

Unpleasant Environmental Conditions within Homes: Disadvantageous in Promoting Enrichment of Living Conditions

Corresponding Author: Dr. Radhika Kapur University of Delhi

Email: radhikakapur2004@hotmail.com

Article Received: 20-11-2021, Revised: 10-12- 2022, Accepted: 25-12- 2022

ABSTRACT:

In all communities, in all households, throughout the country, there are occurrences of situations due to which family members get engaged in disagreements and conflicting situations. These may take place in a major or minor form. These impede terms and relationships among individuals within homes and as a consequence, there is formation of unpleasant environmental conditions. In not only personal but also in professional lives, the individuals will be able to proceed towards the right direction, when the cordial and amiable terms and relationships are formed with family members. When there are occurrences of disagreements and conflicting situations, the individuals within homes may bring communication terms to an end, hence, they will not be able to augment their knowledge and understanding in terms of different types of methods and strategies, which would enable them to carry out job duties successfully. The reason being, individuals are able to augment knowledge and understanding in terms of various aspects and obtain desired goals in personal and professional lives, when support is made available from family members. Therefore, it is understood on a comprehensive basis that unpleasant environmental conditions within homes are disadvantageous in promoting enrichment of living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of forming pleasant environmental conditions within homes, causes of unpleasant environmental conditions within homes, and measures to be implemented to alleviate unpleasantness in environmental conditions within homes.

Keywords: *Communities, Family, Homes, Individuals, Information, Measures, Unpleasant Environmental Conditions*

INTRODUCTION:

In all communities and households, throughout the country in some cases, there are occurrence of situations, which gives rise to unpleasant environmental conditions. The individuals do get engaged in conflicting situations over certain issues. In some cases, family members give ideas and suggestions, which may not be found pleasing and suitable to their children, hence, there are occurrences of conflicting situations and disagreements (Chan, 2022). The various aspects in terms of which conflicts and disagreements takes place are, education, careers, job opportunities, marriage, settlement, implementation of household chores, management of household responsibilities and so forth. When there are occurrences of conflicts and disagreements, these take place in a major or minor form. When these take place among family members, the peaceful environmental conditions get impeded. Therefore, family members in all households need to be well-informed in terms of peaceful conflict resolution methods and put them into operation in an adequate manner. The family members need to put into operation effective communication processes. They need to communicate with each other

in an effective manner. The lack of effective communication processes gives rise to problems in terms and relationships among family members. When the family members are communicating with each other, they need to treat each other with respect and courtesy. Furthermore, they need to make provision of factual information. On the other hand, when family members are unable to take out sufficient amount of time for communicating out of their busy schedules, it is disappointing and frustrating. There is formation of unpleasant environmental conditions within homes, when the family members are to discuss various things and are unable to take out sufficient amount of time (Watson, 2022). Therefore, putting into operation effective communication processes will prove to be favourable in creating peaceful environmental conditions within homes. The family members, belonging to all age groups need to depict the traits of helpfulness and co-operation, when they are communicating and dealing with each other. They need to work in collaboration and integration with each other in carrying out the overall functioning of the households in an appropriate manner. Problems and challenging situations are regarded as an integral part

of the personal and professional lives of the individuals. The family members are the first and foremost individuals, who are consulted to provide solutions to various types of problems. Hence, when they are helpful and co-operative in nature, there will be formation of peaceful environmental conditions within homes. On the other hand, when helpfulness and co-operation cannot be reinforced and family members do not interact with each other in an appropriate manner, in such cases, the environmental conditions within homes will become unpleasant. Therefore, throughout the lives of the individuals, they need to reinforce the traits of helpfulness and co-operation to form cordial terms and relationships with family members and create peaceful environmental conditions within homes. Understanding the Meaning and Significance of Forming Pleasant Environmental Conditions within Homes The family members, belonging to all age groups need to depict the traits of effectiveness and support, when they are communicating and dealing with each other. They need to work in co-ordination with each other in carrying out the overall functioning of the households in a satisfactory manner. Problems and challenging situations are regarded as an integral part of the personal and professional lives of the individuals. The family members are the first and foremost individuals, who are consulted to provide solutions to various types of problems. Furthermore, they provide support to reinforce a normal mind-set. Hence, when they are supportive and accommodating in nature, there will be formation of peaceful environmental conditions within homes. Therefore, individuals will be able to acquire an efficient understanding of the meaning and significance of forming pleasant environmental conditions within homes, when they are reinforcing the traits of effectiveness and support. Getting engaged in employment opportunities is regarded as one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. When individuals are in jobs, they are able to accumulate financial resources. Hence, they will be able to put into operation all tasks and activities in an adequate manner. The parents make provision of good-quality education to their children, so they are able to contribute significantly in leading to up-gradation of overall standards of living. The financial resources are the causes of formation of unpleasant environmental conditions within rural households and among individuals, belonging to deprived, marginalized and disadvantaged sections of the society. Hence, these need to be managed in a judicious manner. As a consequence, the environmental conditions within homes remain pleasant. The individuals in this manner are able to contribute significantly in fulfilling all their hopes and aspirations. Furthermore, they are unable to fulfil the needs and requirements of themselves and their family

