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Environmental Degradation And Human Crisis: A Psychological Analysis

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Abstract
The symbiotic relationship between Human and Nature should be sustained for the survival of humankind. Nature is a great supporter for our sustenance and we must have a sense of approbation towards her creativity and dynamicity through which she nurtures our lives. Environmental Psychology acts as an imperative tool to maintain the sustainability of the relationship between human and nature. It magnifies our perspectives regarding the environment and its components. It provides great assistance for the development of the environment from the wounds of anthropogenic activities. It also drives our attention towards the sensitivity of the environment as well as planet in order to control our materialistic and ravenous attitude regarding the treasures of the environment. The present paper gives an overview regarding the psychological analysis of environmental degradation and human crisis. The authors had reviewed the existing literature on the aspects revolving around the environmental degradation, environmental psychology and sustainable development particularly in the context of contemporary episodes of Human crisis witnessed by the humanity.

Keywords: *Environmental Psychology, Sustainable Development, Environmental Degradation, Human crisis, Symbiotic relationship.*

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I. Introduction

"One of the first conditions of happiness is that the link between man and nature shall not be broken."
- Leo Tolstoy.

The above mentioned statement implies the veracious meaning which lies behind the mechanism of mother nature and human beings. The mechanism is a cyclical process of creation, sustenance and destruction which means that both the entities (Nature and Human) interact with each other and the processes are the consequences of their interaction. All these activities happens in a establishment called ECOSYSTEM. In simpler manner, it is a system that involves the interaction of biological entities with their environment and here biological entities includes the diversity of species residing in the mother nature. So, in order to sustain the happiness around us, we need to nurture the relationship between Human and Environment.

With a passage of time, Our planet had witnessed the diverse nature of extremities in the form of deforestation, greenhouse effect, pollution, climate change, natural disasters, global warming and outbreaks of deadliest viruses. The reason behind all these adversities lies in the fact that Humans are inducing science and technology along with industrial revolutions with great advancement in the environment without putting heed to humanity. This act creates the situation of distress and misery to both- Humans and Nature.

The nature has provided enough for the survival purpose and optimal utilization of natural resources to meet the needs of humankind is also justifiable. However, the ravenous desire of human population for obtaining and accumulating more wealth leads to the path of ruthless exploitation of the resources and the environment. Here comes the significance of Psychology in the sequence. Psychology is a scientific discipline for the apprehension of mind and behaviour. It includes the study of conscious and unconscious phenomena including thoughts, perspectives, approaches and emotions. It is the mindset of the human population that compels them to accumulate wealth and prosperity at the cost of environmental degradation. The examination and inspection of human minds and behaviour towards the environment is a necessity of time for the preservation of environment. For this purpose, there is a development of the discipline called as

'ENVIRONMENTAL PSYCHOLOGY' which helps us to understand and examine the interrelationship between environments and human behaviour.

II. Environmental Degradation: Causes And Consequences

The deterioration of the environment caused by the depletion of resources including air, water and soil is known as environmental degradation. It is the extermination of wildlife and disruption of ecosystems. The main causes of environmental degradation are various human activities like modern urbanization, industrialization, the expansion of human population, deforestation and other factors. These have led to changes in the environment that have been harmful to all living things. Here are some crucial factors responsible for environmental degradation-

SOCIAL FACTORS: The rapid population growth has a negative impact on the natural resources and environment is one of the main causes of environmental deterioration. The challenge is to continue improvement without causing natural harm as the population is growing and the environment is weakening. Population growth is a key driver of development but it causes significant environmental degradation when population growth exceeds the threshold limits of the support systems.

Environmental deterioration is seen to be both a cause and an effect of poverty. The intricate link between poverty and the environment is a wonder of the highest order. Due to the fact that impoverished people depend on common assets, imbalance may lead to unsustainable development. As the 21st century begins, an increasing population and per capita consumption rates are depleting ordinary resources and contaminating the planet. It is important to consider population while examining the relationship between environmental distress and poverty. Urban ghettos are created in urban areas as a result of the unequal distribution of resources and the limited opportunities for those living below the poverty line which pushes and forces the population density there to become overcrowded and under constant control.

