

Problems of Ecopsychology in the Context of Environmental Safety of the Society

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Abstract. The article presents the results of a brief theoretical analysis of the problem of ecopsychology in the context of the ecological safety of society. As a result of a theoretical analysis of aspects of environmental safety and the role of environmental psychology in solving personal and psycho-emotional problems associated with violation of the integrity of ecosystems, as a result of the impact of anthropogenic factors, it was concluded that poor ecology is associated with the risk of developing not only somatic, but also mental disorders. In this regard, it is important to take into account environmental factors when planning measures for the prevention and treatment of mental disorders, as well as strive to improve the environmental environment as a whole through public education and environmental awareness.

1 Introduction

Environmental security is one of the components of the national security of the state, which, first of all, is usually correlated with the protection of the natural environment, humans, individual groups of people from the harmful effects of anthropogenic and technogenic factors [10]. In addition to human interaction with nature, carried out with the aim of understanding and careful use of natural resources, it is customary to correlate human actions aimed at preserving the environmental friendliness of the physical environment of one's home, home [5], as well as one's efforts to maintain a favorable social (including including home) environment [4; 8; 9]. From all this it follows that environmental safety is an important factor affecting the psychological well-being and health of a person.

2 Research Methodology

So, studies show that in conditions of poor ecology, the risk of developing mental disorders increases. For example, a study in China found that people living in areas with high levels of air pollution had a higher risk of developing depression and other emotional disorders than those living in clean areas, and one study from USA, it has been found that residents of areas with high levels of air pollution have a higher risk of developing eating disorders (anorexia, etc.).

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At the same time, according to environmentalists, the process of consumption of natural resources can become less destructive for the environment if people know how the ecosystem functions and how everything in it is interconnected. Therefore, environmental literacy and enlightenment of the population, which can predict its actions on the basis of formed environmental knowledge, should greatly contribute to maintaining the ecological balance in nature, prevent the disruption of biological links and the depletion of natural resources, preventing, among other things, environmental pollution by industrial and other waste. [10; 13].

In this regard, as A. V. Yablokov and co-authors write, “put forward in the 20s of the twentieth century. Russian naturalist and thinker Vladimir Vernadsky, French mathematician and philosopher Edouard Leroy, as well as his compatriot - geologist, paleontologist and Catholic philosopher Pierre Terriard de Chardin, the concept of a possible transition from the biosphere to the noosphere describes, most likely, a natural continuation of the evolution of matter” [12]. At the same time, according to the authors, this transition can be extremely difficult due to the onset of the global environmental crisis: the development and use of natural resources is disordered and spontaneous, and anthropogenic pollution of the atmosphere and fluctuations in the Earth's climate lead to an irreversible change in the face of the planet. Biodiversity is declining, the ecosystem of the world's oceans is being destroyed, an increase in the "genetic load" is recorded, etc. Man himself, unreasonably exploiting natural resources, becomes the culprit of an impending ecological catastrophe. The resolution of this crisis and the restoration of the lost ecological balance can occur if “the rational activity of people becomes the determining factor in development” and a person learns to control its evolution, because in “the paradigm of controlled evolution of the biosphere, a person is both the main object and the subject of control [3; 10; 13].

3 Results and Discussions

Generally, people who feel safe and confident in their environment are more likely to cope with stress and recover faster from adversity. At the same time, in everyday life, the environmental safety of an individual can be implemented using various strategies, such as improving living conditions, creating safe and supportive social networks, increasing environmental awareness and the ability to communicate with others [10].

Moreover, the ecological security of a person can also include the ability to adapt to changes in the environment and cope with the difficulties that may arise as a result of these changes, making a person more resistant (steady) to the effects of stress factors. Therefore, achieving a sense of environmental security is one of the important conditions for directly psychological security of a person and, accordingly, an important basis for improving his psychological health. Since the ecologically clean environment in which a person lives and works can become a source of pleasure, joy and enjoyment, ultimately contributing to psychological well-being and happiness [10].

At the same time, poor ecology can have a negative impact on the psychological health of a person. For example, a low level of environmental safety can cause people to feel insecure and stressed, which in turn can lead to the development of various psychological disorders such as anxiety, depression or panic. Also, poor ecology can lead to physical health disorders, which in turn can become a factor in the deterioration of a person's psychological well-being. For example, high levels of air pollution can lead to the development of asthma and other respiratory diseases, which can impair a person's quality of life and cause intense stress reactions and feelings of dissatisfaction.