members. As a consequence, the family members will be pleased with each other. Therefore, individuals will be able to acquire an efficient understanding of the meaning and significance of forming pleasant environmental conditions within homes, when the possession of financial resources is sufficient. With advancements taking place and with the advent of modernization and globalization, it is necessary to utilize various types of modern, scientific and innovative methods in the implementation of job duties. These are complicated as well as manageable. As a consequence of utilizing these methods, the job duties can be implemented in a less time-consuming and efficient manner. The family members are required to work in co-ordination with each other to put into operation the methods in a satisfactory manner. As a consequence, family members are able to render an important contribution in putting into operation various tasks and activities in an efficient manner. Hence, they are able to incur the feelings of pleasure and satisfaction. Furthermore, there is formation of pleasant environment within homes. Therefore, individuals will be able to acquire an efficient understanding of the meaning and significance of forming pleasant environmental conditions within homes, when they are utilizing different types of modern, scientific and innovative methods in the implementation of job duties.

Causes of Unpleasant Environmental Conditions within Homes:

The individuals, belonging to all communities, categories, occupations and socio-economic backgrounds have certain goals and objectives to achieve. When they are wholeheartedly committed towards achievement of goals and objectives, they are required to augment their knowledge and understanding in terms of various types of methodologies and approaches. The family is regarded as the first and foremost institution that would impart information among individuals in terms of ways, necessary to achieve desired goals and objectives. Furthermore, family members impart information in terms of strategies that are necessary to emerge into moral and ethical human beings and productive citizens of the country. Hence, it is necessary to create peaceful environmental conditions within homes. But it is unfortunate that in some cases, there are occurrences of cases and situations, which would enable individuals to create unpleasant environmental conditions within homes (The Top 5 Most Stressful Life Events, 2015). When these take place, it is of utmost significance to identify the causes. Causes of unpleasant environmental conditions within homes are stated as follows:

Occurrences of Conflicting Situations:

The individuals do get engaged in conflicting situations over certain issues. In some cases, family members give ideas and suggestions, which may not be found pleasing and suitable to their children, hence, there are occurrences of conflicting situations and disagreements. The conflicting situations may take place in a major or minor form. The various aspects in terms of which conflicts and disagreements takes place are, acquisition of education, selection of career opportunities, job opportunities, making decisions regarding marriage, hiring and firing of domestic helpers, implementation of household chores, management of household responsibilities and so forth. When there are occurrences of conflicts and disagreements, these take place in a major or minor form. When these take place among family members, the peaceful environmental conditions get impeded. Hence, family members in all households need to be well-informed in terms of peaceful conflict resolution methods and put them into operation in an appropriate manner. Therefore, occurrences of conflicting situations is regarded as one of the indispensable causes of unpleasant environmental conditions within homes.