ECONOMIC FACTORS: Large-scale environmental deterioration is caused by market-failure namely by the poor performance of markets for environmental goods and services. Environmental degradation is a particular case of consumption or generating externalities in this particular context which is expressed by uniqueness among private and social benefits. One explanation for such market disappointment may be the lack of clearly defined property rights. On the other hand, the completion of environmental objectives may be aggravated by the showcasing distortions generated by value controls and endowments. The rise of the chemical-based sector has resulted in massive amounts of industrial and hazardous waste which has seriously adverse effects on the environment. Numerous effects of transportation activities on the environment include air pollution, noise from traffic and oil slicks from maritime delivery.

Agriculture-related activities that cause soil erosion and nutrient loss have a direct negative influence on the ecosystem. The use of manures and pesticides has increased many overlaps, and the spread of the green revolution has been accompanied by comprehensive exploitation of land and water resources. Land degradation has also been significantly impacted by shifting cultivation. The widespread use of pesticides and fertilizers causes leaching which is a significant source of water body contamination. Particularly salinization, alkalization and water logging are effects of intensive agriculture and irrigation on the environment.

INSTITUTIONAL FACTORS: The Government's Ministry of Environment & Forests (MoEF) is in charge of overseeing the development, preservation and protection of the environment. The Ministry collaborates closely with other Ministries, State Governments, Pollution Control Boards and a variety of specialized and logical institutions, colleges, non-governmental organizations and so on. The primary piece of legislation controlling environmental management is the ENVIRONMENT (PROTECTION) ACT OF 1986. The FOREST (CONSERVATION) ACT OF 1980 and the WILDLIFE (PROTECTION) ACT OF 1972 are two more significant pieces of law in the field. The existing architecture has a problem with how well natural foundations can be implemented at both state and local levels. When it comes to incorporating environmental considerations during the project's conception and planning stages, there is no efficient coordination between the relevant Ministries and Institutions. Additionally, the current policies are dispersed among numerous government organizations with various policy objectives. Numerous activities are put off because of a lack of a ready labour force and a vast database. The majority of State Government agencies only mildly struggle with a lack of skilled personnel and resources.

Even though the overall calibre of Environmental Impact Assessment (EIA) studies and the efficient application of the EIA process have improved over time, institutional strengthening measures like recruiting key professionals and staffing with qualified technical personnel are required to make the EIA procedure a more effective tool for environmental protection and sustainable development.

Now, the **CONSEQUENCES** of Environmental degradation are discussed below-

Environmental deterioration has the biggest effects on people's and populations' health. The destruction of the environment may have an adverse effect on human health. Respiratory issues like pneumonia and asthma can be brought on by areas where harmful air pollutants are present. It is known that air pollution has caused millions of deaths indirectly. Indian cities rank among the world's most polluted as per air toxicity report. The World Health Organization (WHO) considers the air in major cities to be extremely polluted with pollutant concentrations above safe levels.

In order to maintain the ecosystem's equilibrium, biodiversity must fight pollution, replenish nutrients, safeguard water resources and stabilize the climate. Deforestation, global warming, overcrowding and pollution are a few of the main factors that contribute to biodiversity loss. In reality, humans have significantly changed the environment and the territory, directly exploiting species through activities like fishing and hunting, altering biogeochemical cycles and moving species from one region to another.

The world is shielded from dangerous ultraviolet rays by the ozone layer. The synthesis and release of chlorofluorocarbons (CFCs) is the primary cause of ozone layer depletion. This is what causes the ozone layer to deplete by about 80% overall. Other pollutants that contribute to the destruction of the ozone layer include volatile organic compounds (VOCs) and hydro chlorofluorocarbons (HCFCs). These compounds can be found in aerosols, refrigerants, by-products of industrial operations and vehicle emissions. In the lower atmosphere, all of these ozone-depleting compounds are stable but as they ascend towards the stratosphere, they become exposed to ultraviolet light. This causes them to disintegrate and release free chlorine atoms, which react with ozone gas and cause the ozone layer to thin. Another effect of environmental degradation is global warming.

III. Environmental Psychology And Sustainable Development

HAROLD M. PROSHANSKY (1967) defined Environmental Psychology as '*the attempt to establish empirical and theoretical relationships between behaviour and experiences of a person and his built environment.'* It furnishes the platform having an interdisciplinary apprehension, international appeal and an eclectic methodology to study the complex interrelationship between human and its environment. It unwraps the utility of symbiotic relationship that is the foundation of the existence of living beings on the planet.