As V. I. Vernadsky wrote, with the “creation and growth of scientific understanding of the environment”, the formation of the noosphere took place as a stage in the development

of the biosphere, which is associated with intelligent human activity (Vernadsky, 1991). "During the last half millennium, from the XV century. Until the 20th century, the development of a powerful human influence on the surrounding nature and its understanding went on continuously, ever increasing. At that time, the entire surface of the planet was covered by a single culture <...>: the discovery of book printing, the knowledge of all previously inaccessible areas of the Earth, the mastery of new forms of energy - steam, electricity, radioactivity, the mastery of all chemical elements and their use for human needs, the creation of the telegraph and radio, penetration by drilling kilometers deep into the Earth and raising a person on air machines above 20 km from the surface of the geoid and devices above 40 km ... "[10, pp. 246-247]. Considering the cognitive activity of a person as an activity for the development of living space, its study and the use of the results of this study to solve a variety of problems, Vernadsky argued that the scientific thought of a person "works only in the biosphere and, in the course of its manifestation, eventually turns it into the Noosphere ..." , and, according to the scientist, "there are no boundaries to the search for scientific thought, just as there are no boundaries to endless forms - manifestations of a living personality, especially a human one, which can all be the object of scientific research, cause many special specific sciences" [10, p. 247]. With the Noosphere as an area of interaction between nature and society, Vernadsky associated manifestations of intelligent activity, which is carried out within the framework of maintaining safe (natural and social) conditions for the life of society [10].

The social aspects of the problem of environmental safety are the intensification of various types of production, the relationship of social groups with the environment, the influence of the environment on the health of an individual and society as a whole, etc., and their study is most closely related to human psychology (values, motivation, preferences, etc.). Taken together, these features make it possible to more thoroughly and adequately investigate the causes and consequences of creating and maintaining an ecologically favorable atmosphere of life activity by a person as such an environment, which is an inexhaustible resource for coping with life's difficulties and one of the conditions for intensive personal growth and development [3; 10].

Despite the fact that environmental psychology is a fairly new area of research, within the framework of this discipline, over the past 20 years, the methodological foundations for its formation and development have been identified [2; 6; 7], an ecological psychology of education was developed [11; 13], human behavior in different environments was studied [1], the problem of ecological consciousness was posed and studied [3], as well as other problems that are continued in modern research in this field of knowledge. Accompanying the solution of the above tasks is the question of searching for psychological and other features that ensure the preservation of human environmental safety, which depends both on a number of environmental factors and on the activity of the subject himself, included in subject-object and subject-subject relations.

Ecopsychology is a science that studies the interaction of a person and his environment, examining how the physical, social and cultural environment influences the behavior, thinking and feelings of a person, as well as how a person, in turn, influences the environment. And therefore, it is no coincidence that ecopsychologists work in various fields (such as education, social work, health care, psychology, anthropology, ecology, and many others), trying to understand and, most importantly, help in solving problems related to the interaction of a person and his environment. In doing so, ecopsychology attempts to understand how a person and their environment interact and how this affects their behavior, thinking, and feelings. Thus, ecopsychology plays an important role in solving many of the problems that modern society faces.

For example, it can help develop effective strategies for managing stress and coping with the challenges of living in today's metropolitan environment, as well as helping to

cope with environmental instability and climate change. At the same time, it is important to understand that ecopsychology is a multifaceted science that studies a wide range of factors that affect a person and his environment, which allows it to play an important role in solving many of the problems that modern society faces. The main problems that are considered by ecopsychologists are:

1. Man's interaction with his physical environment, including the study of phenomena such as air and water pollution, climate change, biodiversity and ecosystem loss.
2. Human interaction with his social and cultural environment, including the study of such phenomena as globalization, migration, changes in family and work, and equality.
3. Human interaction with its psychological environment, including the study of such phenomena as stress, trauma, psychological disorders and psychological health [8; 13].

At the same time, ecopsychologists use a variety of research methods to understand these and other factors that affect the person and his environment. This may include observation, interviews, surveys, experiments, and data analysis. Ecopsychologists also often work with other scientific fields, such as psychology, anthropology, ecology, and sociology, to understand and help solve many important problems related to the interaction between man and his environment. Ecopsychology plays an important role in developing effective stress management strategies, improving the quality of life and social justice, and improving the environmental stability of the world. In general, ecopsychology is a multifaceted science that studies the interaction of a person and his environment and offers solutions to many important problems that modern society faces [10; 13]. As pointed out by N.V. Tarabrina and co-authors, violations of environmental safety can become a factor in the development of psychopathological consequences of a post-traumatic nature. According to the authors of natural and environmental disasters, the intense stress that occurs in a person in a situation of natural disasters, survival in these circumstances and a worthy way out of them is a serious scientific problem that continues to be actively studied by scientists from different countries. It can be difficult for ecologists and biologists to do without understanding the social and psychological consequences of human coping with the conditions of a natural disaster, and psychologists and sociologists lack special knowledge in the field of geo- and hydroecology, chemo- and radioecology, and other areas of general and special ecology [10].

4 Conclusions

In conclusion, I would like to note that the relationship between poor ecology and the risk of developing not only somatic, but also mental disorders, it is important to take into account environmental factors when planning measures for the prevention and treatment of mental disorders, as well as strive to improve the environmental environment as a whole, through public education and increasing the level of environmental literacy.

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