Lack of Effective Communication Processes:

The family members need to put into operation effective communication processes. They need to communicate with each other in an effective manner. The lack of effective communication processes gives rise to problems in terms and relationships among family members. As a consequence, there will be formation of unpleasant environmental conditions within homes. When the family members do not communicate with each other in a respectful and courteous manner, the environmental conditions within homes cannot be pleasant. Furthermore, when they do not make provision of factual information in terms of all factors, there are occurrences of dire consequences. On the other hand, when family members are unable to take out sufficient amount of time for communicating out of their busy schedules, it is disappointing and frustrating. There is formation of unpleasant environmental conditions within homes, when the family members are to discuss various things and are unable to take out sufficient amount of time. Hence, lack of effective communication processes will prove to be unfavourable in creating peaceful environmental conditions within homes. Therefore, lack of effective communication processes is one of the critical causes of unpleasant environmental conditions within homes.

Lack of Education:

Education is regarded as the instrument, which imparts information in terms of various kinds of approaches and techniques that are necessary to bring about improvements in one's overall quality of lives. Hence, in educational institutions of all levels, education is

regarded as one of the essential instruments. Furthermore, individuals generate information in terms of different types of methodologies and strategies that are facilitating in the formation of cordial terms and relationships with others and create pleasant environmental conditions within homes. Lack of education enables the individuals to remain unaware in terms of various types of methodologies and approaches, which would be favourable to a major extent. An educated individual will learn how to communicate with others in an effective manner and treat each other with respect and courtesy. In other words, individuals will be able to augment their knowledge in terms of values, norms, morals and ethics. Hence, through acquisition of education, individuals will generate awareness in terms of measures that are facilitating in developing mutual understanding with family members and creation of pleasant environmental conditions within homes. Therefore, lack of education is an adverse cause of unpleasant environmental conditions within homes.

Unawareness in terms of various Aspects:

Unawareness in terms of various aspects renders an important contribution in the formation of unpleasant environmental conditions within homes. It is necessary for the individuals to be well-informed in terms of various factors that are vital to create pleasant environmental conditions within homes. These factors are, implementing effective communication processes; augmenting knowledge in terms of values, norms, morals and ethics; putting into operation job duties and responsibilities in a well-ordered manner; being well-versed in terms of pioneering methods; making wise and productive decisions; honing analytical, critical-thinking and problem-solving skills; taking out sufficient amount of time for all tasks and activities; reinforcing positive viewpoints in terms of various factors and family members; inculcating the traits of diligence, resourcefulness and conscientiousness; augmenting skills and abilities; developing mutual understanding with family members and ways of creation of pleasant environmental conditions within homes. When the individuals are unaware in terms of these factors, they will not be able to contribute significantly in creating peaceful and pleasant environmental conditions within homes. Therefore, unawareness in terms of various aspects is a severe cause of unpleasant environmental conditions within homes.

Being overwhelmed by Problem of Unemployment:

Getting engaged in employment opportunities is regarded as one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. Within homes, when individuals are not in jobs, their parents as well as

other family members feel disappointed and frustrating. When individuals are sitting idle at home and are not being able to accumulate financial resources, it is disappointing and frustrating. As a consequence, the environmental conditions within homes remain unpleasant. The individuals in this manner get compelled to give up their hopes and aspirations. Furthermore, they are unable to fulfil the needs and requirements of themselves and their family members. As a consequence, there are occurrences of conflicting situations and disagreements. In some cases, the family members bring communication terms to an end. When individuals form the viewpoint that they have worked diligently in imparting good-quality education to their children and they are not earning, it is aggravating to parents. They may speak to their children the wordings, which would not be pleasing to them. Hence, environmental conditions within homes remain unpleasant. Therefore, being overwhelmed by problem of unemployment is an unfavourable cause of unpleasant environmental conditions within homes.

Poverty and Backwardness:

Poverty is the condition, when the individuals experience scarcity of financial resources. On the other hand, backwardness is the condition, when individuals are unaware in terms of various factors and are residing in seclusion. Due to these conditions, the individuals are overwhelmed by various types of psychological problems, i.e. anger, stress, anxiety, frustration and depression. When these psychological problems are experienced in a major form, the terms and relationships among family members get impeded. As a consequence, there is formation of unpleasant environmental conditions among homes. When the individuals are overwhelmed by the feelings of anger and stress, they do not communicate with each other in an effective manner. As a consequence, they experience barriers within the course of reinforcing cordial terms and relationships with each other. The individuals need to ensure, they accumulate sufficient amount of financial resources. The possession of financial resources would be facilitating in bringing about improvements in overall living conditions. Furthermore, individuals would incur the feelings of pleasure and contentment and form an effective social circle. Therefore, poverty and backwardness is a disadvantageous cause of unpleasant environmental conditions within homes.

