

Modern Construction Pattern of Houses, Triggers and Impacts on Human life in Islamabad-Pakistan

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Abstract:

Houses are the most imperative slice in the pie of once life. It is well recognized that good quality structured houses are important for the health and wellbeing of those who living in them. The relationship between housing and health is multi-faceted. Houses are one of the traditional areas of concern for public health, though it has been neglected over recent decades. The recent study explores changing of modern construction pattern its causes and impacts on human life as

well as health. There are some triggers behind the changing geographical pattern of houses like globalization, industrialization, magazine culture, cultural industry, migration and urban crowd setting. This leads to effect human psychological, physiological and social health. The present study has been conducted in "Bara Kahu" located around 10 kilometers of Islamabad Pakistan where there are a lot of congested and substandard houses. The data presented in this paper has been collected by using mix approach that is called eclectic while using random sampling technique.

Key words: Construction patterns, Social impacts, Urbanization, Globalization, Housing

Introduction

The quality of housing structure and condition plays a decisive role in the health status of residents. Many health problems are directly and indirectly related to the building and pattern of house itself because of the construction and design of the individual dwelling. Now a days in the era of competition for the material wealth people are only indulged to make more and more buildings but don't overhaul about the healthy geographic structure. Representing the spatial point of reference for each individual, the home also has a broad influence on the psychosocial and physical health by providing the basis for place and identity as well.

It is important to realize that each of the four dimensions of housing has the capacity to affect individual health status through physical, mental, or social mechanisms and that the four dimensions are interlinked with each other. Adequate housing, therefore, depends on the sufficient provision of services and conditions on all domains of construction. If this requirement is accomplished then housing provides human beings with satisfaction of physical and mental health needs [1].

Societal patterns vary with the influence of globalization throughout the world. The major influence of globalization is urbanization with this a lot of variables are associated that change our life style. Life style typically associated with individual attitude, behavior and world view. Housing is a major determinant of our life style and it is directly link with our health and standard housing is a major health issue in public sector now a days.

Some of the previous studies examined the relation between collective efficacy (a combination of trust, social cohesion, and informal social control) and violence in Chicago neighborhoods and concluded that rates of neighborhood violence were lower in areas with high collective efficacy [2].

High-rise buildings become a source of economy and this directly effect on multi stage dimension of mental health in all age members of the home. Crowding, congested rooms become the cause of stress among women and men, this bring behavioral stress among their children that become the indicator of indoor conflict. Because excessive noise commonly in poor substandard housing unit associated with sleep deprivation that is directly linked with stress. That increased the risk of hyper tension that has a direct effect on our nervous.

For many years, the housing environment has been acknowledged as one of the main settings that affect human health. Living and housing conditions are the basis of many factors influencing residential health [3].

Recent study on housing conditions has concentrated on the relation between living in a damp house and respiratory complaints such as asthma and wheeze. Rising and penetrating damp provide the moist conditions conducive to germination of spores of mould fungi. Some studies have suggested that ambient humidity influences the viability of viruses in droplet sprays. The association between damp housing and health problems, however, is not clear cut, possibly being complicated

by other factors known to affect health, such as smoking and poverty [1, 4].

Earlier researches examine whether there is direct or indirect relation between damp and mould in the home and respiratory health. Home structure and health thought to have health consequences because it has the potential to increase proliferation of house-dust mites and moulds, both of which are allergenic. The potential benefits of reducing mould in the home have not been investigated, and the few studies that have investigated health improvements as a result of increasing ventilation or reducing damp in order to reduce house-dust mite levels suggest that this intervention is expensive, requires a large commitment, and is unlikely to be successful in the long term [5].

The major determinants of health are not medical care inputs and utilization, but cultural, social, geographic and economic factors—both at the population and individual levels; at the population level, it is clear that societies in which there is both a high level and relatively equal distribution of wealth enjoy a higher level of health status; and at the individual level, one's immediate social, geographical and economic environment and the way that this geographical environment interacts with one's psychological resources and coping skills, shapes health much more strongly than the medical model would suggest [6,7].

Interest in the public health consequences of substandard housing structure quality has its roots in Victorian England, where public health officials observed that slum housing conditions promoted disease and ill-health in humans. A large quantity of public resources were committed to redressing problems created by slum housing, but Kearns speculates that public health policy interventions targeted towards improved housing structure for health, and to reducing inequalities in health were not motivated primarily by altruism.