The studies in the field of environmental psychology represents the special concern for maintaining sustainability of the environment and incorporation of innovative ideas regarding policy formulation for the same. It tries to understand the risk perception about the different environmental issues.

Environmental psychologists possess mixed perspective regarding technological advancements like some view it with suspicion whereas others subscribe it to the optimistic notion that it can help in achieving the goals of sustainability.

It welcomes the fruitful collaboration of other disciplines like geography, sociology, ecology, etc to conduct a sustainable research so that it can assist national as well as international organizations and grant agencies to fulfill the contemporary needs of the environment.

Environmental psychology has advanced beyond the immediate level, with a focus on people and small groups, frequently in lab settings, to the serious consideration of sustainability at greater levels of analysis and in aspects of life outside the resource management. Environmental psychologists advocate for policies that would bring nature into cities as a way to accomplish a balance between the world's seemingly inevitable and rapid urbanization and the benefits of being in nature for one's mental and physical health. This is done by expanding the concept of sustainability from its resource-oriented base to quality-of-life considerations. Thus, they encourage local governments and urban planners to figure out how to include more greenery into urban plans, even as they work to boost economic benefits, enhance transit effectiveness and provide cheap housing. Others have investigated the psychological effects of global warming in a precise manner.

The environmental psychologist can play three different roles in public policy: assisting in public education when it is appropriate and necessary; utilizing the vast experience of psychology in general to collect data from population that will support policy through interviews and surveys and acting as a facilitator between the sometimes less than articulate public and the occasionally overconfident, boastful policymaker or specialist.

The incorporation of theoretical viewpoints from other disciplines might be seen as a development of environmental psychology. For instance, the Goal-framing Theory, which was created in part from a sociological perspective, is urged to be taken into account by environmental psychologists in the paper by **Lindenberg and Steg** (2007). This issue reminds us that social-cognitive factors are vital for sustainability science, despite being overlooked in some places, by suggesting that decisions connected to sustainability are made from a mix of diverse utilitarian value, pecuniary and normative goal frames.

Gattig and Hendrickx (2007) add viewpoints from behavioral decision theory and economics to the discussion. An important part of thinking about sustainability-related concepts is to take into account the propensity to downplay the significance of a result with increased 'distance' (temporally, socially, geographically and probabilistically). However, environmental issues don't seem to be as easily discounted as

some other issues. Gattig and Hendrickx embrace some economic notions but they also show how applying such principles in the same way as conventional economists could result in inefficient policy.

Some environmental psychologists have suggested that the profession broaden the emphasis on sustainability to issues in the non-human biological world and more significant ecological issues such as global warming or the impending global water crisis.

Some environmental psychologists who believe that these are the most pressing issues have felt strongly enough to try to create a sub-discipline called **CONSERVATION PSYCHOLOGY**. This demonstrates their commitment to developing and broadening their field in order to address the issues they see as alarming. If there had been opportunity then research and philosophy on the non-human world might have been included in this subject because sustainability undoubtedly covers problems relating to vegetation and wildlife.

India has seen a lot of environmental psychology research that focuses on population growth and crowded living conditions. The growth of environmental psychology in India is referred to as taking into account the issues and studies presented by social scientists which includes territoriality, crowding and deprivation. They all employed ecological approaches to examine psychological adaptations. For instance- The cognitive behaviour of three tribal groups from the state of BIHAR- the ***Birhour, Asir*** and ***Oraon*** was investigated using cross-cultural methodologies.

Future implications for research in the Indian setting may include culture-specific approaches that may be better suited for comprehending relationships between environmental background of India. It is necessary to analyze the environment-human behaviour relationship from a wider perspective that may be imagined within the Eco-cultural framework in order to develop culturally inclusive environmental psychology in India because the individual is viewed as an inseparable component of the human being as an essential component of the universe. Eco-cultural frameworks can offer culture-specific strategies for addressing the current environmental problem since they take both socio-cultural and physical environmental factors into account while influencing human behaviour.