Scarcity of Financial Resources:

Due to scarcity of financial resources, individuals are unable to fulfil the needs and requirements of themselves and their family members. As a consequence, there are occurrences of conflicting situations and disagreements. The main reasons being, individuals are unable to make purchases of certain items, bring about changes in various factors, or put

into operation certain tasks and activities that are necessary to promote enrichment of living conditions. In order to commute from one place to another, it is necessary to possess sufficient amount of financial resources. As a consequence, individuals are overwhelmed by various types of psychological problems, i.e. anger, stress, anxiety, frustration and depression. When these psychological problems are experienced in a major form, the terms and relationships among family members get impeded. As a consequence, there is formation of unpleasant environmental conditions within homes. The family members too possess the feelings of antagonism and antipathy against each other. In this manner, cordiality and amiability gets impeded. Therefore, scarcity of financial resources is a cause of unpleasant environmental conditions within homes, which has been acknowledged by individuals, belonging to deprived, marginalized and economically weaker sections of the society.

Lack of Infrastructure, Amenities and Facilities:

Within homes, it is necessary to make provision of infrastructure, amenities and facilities. These are electricity, lighting, heating and cooling equipment in accordance to the weather conditions, restrooms, water supplies, gas, clean drinking water, furniture, and other devices that are necessary to make the home environmental conditions comfortable. When these are not available within homes, it is apparently understood that individuals will experience problems in forming pleasant environmental conditions. They will be overwhelmed by the psychological problems of anger and frustration. The individuals, belonging to rural communities and deprived, marginalized and economically weaker sections of the society experience scarcity of infrastructure, amenities and facilities. In such cases, they are unable to put into operation tasks and activities that would prove to be favourable in the formation of pleasant environmental conditions. These individuals do not possess adequate amount of financial resources, which would be facilitating to them in making provision of infrastructure, amenities and facilities. Therefore, lack of infrastructure, amenities and facilities is a cause of unpleasant environmental conditions within homes, which has been recognized by individuals in rural communities and urban slums.

Getting engaged in Criminal and Violent Acts:

The individuals, belonging to all communities get engaged in various types of criminal and violent acts with family members. These are domestic violence, grievous hurt, verbal abuse, physical abuse, emotional abuse, discriminatory treatment and neglect and mistreatment. The family members get engaged in these acts out of the feelings of stress, anger, anxiety,

frustration and depression. In some cases, they possess ill feelings against each other. As a consequence, there is formation of unpleasant environmental conditions within homes (Stress Management, 2022). In this manner, family members are overwhelmed by the various types of psychological problems and possess negative feelings in terms of each other. The family members too possess the feelings of antagonism and antipathy against each other. In this manner, cordiality and amiability gets impeded. As a consequence, communication processes gets hindered. Hence, family members are unable to acquire support and assistance from each other in promoting enrichment of their overall quality of lives. Therefore, getting engaged in criminal and violent acts is a cause of unpleasant environmental conditions within homes, which has proven to be detrimental on the overall personality traits of individuals.

Possession of Negative Feelings regarding Family Members:

The family members in some cases do possess negative feelings against each other. In this manner, not only the environmental conditions within homes remain unpleasant, but there are number of effects that prove to be disadvantageous to the individuals to a major extent. These are, communication processes come to an end; they are unable to seek ideas and suggestions from each other; unable to acquire support and assistance from each other; cordiality and amiability gets impeded; individuals get overwhelmed by various types of psychological problems and they experience barriers within the course of promoting enrichment of their overall quality of lives. In some cases, the family members experience various types of health problems and illnesses. These are experienced from the physical as well as psychological perspectives. When the family members do not communicate with each other in an effective manner, they are unable to contribute efficaciously in bringing about improvements in their overall quality of lives. Therefore, possession of negative feelings regarding family members is a cause of unpleasant environmental conditions within homes, which has rendered an important contribution in reinforcing loneliness.