Issues of growth and the provision of decent housing have at one time or another occupied the attention of planners and other interest groups across the developing, and indeed the developed, world. They also make debate the issue of mixed use of development that is single large scale buildings incorporating residential and commercial functions that create a lot of problems regarding mental health that change the patterns of living in cities [8].

Globalization is a generic term used to describe a range of economic, industrial, Social, military, and cultural changes that have created high levels of interdependence, interaction, and integration among different parts of the world, between people, and between producers and consumers. Globalization makes double the housing price this results people began to make double stories houses and congested houses for economic reason that impact on people mental health in form of frustration, rude behavior, and hyper tension [9].

Changing patterns of structure make our neighborhood unpopular and the idea of all traditional believes with their neighbor concept has gone changed. In past the traditional neighborhood concept and housing obsolescence are not a separable concept but the patterns of construction changed it. This loses social solidarity and integration that have direct link with our mental health [10].

The main objectives of the research study is to find out the main causes behind changing pattern of houses geographic structure that which are those specific triggers compels people to change their houses pattern. It is also aim of the study to find out those social, physiological and psychological impacts which leads to effect human life and health.

Materials and Methods

The nature of study was both qualitative and quantitative. It was qualitative because the entire phenomenon was thoroughly

discussed in tables and brief discussion. A detail research activity was determined on “the modern construction pattern its causes and impacts on human life” by questionnaire and interview and secondary information collected by research article, books and internet. The random sampling was used to collect data by focus group discussion for this study. Bara Kahu sample area of study, a suburban neighborhood of the federal capital badly lacks the basic facilities despite its large population, which is estimated to be over one hundred thousand. The residents there are still without well-built roads, natural gas, potable water and playgrounds etc.

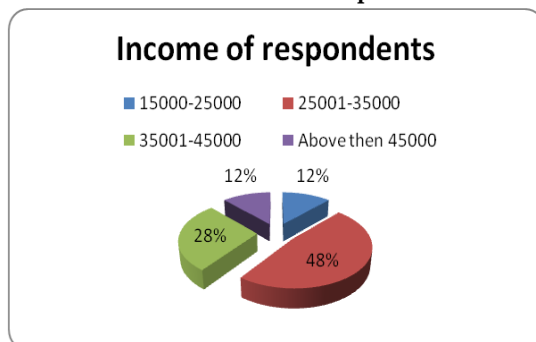
Results and Discussion

Table # 1: Gender of Respondents

Gender	Frequency
Male	21
Female	29

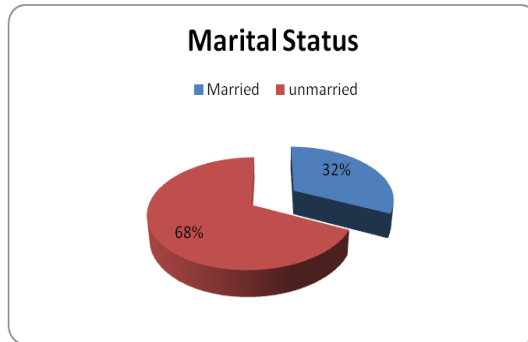
Gender is an important part of the society it is biological and social difference of an individual on the basis of sex. Research study is based on both gender male and female but female respondents are more for example 29 (58%) than male who were 21(42%) and it was selected randomly.

Chart-1: Income of respondents



Respondent's income as a form of earning which means to gain success, reward, recognition through applied efforts or work and to receive payment for work. Income or earning is necessary element for livelihood. The ranges of monthly income from 15,000 - 45,000 and above. In which most of the respondents that are 24(48%) has the income status ranges to 25001-35000 while 14(28%) have 35001-45000, 6(12%) have ranges from 15000-25000 and only 6 have more than 45000 monthly income.

Chart-2: Marital status of respondents



Marriage is the bond between man and women. Marital status impacts on the personality of individuals so field data concerned with the married and unmarried respondents. Where the ratio of unmarried people are high that 34(68%) and married are low that is 16 (32%).

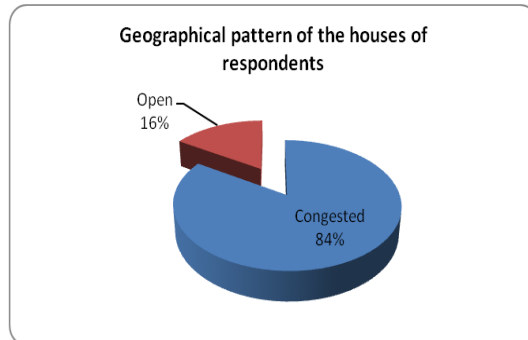
Table # 2: Family Type of Respondents

Type	Frequency
Joint family	14
Nuclear family	36
Extended	0

Respondent's family is an important variable which may have important role in an individual life. Field study concerned with the different form of family that may nuclear, joint, extended

and any other mean according to the choice of respondents. Research study shows that 14(28%) members belongs to the joint family and 36(72%) which is high ratio belongs to the nuclear family while no one belongs to extended family in the specific research field.

