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**Environmental health assignment.**

1. Describe the types of environment and give examples of each type of environment.

There are four major types of environment and they include;

1. **Physical environment**
2. **Social environment**
3. **Psychological environment**
4. **Biological environment**

**Physical environment:** is the part of the human environment that includes purely physical factors (as soil, climate, water supply , air, soil, wastes,,radiation ,climate etc). A clean, healthy environment is important for people's physical and emotional wellbeing and factors such as clean air and good quality drinking water are vital for people's physical health.It can also be referred to as the external, tangible surroundings in which an organism exists and which can influence its behavior and development

Physical environment also provide our basic needs and opportunities for social and economic development. The physical environment is an important part of individualized care. Creating care environments tailored towards the individual person's needs is essential for high-quality care and is increasingly recognised as being associated with improved health and well-being among older people.

**Social environment:** refers to the immediate physical and social setting in which people live or in which something happens or develops. It includes the culture, customs, beliefs, habits, religious practices, etc that the individual was educated or lives in, and the people and institutions with whom they interact.

Factors in the social environment that are important to health include those related to safety, violence, and social disorder in general, and more specific factors related to the type, quality, and stability of social connections, including social participation, social cohesion, social capital, and the collective efficacy of the neighborhood (or work) environment.One mechanism through which the social environment can enhance health is through social support. Social support has appeared in many (but not all) studies to buffer the effects of stress.

**Biological environment**: is the natural biological factors (such as wild animals and plants or bacteria) that affect human life (as in a particular place or period). The biological components of the environment are the living organisms such as animals, plants, bacteria, fungus, etc. these are often referred to as abiotic factors.

**Psychological environment:**  could be defined as the study of transactions between individuals and their physical settings (Gifford, 2007). The investigator examines the behavior in its context and tries to study complex psychological processes and environmental factors.

The environment can influence peoples' behavior and motivation to act. The environment can influence mood. For example, the results of several research studies reveal that rooms with bright light, both natural and artificial, can improve health outcomes such as depression, agitation, and sleep. Psychological environment is important because it uses knowledge to help influence pro- environmental actions, such as using marketing strategies that encourage greener identity. Emotional connection to the natural world is an important predictor of well-being and ecological behavior.