



Public Health: Effect Of Changes In Climate And Globalization

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Abstract

Globalization

This paper highlights the importance of physical and mental health in growing and advancing ages. As the world is coming closer and now the distance between the countries and continents can be crossed within few hours, we are experiencing an advancement in the human lives too. Multinational companies can have their base in various countries and people get opportunities to work for the companies abroad residing in their nation. However, this has resulted in the massive impact on the physical and psychological health of the people. Uncertain working hours, target pressure, less remuneration and cut throat competition, most of the people working the multinational companies experience stress and other physical problems like obesity and other diseases. Sports and other physical activities can be extremely helpful to destress ourselves and help us lead a healthy and happy life.

Global warming

Due to the advancement in the technology and excessive use of the gadgets that produce Greenhouse gases, the whole world is experiencing the impact of Global Warming. Due to global warming the mean temperature of the earth increases as excessive carbon dioxide in the atmosphere traps the gases, increasing its temperature. This results into melting of glacier which in turn might increase the sea water level and be harmful the coastal regions. Increasing temperature increases the threat of heat stroke and other various diseases. It is immensely important that we protect ourselves from these ill effects and try to lead a healthier life. Sports another physical activity, will prepare us to overcome this obstacle and lead a life that is disease free.

Keyword: Globalization, Global warming & Human Health

Globalization

Definition

Globalization is the process by which ideas, knowledge, information, goods and services spread around the world. In business, the term is used in an economic context to describe integrated economies marked by free trade, the free flow of capital among countries and

easy access to foreign resources, including labour markets, to maximize returns and benefit for the common good.

The idea of Globalization was first coined by Saint Tukaram who writes “The whole world is my home”. Later, the need of globalization was felt by the entire world with the increasing trade. Exchange of ideas, knowledge and information helped the world to grow together. It also brought in a lot of opportunities to the educated people. But with these widened boundaries came responsibilities and stress. Following effects were observed that the world faced with the globalization.

- Demographic changes

- It affected on the family structure as the people travel frequently or have to settle in the different cities for employment.

- It also resulted into growing population due to decreased death rate and immigration.

- Population density of the metro cities like Mumbai, Delhi and Chennai increased and they became extremely crowded and the property prizes touched the sky.

- Social Changes

- It resulted into cultural diffusion as the movement of the people increased.

- With the exchanged of culture came the change in the governance.

- Economic Activity

- labour conditions worldwide changed due to increased work pressure. With less demand and more supply of labours, employees have to work for less wages and they have to work for more working hours. This increases the physical and mental stress.

- Environmental impacts

- due to over exploitation of resources, there is the depletion of natural resources. It has degraded the land and water and has degraded the ecosystem.

Global Warming

A gradual increase in the overall temperature of the earth's atmosphere generally attributed to the greenhouse effect caused by increased levels of carbon dioxide, CFCs, and other pollutants.

Effects of Global Warming

- 1. Rise in Temperature Leading to Ice Melt:** Melting glaciers and snow melts will cause severe water shortages and droughts with higher frequencies giving way to

heatwaves and extreme weather conditions in the mid-latitudes. Thinning ice of the northern seas will make the atmospheric conditions vulnerable to control.

2. **Ecological Risks:** Global warming has contributed to the extension of drier climatic zones such as deserts in the subtropics. Mostly ecosystems and animal life will be affected by higher carbon dioxide levels and global temperatures leading to climate change, which will result in the extinction of many species and reduced ecological diversity.
3. **The Threat to Marine Life:** Global warming can lead to the destruction of marine and coral life underwater. Higher content of carbon dioxide in the water inflicts damage to valuable natural resources.
4. **Health Factors:** There are various indirect effects such as malnutrition inflicted by crop failures. Scanty rainfall leading to desertification can also cause several diseases due to global warming.

Human health

Impact of Globalization on Human Health

- It increases the stress level
- Unusual working hours increase irregular eating times
- Irregular eating times increase acidity and other problems.
- Sitting for a longer time develops spine problems

Impact of Global Warming on Human Health

- Heat strokes due to increased temperature
- Irritation and stress due to humidity
- Skin disease due to depletion of ozone layer.

Prevention

➤ **Yoga**

- 1) Yoga helps magically in reducing the stress and relaxing your body and soul.
- 2) Various asanas relaxing your muscles and limbs will help destress and rejuvenate.
- 3) It teaches Better Breathing.
- 4) Fosters Mental Calmness.
- 5) Reduces Stress.

➤ **Zumba**

- 1) It's fun. The more you enjoy your exercise routine, the more likely you are to stick with it.

- 2) Boosts your heart health. You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits – the kind that help you maintain a good cardiovascular respiratory system.
- 3) Helps you de-stress. Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.

➤ **Outdoor games**

Outdoor games keep you involved and give a rejuvenating break from daily busy schedule. Any outdoor game like, football or cricket give you a refreshing break from the stressful life due to globalization and irregular working hours.

➤ **Balanced Diet**

A balanced diet that is specially followed by athletes, keeps you mentally and physically healthy to deal with problems given by global warming and globalization. The threat of heat stroke or skin disease will decrease magically if you are healthy.

➤ **Water Intake**

Getting enough water every day is important for your health. Drinking water can **prevent dehydration**, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Conclusion

With the advancement of technology and exploitation of natural resources, human race faces health hazards. Physical activities prove to be the boon to deal with these problems. Increased awareness of the physical activities and sports will surely help in having a healthy generation.

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