Measures to be implemented to alleviate Unpleasantness in Environmental Conditions within Homes:

The individuals reside in nuclear as well as joint families. Nuclear families comprise of husband, wife and their unmarried children. On the other hand, joint families consist of two or more nuclear families residing under the common roof. There are number of relationships in joint families, i.e. aunts, uncles, cousins, in-laws, parents, siblings, and in some cases grandparents as well. Family is regarded as the first and foremost institution that would impart information

among individuals in terms of ways, necessary to achieve desired goals and objectives. Parents are regarded as the first and foremost teachers of their children. They impart information in terms of strategies that are necessary to emerge into moral and ethical human beings and productive citizens of the country. Hence, it is of utmost significance to reinforce cordiality and pleasantness in terms and relationships. Furthermore, one needs to put in efforts to one's best abilities to create peaceful environmental conditions within homes (When Living at your New Home, 2021). Measures to be implemented to alleviate unpleasantness in environmental conditions within homes are, interacting with each other in an effective manner; reinforcing a constructive approach; depicting the traits of helpfulness and co-operation; managing household responsibilities in an adequate manner; managing financial resources appropriately; obtaining services from domestic helpers and service providers and implementing methods to carry out job duties satisfactorily. These are stated as follows:

Interacting with each other in an Effective Manner:

The family members, belonging to all age groups need to interact with each other in an effective manner. They are required to exchange ideas and viewpoints with each other; augment knowledge and understanding in terms of various aspects; obtain solutions to different types of problems and challenging situations; generate information in terms of ways to achieve desired goals and objectives; augment information regarding strategies that are necessary to emerge into moral and ethical human beings and productive citizens of the country and obtain guidance that are necessary to promote enrichment of their personality traits and overall quality of lives. Through interacting effectively, the knowledge and understanding in terms of all these aspects will be reinforced. Therefore, interacting with each other in an effective manner is regarded as one of the indispensable measures to be implemented to alleviate unpleasantness in environmental conditions within homes.

Reinforcing a Constructive Approach:

The experiencing of various types of psychological problems is regarded as an integral part of the lives of the individuals. These are experienced in the personal and in professional lives of the individuals. The individuals discuss their problems with family members and seek ideas and suggestions from them. Hence, it is of utmost significance for family members to reinforce a constructive approach. They should not possess any ill feelings against them. When there are elderly family members within homes, they need to be provided with support and assistance. The other family members need to put emphasis on promoting their

health and well-being. On the other hand, children should be provided with support and assistance that is necessary in leading to their effective growth and development. Hence, reinforcing a constructive approach has proven to be favourable on a comprehensive basis. Therefore, reinforcing a constructive approach is one of the significant measures to be implemented to alleviate unpleasantness in environmental conditions within homes.

Depicting the Traits of Helpfulness and Co-operation:

The family members, belonging to all age groups need to depict the traits of helpfulness and co-operation, when they are communicating and dealing with each other. They need to work in co-ordination with each other in carrying out the overall functioning of the households in an appropriate manner. Problems and challenging situations are regarded as an integral part of the personal and professional lives of the individuals. The family members are the first and foremost individuals, who are consulted to provide solutions to various types of problems. Furthermore, they provide support to reinforce a normal mind-set. Hence, when they are helpful and co-operative in nature, there will be formation of peaceful environmental conditions within homes. On the other hand, when helpfulness and co-operation cannot be reinforced and family members do not interact with each other in an appropriate manner, in such cases, the environmental conditions within homes will become unpleasant. Therefore, depicting the traits of helpfulness and co-operation is an eminent measure to be implemented to alleviate unpleasantness in environmental conditions within homes.

Managing Household Responsibilities in an adequate manner:

In all communities, in all households, the family members are required to work in collaboration and integration with each other to manage household responsibilities in an adequate manner. The various types of household responsibilities are, cleaning, washing, fetching water, preparation of meals, gardening, taking care of needs and requirements of family members and managing the overall functioning of the household responsibilities. When the household responsibilities are lengthy and cumbersome, the family members are required to put in joint effort. They need to ensure, they exchange ideas and viewpoints with each other, augment knowledge and understanding in terms of various aspects and make provision of solutions to different types of problems and challenging situations. When the family members are working as a team in the implementation of different types of household responsibilities, they will contribute significantly in formation of pleasantness in

environmental conditions within homes. Therefore, managing household responsibilities in an adequate manner is a renowned measure to be implemented to alleviate unpleasantness in environmental conditions within homes.