IV. Contemporarycircumstances And Human Crisis

COVID-19: The countries will face more difficult challenges for a green and inclusive recovery as the COVID-19 pandemic situation worsens along with other looming environmental challenges like combating climate change, preserving biodiversity, managing environmental pollution, indiscriminate use of natural resources, etc. Emerging environmental issues around the world are typically linked to human-centered development initiatives. The pandemic has halted the majority of developmental activities since the beginning of the year. As a result, there have recently been numerous reports of occurrences where the quality of the environment has improved. The pandemic has stopped all anthropogenic activity, allowing the air, water and other environmental qualities to naturally improve. The environmental study of the COVID-19 pandemic's impacts on water, air, solid waste and energy has revealed remarkable improvements in only a few short months. The reduction of emissions from transportation mobility was shown to be improving the state of air pollution in all major cities/urban centres of the USA, Europe and Asian countries. After the COVID-19 pandemic broke out, important developmental operations in the manufacturing, transportation, industrial and infrastructural sectors were put on lockdown, which stopped effluent production dramatically. As a result, numerous cases of the environment recovering naturally after the pandemic's break out were noted. For instance, there have been noticeable changes in the water quality of the Ganges river, the Yamuna river in Delhi andother urban wetlands water bodies and marine ecosystems. Similar to this, due to the restriction of all business activity and traffic movement, the levels of traffic noise pollution in major cities throughout the world have significantly decreased.

According to the COVID-19 environmental and socio economic impact assessment, there will be considerable effects across a variety of aspects. Unprecedented global health emergencies and crisis have already had a variety of direct and indirect effects on the socio economic and environmental sectors, with effects that are expected to be short-term, long-term and cumulative in character. Lockdown-enforced nations that restrict trade, commerce and economic activity have already begun to show continuous ripple effects in numerous aspects. In terms of livelihood, employment possibilities, agricultural productivity, transportation, manufacturing, local and international trade and other commercial activities, these effects are anticipated to have significant long-term cumulative negative effects. There may be several obstacles for the primary sectors (agricultural, petro chemicals, oils, etc), secondary sectors (manufacturing industry) and tertiary sectors (research, tourism and other public services). With time and human effort, things may gradually return to normal and be restored, but the continuous lockdown has enhanced the quality of environmental media and caused a favourable change in climate variables due to lower anthropogenic emissions.

One of the significant effects of this pandemic is the abrupt increase in the demand for and use of plastic products for protecting the general public, patients, paramedics and those working on the front lines. Syringes, PPE kits and other plastic made products are increasingly in demand as a result of the global

pandemic curve. Due to growing environmental concerns, plastic waste management was already a major issue before the pandemic. The need for health care supplies and packaging has sharply increased due to the coronavirus's quick global spread, adding to the burden of waste management organizations have previously taken the necessary efforts to identify solutions as soon as possible, it has now become a crucial issue for the coronavirus decontamination process. Additionally, due to the varied types of suppression measures used by various countries, there is a variation in both the quantity and quality of plastic garbage. Consumers now choose single-use plastics as a safer alternative. Consumers who prioritize hygiene choose disposability as a benefit even though plastics are no less effective than other materials at retaining viruses. As a result, use of plastic products for non-medical applications has increased, despite a decline in other fields like automotive and aviation applications. Food delivery and other important item delivery to various homes is increasingly being done using packaged goods. Even though this growing tendency cannot be stopped, environmental protection activities must continue.

The bio-defense can begin by ensuring that significant post-COVID-19 stimulus funding is provided to environmental issues, such as investments to conserve biodiversity and ecosystem services that serve significant public needs both immediately and in the long run; support for rural livelihoods that encourage sustainable production and consumption, including agriculture and forest conservation and provision of means for reintroducing urban people to nature.

In order to support a more equitable and environmentally responsible form of sustainable development, the Convention on Biological Diversity is currently developing a new 10-year Global Biodiversity Framework. This presents an opportunity to discuss cutting edge concepts like Half Earth and seek broader support for international cooperation. The numerous other similar programme that will aid in the global recovery from COVID-19 should take note of its lessons: sound planning, sound science, public involvement and early response are essential components of effective responses to the global crises that are approaching at an accelerated rate. A Greening of Human Society- a road toward a sustainable relationship between humans and the rest of nature- can be sparked by COVID-19.

