisms in the ecosystem, including humans. According to some estimations, 14,000 people die each day in the world, most of them are in Africa. This is really no surprise when you look at the data that says that 700 million Africans do not even have access to a proper toilet, whether alone clean water. Pollution is a very serious issue and took everyone to prevent and reduce the level of pollution that our mother Earth has suffered. Without the cooperation of all global citizens, this issue is almost impossible to be solved

**Pollution** is contaminants into the natural environment that cause adverse change.<sup>[1]</sup> Pollution can take the form of chemical substances or energy, such as noise, heat or light. Pollutants, the components of pollution, can be either foreign substances/energies or naturally occurring contaminants. Pollution is often classed as point source or nonpoint source pollution. Although pollution had been known to exist for a very long time it had seen the **growth** of truly **global proportions** only since the onset of the *industrial revolution* during the 19th century. The industrial revolution brought with it technological progress such as discovery of **oil** and its virtually universal use throughout different industries.

Environmental pollution is a problem both in **developed** and **developing countries**. Factors such as *population growth* and *urbanization* invariably place greater demands on the planet and stretch the use of natural resources to the maximum. It has been argued that the **carrying capacity** of Earth is significantly smaller than the demands placed on it by large numbers of human populations. And overuse of natural resources often results in nature's degradation.

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