Effects of Air Pollution on Human Health in Urban Society in Sri Lanka

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Abstract

With the increasing population index of cities, air pollution has become a threat to human health worldwide. Air quality index between 0-50 is considered good air quality. Air pollution has been identified as the leading cause of death and other diseases worldwide. The research problem of this study was to study how air pollution affects health in the urban society of Sri Lanka. And the main purpose of this is to study how to reduce the impact of air pollution on human health due to urbanization. Also, the research methodology here was based on data from 10 studies and analyzed through journals, online articles and literature reviews. The main findings of this study were that the short-term health effects of air pollution include headaches, nausea, dizziness and difficulty breathing, while the long-term effects include death, cancer, stroke and lung infections, with the elderly most affected. Furthermore, it was revealed that air pollution kills 65 out of 100,000 Sri Lankans per year. It was also revealed that the intensity of air pollution increases depending on the form of the air pollutant. Also, traffic congestion, geographical location and weather conditions and local winds were the main factors contributing to the increase in urban air pollution levels in Sri Lanka. Another fact that was revealed in this study was that indoor air pollution is more than outdoor air pollution. It was further revealed that air pollution is at a very high level, especially in the major cities of Sri Lanka such as Kandy, Rathnapura, Kurunegala, Colombo and Galle. According to the findings of this study, there is a need to adopt sustainable urban practices to prevent air pollution in the urban society of Sri Lanka and to update the existing legal framework regarding air pollution to meet the health challenges.

Keywords: Air pollution, Urban, Society, Human health, Effects