JOSHIMATH AND LADAKH CRISIS IN INDIA: According to environmentalists and geologists, Joshimath (Uttarakhand) serves as a very sombre reminder that human activity is causing environmental damage that cannot be undone. According to a 2007 research that assessed the landslide hazard zones along the Joshimath-Badrinath road corridor as landslides frequently occur in Joshimath. Joshimath town was one of the most dangerous and landslide-prone spots in the area. In fact, the Joshimath region had frequent landslides in the 1970s which alarmed locals. A committee headed by M.C. MISHRA was established by the government in 1976 to look into the problem and make recommendations for both immediate and long-term solutions. According to the Committee's assessment, the town of Joshimath is situated on an "ancient landslide," a mixture of sand and stone which is where it should ideally never be present. As a result, it was discovered, surface water from rain or snow-melt can seep into the loose soil and cause the land to become unstable, leading to landslides. The land may sink as a result of this sub-surface earth movement which is referred to as land subsidence. According to studies, ground water extraction might potentially induce subsidence. The problem can be made worse by large-scale construction activities like blasting and undergroundtunneling (which are already taking place in the landscape as part of the ongoing Tapovan-Vishnugad Hydro-power project as per locals). In fact, the 1976 MISHRA study said that "vibrations created by blasting and excessive traffic will also lead to disequilibrium in natural variables."

Residents of Joshimath blame the ongoing excavations for the nearby Tapovan Vishnugad project for the cracks that have appeared on their properties and homes during the past year. In Uttarakhand, a 520 megawatt hydroelectric dam spans the Alaknanda river as part of the Tapovan Vishnugad project. 139 dam employees were among the numerous people that perished in a flash flood upstream of Joshimath in February 2021. The sinking of the Joshimath is the subject of numerous issues. Of course, one is the frenzied building work that is being done in Joshimath town to accommodate the inflow of visitors, pilgrims and military personnel as well as their necessities. Another problem is the town's inadequate sewage and waste water drainage system. The 1976 MISHRA study had also mentioned that landslides are caused by inadequate drainage systems. Water seepage and soil erosion may result from soak pits, which are large holes dug into the ground for the disposal of sewage. A "Pucca drain system" was referred to in the study as an "essential necessity." Large development projects outside the town including the Char Dham and hydel power projects, are also to blame. An subterranean aquifer was accidentally breached in 2009 during construction of the former, which involved underground tunneling. One estimate placed the water discharge at 700-800 litres per second; even a month later, the aquifer had not run dry. Locals claim that the availability of groundwater has decreased over time and that water shortage is a problem. Although the MISHRA COMMITTEE'S findings was unambiguous, its advice and cautions have been disregarded for almost 50 years. One of the report's primary suggestions was to make sure no trees were cut down near the disaster. An additional was to impose limitations on "heavy construction work" nearby.

Governments, though, have pushed through a number of projects requiring such "heavy construction" and tree cutting without paying attention to these cautions. For instance, the Char Dham project requires extending an existing national highway in order to construct all-weather roads that are 12 to 14 metres wide and have paved shoulders. The 900 km road project in Uttarakhand, which intends to connect four holy towns, including kedarnath and Badrinath, in all weather conditions, has increased the state's susceptibility to disasters, resulted in the loss of trees, blocked streams with muck and caused slope instability.

The worst worries of the populace appear to be coming true: The fissures at Joshimath haven't stopped. Several other nearby towns like Raini and Karnaprayag, are seeing similar phenomena. A state government assessment from 2021 and warned that subsidence was a problem in the village of Raini, which is only about 20 km from Joshimath, after people had detected fractures in their buildings. But until far, neither relocation nor rehabilitation have been started. Joshimath resident and environmental activist Sati has a number of demands for the government. One is to abruptly halt the NTPC- run Tapovan Vishnugad hydel project. Others include creating a committee to quickly and effectively repair Joshimath's impacted residents, blocking the Char Dham all weather route (Haleng-Marwari Bypass) and putting the NTPC agreement that insures homes into effect. According to experts Anjal Prakash and Sundriyal, planning is essential since climate change exacerbates already-existing problems. According to Prakash, climate change is a multiplier whose manifestation in India's hilly states has been unprecedented. Uttarakhand has experienced multiple climate risk occurrences during the past two years such as significant rainfall events that cause landslides. We must realize that these regions are extremely vulnerable and even minor ecosystem changes or disruptions can cause "severe calamities," as is currently the case in Joshimath.

