

## **Influence of environmental factors on the mental health of an individual**

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Among the numerous manifestations of human interaction with the environment the greatest attention is usually paid to two aspects: the impact of the environment on a man, his health and mental state. The second aspect is the human impact on the environment which is realized in the awareness and understanding of the human impact.

Despite the fact that the issue is much researched, it is still not coherent as it relates to systematic position of scientists concerning environmental impact and environmental factors that influence the state of health, including mental health at the individual and general (universal) level.

The purpose of the article is to provide theoretical research of the effect of environmental factors on the mental health of an individual.

As a result of theoretical analysis of the impact of environmental factors on the mental health of individuals, mental health criteria, including the criterion of mental equilibrium, were assumed. Moreover, the role of psychological stability and the impact of stress on the mental health of the individual were investigated. Article provides the study of the environmental dimension of mental health, including the impact of environmental space on the mental state of the individual; the concept, types and characteristics of the impact of environmental disasters and environmental crisis on the mental health of the individual; the role of identity crisis as a result of social influence on the psychological health of the individual. The role of environmental psychology in dealing with the consequences of the accident reveals direct and indirect effects of radiation on the mental state of a person, especially because of the environmental pathology distress, given the description of "Chornobyl syndrome."

**Keywords:** mental health, environmental space, ecological disaster, ecological crisis, ecological psychology, the accident at Chernobyl, "Chornobyl syndrome."