Chart-3: Geographical pattern of the houses of respondents



The structural pattern of the standard and substandard houses plays important role in the life of the individual. Geographical patterns of the houses are the determinant factor of the life style of the respondent. Field study concerned with different geographical patterns of the houses that in what sort of housing structure respondents have. The present study shows that 42(84%) respondent lives in congested houses that include double stories and high raise-buildings And 8(16%) respondent lives in openly structured houses. The high ratio of the present study lives in congested and substandard housing structure because the current study is the connection of housing structure and the built environment in suburbs of the developed cities. The respondent geographical pattern shows that how a person poses many complex challenges that involve social and physical environment.

Table # 3: Geographical Pattern Of Houses Are Changing?

Category	Frequency
Yes	50
No	0

Social change also effect on the geographical patterns of the houses and housing structure also gone change. Now days a drastic change is observed in the structural pattern of houses. In the present locale all respondent like 50(100%) are in view that housing structure are changed with the demand of the present age. Because people in urban areas are raising such type of buildings that provide them residential facilities as well as for the sake economic reliance people build multi structural buildings to give them on rent. In developing zone of the cities suitable and adequate housing demand has a short supply. The present field represent an urban-rural drift has affected the changing patterns of houses structure in developing zone of the cities.

Table # 4: How Globalization Is The Main Cause For Change?

Category	Frequency
It creates opportunities	12
People want to access on more facilities	26
Migration	6
Cultural industry	6
Any other	0

In specified definition globalization is general phenomena with political, social, cultural and geographical dimensions. In the present field respondent argues that globalization with its geographical dimension is the major cause behind changing patterns of houses structure. 12(24%) members are of the view that because of globalization cities are developed and create a lot of opportunities and people attract toward them. Then migration occur from rural to urban zone and people began to live in congested houses this is the reason that for getting these

opportunities people prefer to live in congested houses for getting residence.

Table # 5: How Economy Is A Cause Of Changing Pattern Of Houses?

Category	Frequency
People show then wealthy by raising their heavy buildings	28
People give portion of houses on rent for earning money	10
Magazine culture	2
For showing off higher social status	10

Economy is also one of the influencing variables that are the major reason behind the changing patterns of housing structure. In the present locale 28 (56%) respondents are of the view that for showing class difference people raise their buildings without planning that the architectural pattern suit their health or not. 10 (20%) respondent are of the view that multi structural and congested houses because people give portion of houses on rent for earning money.

Table # 6: Changing Houses Pattern and Social Impacts on Human Life?

Category	Frequency
Neighborhood impacts	5
Gaps in social relationship	16
Changing pattern of interaction have been changed	24
Degrades norms and values	5

Housing structure has a wide role in our social life and the changing patterns of construction now a days in this globalization age has social impacts on human life. 5 (10%) respondents are of view that the congested and unplanned houses has a lot of neighborhood impacts. In 24 (48%) cases members were of the view that change in structural patterns of houses also changed the interactive patterns with in family and 5 (10%) respondents are of the view that this changing pattern of houses degrades the norms and values. Because the housing

stocks in congested houses are of such type that creates disintegrate among the family members.

Table # 7: Substandard Housing Structure And Physical Health?

Category	Frequency
It causes asthma	11
Tuberculosis (TB)	3
Fever	2
Parasitic diseases	4
Respiratory	30

The field study explores that housing substandard structure have negative impacts on human physical health and leads to different diseases. Out of 50 (100%) total sample size majority of the respondents that is 30 (60%) argued that bad and less ventilated structured houses leads to some respiratory diseases while 11 (22%) were of the view that it causes asthma only 3 (6%) were viewed that it cause tuberculosis, 2 (4%) were argued that it leads to fever and only 4 (8%) were of the view that it may leads to parasitic diseases because of the congested houses structure.

Table # 8: Changing Pattern Of Houses And Destroyed Mental Health?