On directives from the National Green Tribunal, the **Govind Ballabh Pant National Institute ofHimalayan Environment (NIHE)** presented a paper titled Environmental Assessment of Tourism in the Indian Himalayan Region. The study examined the deleterious repercussions of tourism in the area. The tourism industry contributes 7% of the GDP to the Himalayan region. According to the data, the revenue share for the heavily dependent on tourism Uttarakhand reached 50% between 2006-07 and 2016-17. According to the research, managing this sector is difficult given the capacity of the facilities and infrastructure that are currently in place. According to the article, tourism has grown quickly over the past few decades and has brought up a number of issues. These problems include improper solid waste management, air pollution, water resource degradation, resource depletion, biodiversity loss and loss of ecological services. **Ladakh**, for instance, has a water shortage. It is dependent on the Indus River and water generated from melting glaciers or snow. A local inhabitant uses 75 litres of water here every day whereas a visitor uses 100 litres. In the metropolitan areas of 11 states in the Indian Himalayan region, solid waste production averages 6,346 tonnes per day or 2.31 million tonnes annually. All of the Himalayan states have noticed this trend of an increase in tourism. Although this rise has had positive economic effects, the surrounding ecology has also suffered irrevocable harm as a result.

EARTHQUAKES IN TURKEY:Turkey and Syria were ravaged by three earthquakes measuring 7.8, 7.6 and 6.0 on the Richter scale, while Cyprus, Lebanon, Israel and Egypt were all affected. The first earthquake, which had its epicentre close to the city of Gaziantep in south central Turkey and has a population of more than two million, was first felt on February 6, 2023 at around 4 a.m. Nine hours later, the area was hit by two more earthquakes, this time with magnitudes of 7.6 and 6.0. According to authorities, at least 3,800 people have died in Turkey and Syria as a result of this earthquake, which is the largest to hit the area in more than 100 years. The U.S. Geological Survey (USGS) estimates that the earthquake's focal depth to be 18 kilometres. 33 kilometres separated Gaziantep from the epicentre. According to USGS, the region has many buildings made of brittle concrete, which makes them vulnerable to cracking, spalling, loss of strength or steel corrosion. This makes them "extremely vulnerable to earthquake shaking." Images depict extensive damage to highways, structures, automobiles, shopping centres and airports. The Hatay Airport runway in Turkey was destroyed by the quake's severity. According to officials, the earthquake in Turkey itself has hit at least 10 cities, with more than 2,818 buildings suffering damage. The city's most recognizable landmark, a mediaeval stone castle that is 2,200 years old and was utilized as an observation post during Roman times, is damaged, with its walls and watch towers crumbling. The historic Yeni Mosque, which was built in the 13th century and is one of Maltaya's most well-known landmarks, has collapsed. Earthquakes frequently shake Turkey. According to the Disaster and Emergency Management Authority, there were almost 33,000 earthquakes in the area in just 2020. There were 332 earthquakes of a magnitude of 4.0 or higher among them.

Turkey's tectonic location contributes to its earthquake susceptibility. The Anatolian tectonic plate, which is cemented between the Eurasian and African plates, is where Turkey is situated. The tiny Arabian plate on the north side further limits motion. The North Anatolian fault (NAF) line, which connects the tectonic plates of Anatolia and Eurasia, is one fault line that is recognized as being "especially catastrophic." One of the best-understood fault systems in the world, the NAF extends from northeastern Turkey to the south of Istanbul and has been the source of devastating earthquakes in the past. The tectonic boundary between the Anatolian plate and the Arabian plate, which is advancing northward, is the East Anatolian fault line. It extends 650

kilometres into the Mediterranean from eastern Turkey. Additionally, the Aegean Sea Plate, which is submerged beneath southern Greece and western Turkey in the eastern Mediterranean Sea, contributes to the region's seismic activity.

According to a "catastrophic prediction" from 2021, two million structures in Istanbul face medium or high level damage risk, endangering the lives of three million inhabitants. Buildings were not earthquake resistant as required by laws, according to an assessment into the 1999 earthquake that claimed thousands of lives. Experts highlighted that they were shoddily built and made of substandard materials. The warning has been repeated in other studies, including one from 2020, which claims that some districts are susceptible to earthquakes with a magnitude greater than 7.4.