Managing Financial Resources appropriately:

The financial resources need to be managed in an appropriate manner. The individuals need to ensure, they accumulate sufficient amount of financial resources. The possession of financial resources would be facilitating in bringing about improvements in overall living conditions. Furthermore, individuals would incur the feelings of pleasure and contentment and contribute efficaciously in bringing about improvements in their overall quality of lives. In order to make purchases of various items, bring about changes in various factors, put into operation certain tasks and activities that are necessary to promote enrichment of living conditions and commute from one place to another, it is necessary to possess sufficient amount of financial resources. Hence, these need to be spent thriftily. The decisions made need to be wise and productive in terms of management of financial resources in a satisfactory manner. Therefore, managing financial resources appropriately is a vital measure to be implemented to alleviate unpleasantness in environmental conditions within homes.

Obtaining Services from Domestic Helpers and Service Providers:

In primarily urban communities, there are certain household responsibilities, which cannot be put into operation by the individuals on their own, hence, they are required to obtain services from domestic helpers and service providers. Within households, there are certain job duties of repair work, electric work, painting, carpentry, plumbing and so forth for which services need to be obtained from service providers. The individuals need to communicate with these individuals in an adequate manner. They need to be provided with all the information in terms of tasks and activities that needs to be carried out satisfactorily. The domestic helpers and service providers are required to be paid for their services. Hence, when loyal and faithful domestic helpers and service providers are providing their help and services, individuals feel satisfied. Furthermore, there is formation of pleasant environment within homes. Therefore, obtaining services from domestic helpers and service providers is a crucial measure to be implemented to alleviate unpleasantness in environmental conditions within homes.

Implementing Methods to carry out Job Duties satisfactorily:

The individuals, belonging to all types of households are required to be well-versed in terms of methods that are necessary to carry out all types of job duties satisfactorily. The methods are complicated and manageable. In the present existence, with advancements taking place and with the advent of modernization and globalization, it is necessary to utilize various types of modern, scientific and innovative methods in the implementation of job duties. The family members are required to work in collaboration and integration with each other to implement the methods in a satisfactory manner. As a consequence, family members are able to render an important contribution in putting into operation various tasks and activities in an efficient manner. Hence, they are able to incur the feelings of pleasure and satisfaction. Furthermore, there is formation of pleasant environment within homes. Therefore, it is understood on a comprehensive basis that implementing methods to carry out job duties satisfactorily is a notable measure to be implemented to alleviate unpleasantness in environmental conditions within homes.

2. Stress Management. (2022). Retrieved November 05, 2022 from helpguide.org
3. The Top 5 Most Stressful Life Events and how to handle them. (2015). University Hospitals.
4. Retrieved November 05, 2022 from uhhospitals.org
5. Watson, S. (2022). Causes of Stress. Retrieved November 05, 2022 from webmd.com
6. When Living at your New Home becomes Unpleasant. (2021). Retrieved November 05, 2022 from insidematters.it

CONCLUSION:

In all households, throughout the country in some cases, there are occurrences of situations, which gives rise to unpleasant environmental conditions. Causes of unpleasant environmental conditions within homes are, occurrences of conflicting situations, lack of effective communication processes, lack of education, unawareness in terms of various aspects, being overwhelmed by problem of unemployment, poverty and backwardness, scarcity of financial resources, lack of infrastructure, amenities and facilities, getting engaged in criminal and violent acts and possession of negative feelings regarding family members. Measures to be implemented to alleviate unpleasantness in environmental conditions within homes are, interacting with each other in an effective manner; reinforcing a constructive approach; depicting the traits of helpfulness and co-operation; managing household responsibilities in an adequate manner; managing financial resources appropriately; obtaining services from domestic helpers and service providers and implementing methods to carry out job duties satisfactorily. Finally, it can be stated, unpleasant environmental conditions within homes are disadvantageous to a major extent and measures need to be implemented to provide solutions to them.

REFERENCES:

1. Chan, K. (2022). What are the Top 5 Most Stressful Life Events? Retrieved November 05, 2022 from verywellmind.com