Category	Frequency
Tension	4
Depression	8
Anxiety	14
Behavioral changes	24

Nearly the studies suggest that multi-dwelling housing is associated with adverse psychological health. In general, people living in high-rises seem to have more mental health problems than those living in low rises or houses. Majority of the respondents like 24 (48%) were of the view that housing structure directly impacts on changing behavior of human beings because of the unsatisfied environment and structure of

their houses. Some of the respondent's views like 14 (28%) were argue that it may leads to anxiety while 8 (16%) were of the view that it causes depression and only 4 (8%) responded to create tension.

Discussion

Housing structure and stability has been identified as one of the most important predictors of community health even more important than standard sociological variables, such as poverty and racial composition. Residential mobility often makes hurdle toward development of informal local friendship networks, kinship bonds, and local associational ties [11].

Urbanism, increased mobility changing patterns of construction and relaxation of traditional cultural norms yield new patterns of human behavior, which include changes in sexual behavior and the use of illicit drugs. Respondent are also of the view that housing structure are determinates of norms values and behavior. But with the passage of time globalization and urbanization bring a drastic change in the patterns of housing structure and with this change people behavior relation patterns also effected [12].

Globalization is being used in academic discourse as an explanation of all social change. Hirst and Thompson 1999, define it simply: "globalization is the development of a truly supranational economic system [13].

Most of the people, represents their major financial and personal investment in raising their buildings because giving the houses on rent houses perform a function of market place also [14].

Several features of neighborhoods may contribute to poor maintaining a healthier workforce, and economic downturns leading to crises in housing availability and quality. The females are busy in their own life and youngster has their own stock of entertainment in form technological games and

they have no time for older people this create changing patterns of interaction and degrade the traditional norms and values.

Several studies have suggested that some varieties of fungal spores are allergenic and give rise to respiratory conditions. Burr et al identified *Penicillium notatum*, *Cladosporium herbarium*, and *Aspergillums* species in the homes of asthmatic patients and found that the molds gave positive skin test reactions for allergy. Fungal spores are also believed to affect the respiratory tract by producing tissue lesions, by forming saprophytic colonies on mucus plugs, and by causing inflammation and irritation of nasal and bronchial passages and the alveoli [15-17].

According to previous study that provides evidence of poorer mental health among residents of changed pattern houses. Possible explanations for the adverse impacts of living on a higher floor include anxiety about accidents and falls and difficulties with the development and maintenance of social networks [18].

The housing pattern is tremendous significance to human being. The residential settings where people mostly spend of their time are the venue of contact and all social activities and represent their major financial and personal investment. It is very obvious that housing pattern influence human being socially, psychologically and physically. The study first indicates the reliability of the housing structure for the mental health measure described the any main and interactive effects of the housing substandard pattern and briefly summarizes the general findings or trends related to the causes and impact of housing pattern on human life as well as health.

The main highlighted causes behind the changing pattern of houses are globalization, material culture, cultural industry, magazine culture, modernization, to show off wealth, migration and so on. While the main social, psychological and physiological impacts are respiratory diseases, tension, depression, behavioral changes and low social interaction. Most

of the people which are migrated from one place to other place where already population crowd existed are ready to make houses on very small geographical area and even do not care about health issues related to housing pattern.

According to the result most the people are living in congested and modern pattern houses where they are facing some health issues and physically and psychologically. The locale of the study has been selected the area near to Islamabad is called "Bara kahu" because in this specific locale mostly the houses are structured according to modern pattern and crowded geographically.

Conclusion

The study concluded that the construction pattern of houses is modernized and changing day by day which leads to impacts the human life and health. Housing is an important determinant of health, and substandard housing is a major public health issue. The quality, geographic pattern and accessibility of housing are, however, a particularly appropriate area for public health involvement. An evolving body of scientific evidence demonstrates solid relations between housing and health. An increasing modern construction pattern houses leads to some chronic, infectious and respiratory diseases. Substandard housing may also adversely affect mental health, although the evidence is more tentative. Excessive indoor temperature has been linked with irritability and social intolerance. Damp, moldy, and cold indoor conditions may be associated with anxiety and depression.

The study also concluded that are some basic causes behind such issue for example Industrialization, modernization, migration and cultural industry caused a rapid growth in urban populations that was not matched by a sufficient increase in adequate housing. Builders, eager to capitalize on the need for housing, built inferior housing in congested areas of cities. The

alternative or solution should be like that there must be exposure assessment and consultation of individual and should provide education on reducing exposure. There must be community assessment and effective housing policy for the betterment of construction of houses and to reduce the adverse impacts on human health.

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