According to reports, the situation is even worse in Syria, where quake-related destruction has affected both government and opposition occupied regions, both of which are struggling to survive crippling winter storms that make it difficult for supplies of food, water, medical care and other humanitarian aid to get to these areas. The world community is being urged to assist in the rescue of people in Syria by the Syrian Civil Defense, which runs in the areas controlled by the opposition.

EARTHQUAKE IN DELHI: An earthquake of 4.3 magnitude afflicted Delhi in February 2025. Despite of having low magnitude people were horrified by the strong jolt that they had not experienced before. It is because the epicenter was within the city at a shallow depth of 5 km resulting in **shallow earthquake**, directing more seismic waves to the surface and creating more tremor at the surface. This proximity is the prime factor behind the intensity. The second factor behind the earthquake could be **groundwater extraction**. Studies recommend that when groundwater is extracted, it can trigger earthquakes by reducing treasure in rocks beneath the surface. The seismicity of Delhi is connected to human activities like irrigation and urbanization which affect the local aquifers as per the research. A 2020 study published in Scientific Reports discovered that Delhi seismicity fluctuates both annually and over decades and this pattern aligns with changes in groundwater levels. Delhi has experienced various earthquakes in the past including moderate ones in 1720, 1831, 1956 and 1960 along with numerous smaller ones. The 2021 study highlighted that most of these quakes happened in the upper 25 km of the earth's crust resulting in shallow earthquakes.

LOS ANGELES WILDFIRES: The city of Los Angeles is on fire. Three wildfires that began on January 7, 2025, are still burning and have destroyed a significant portion of Los Angeles and the neighbouring areas. The fires, which at the time of reporting covered 155 sq. Km, had already claimed 25 lives and destroyed 12,000 buildings as of January 13. The fires have intensified further due to stormy winds in the following days. Initially, forest fires are a natural component of a forest's life cycle. However, it became more severe in California as a result of encroachment and other human-caused climate change. Furthermore, recent investigations indicate that the ongoing fires may have been caused by "**hydroclimate whiplash**," a rare climatic phenomenon exacerbated by climate change. Rapid fluctuations between severely dry and extremely wet weather are known as hydroclimate whiplash and they are becoming more prevalent globally. It is unusual to switch between two extended extremes so frequently. The California season in early 2024 was mostly rainy. The growth of plants was facilitated by this circumstance. The region thereafter went through a protracted period of dry, drought-like conditions. On January 7, 2025, 100% of Los Angeles County was experiencing severe to moderate drought conditions, while nearly 36% of California was experiencing moderate to extreme drought conditions. The rainy season, which usually starts in October and is meant to support the forest's natural processes, didn't happen in 2024-2025. The overgrown vegetation dried out and created a fire threat during this time. Furthermore, California's dry season usually coincides with the Santa Ana winds season, which makes for ideal circumstances for severe wildfires.

V. Conclusion

The purpose of this article is to comprehend the knowledge of environment and its working mechanism which is deteriorated by the anthropogenic activities. There are numerous factors behind environmental degradation but the major ones are population growth, industrialization, urbanization and pollution. The environmental degradation produces the circumstances of disequilibrium in the ecosystem which leads to the human crisis. The recent encounter of COVID-19 pandemic, Joshimath and Ladakh crisis along with series of earthquake in Turkey and Delhi, then we discussed about the wildfire incidents and with the humans accelerated the situation of catastrophic events that proved to be the deadliest in nature. Therefore, this paper highlights the urgent requirement for inclusion of Environmental Psychology into the picture that will not only assist in the path of sustainable development but also caters us in eradicating the materialistic perspective of the population which is going beyond the certain limit of actual needs and wants. It is necessary to understand that we can only exploit our mother nature to an extent, as we cross the limit then she generates a way out to replenish herself and one such way out was the arrival of COVID-19. Environmental Psychology delineates the path of apprehension by studying the interactions between people and physical environment as well as the built environment. This discipline works at two different levels- possible behavioral patterns and

consequences of behaviour on the environment. With the help of environmental psychology, we can execute the holistic development measures suchas the Sustainable DevelopmentGoals and well-equipped for addressing the sensitive issues of food crisis, global water crisis, rising of sea-levels, etc.

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