MENTAL HEALTH AND URBAN ENVIRONMENT

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ABSTRACT
Entrepreneurship has special role in economic development of each country and has a direct effect on people’s economic and social development. Thus, if a country is more active in economic development it will soon develop economically. Developing small scale entrepreneurship activates may improve culture, local identity, diversification to rural agriculture, industrial, service activities and will keep rural population with less environmental damages. This study tries to evaluate entrepreneurship role in rural development. The method of this study was descriptive analysis and data were gathered with both library search and with studying references and field study by using questionnaire. The population was Hossein Abad district in Anar Township. Cochran formula was indicated 5 people. Moreover, the result was calculated with SPSS and Chi test and indicated that since economics of this area is based on agriculture, but there isn’t any entrepreneurship processing in economist, social development in this area. Therefore, rural development doesn’t happen.

Keywords: Entrepreneurship, rural development, sustainable development, Hossien Abad district

INTRODUCTION
The rapid growth of urban population, rapid changes in the social structure, Family breakdown, changes in people lifestyle, increase problems Social, economic, and various emissions not only disrupted the balance of social and economic in the cities, but also is also endangered balance and mental health of urban residents. According to the mental health of citizens, to increase the satisfaction of urban life, is the
The most important task of the city management and all organizations and institutions of the city. We should pay special attention to urban sanitation as the key to the concept of quality in mental health of citizens. Today the cities are subject of two Major challenges: natural hazards such as earthquakes, floods, storms, drought, etc. and risks of new technologies. The emergence of the second type of risk has led to urban planners looking for an ideal concept called healthy city. In fact, through healthy cities, health is considered essential aspects of urban life in the service of sustainable development of the city.

The concept of beauty in all aspects of human life, even with the expansion of the urban environment as well as in urban areas, the basic requirement is always seen beauty in public places, in a way that impacts needs of community in terms of psychological and physical. Urbanization balance and mental health of urban residents is jeopardized. Urban life will survive on complex social relationships and interaction between people in urban areas can harm the context of a variety of behavioral and psychological problems.

Mental health community plays an important role in the sustainable development of human societies as infrastructure development, are healthy and trained people that to be able to advance the lofty goals of community work. Mental health at the individual and societal level can be influenced, in addition, to health care, under the influence of other factors such as socio-economic conditions and behaviors in relation to each other.

2. Mental health

Mental health refers not only to the condition that the person is not sick, but also the person's psychological and physical comfort should be considered.

Ganji defines mental health as "mental capacity to coordinate, pleasant and efficient operation, flexibility in difficult situations, and the ability to recover your balance during and after hard stakeholders"[2]

In recent years, Canadian Mental Health Association, has to offer a comprehensive definition, according to the association, is explained mental health in relation to sustainability and attitudes of self and others, so for the mental health of the environment and social conditions must be created to deal with the facts, with changes, to effectively cope with anxiety, respect for others, helping and altruism, anger management and respect for each other's rights.[7]

3. The urban environment

Between the wide definitions of the city Ratzel," saying that indicate "The urban...
environment is the permanent meeting place of people and their housing" can be considered as a simple definition. Urban environment can be interconnected set of locations, note that is concerned with a network of roads and different types of movement together, from the face of the city, mainly is realized in terms of the perception of spaces and city streets. [4]

4. Theories of mental health
Here are four major perspectives on mental health in relation to the mental health of citizens:

4-1. Medical - biological model
In this model, mental health means the absence and presence of symptoms. Based on this model, the healthy human (of the psyche) is the one who he has not seen signs of mental illness. In this approach, the mental health of people affected by chemical, biological and environmental pollutants that exist in man's environment. Consider measures to reduce these emissions and contamination of air, water, the environment is the concern of professionals.

4-2. Psychoanalytic model
Of psychoanalysis: psychoanalysis as biology-oriented, is based on the concept of balance (of the conflict) between structures, diagnosis and treatment. In this view, mental health will be created by creating harmony between the demands of individual citizens with the expectations, norms and regulations and consistent with the principles of urban life. Therefore the people should be well aware of these norms and try to have a healthy and dynamic society, with all oppositional deal.

4-3. Behavioral model
According to this view, mental health means: being adaptive behaviors and leaving maladaptive behaviors. Adaptive behaviors that aims to bring individual and maladaptive behaviors that prevent individuals from achieving its goals. According to this view, a healthy person is someone who behave in society to achieve its goals. On the other hand the public authorities help citizens having the necessary facilities to achieve their true goals because of personal and social achieve the objectives, the areas of high-risk in the city increases, mental health citizenry falls down in risk.

4-4. Humanism model
In this model, the positive aspects and nature of human are emphasized. This approach reach mental health, urban development and perfection of every citizen's.
If city life provides the growth opportunities and the intellectual excellence and the development of human potential for the citizens, in that case, we will see an increase in mental health in cities. [5]

5. Healthy City
A healthy city is dependent on having healthy citizens and the realization of a comprehensive approach to the concept of mental health and prioritizing this issue in all programs and at all levels of society. For the mental health of urban development should consider to design, build and equip public buildings and equipment and physical facilities for the effectiveness of the mental health of citizens that in the end creates a healthy urban environment and residents' health with mental health.[5]

Urban designers and architects use color, space, architecture and urban furniture elements, for beautification and safety of their citizens, it is necessary to induce psychological findings beauty and peace and the emergence of antisocial behavior, be aggressive profit-takers. The rules governing control the life of the human psyche.

6. Mental Health and Healthy City
Today, cities are facing to two major challenges: (1) natural hazards such as earthquakes, floods, storms, droughts, landslides and (2) risks from new technologies. The second type of risk has led to the emergence of urban planners looking for an ideal concept called healthy city. In fact, in Saalm, health is considered essential aspects of civic life and in the sustainable urban development of city.[5]

Mental health benefits are: a) well-being and social prosperity that all aspects of life takes from home to school, university, work and social life. B) respect for human dignity is the character and to the respect for individual character and human dignity lose sanity, mental balance, and improve human relations will have meaning. C) mental health and psychological will do resistance to the emergence of behavioral disorders in patients and healthy environment. This means that to the extent they have a community of healthy personality of the higher level of mental health.[5]

Health care of the citizens of any country that has three basic issues of physical, mental and social consideration. With the increase in mental illness, financial and moral losses caused by this disease and the lack of facilities, resources and expertise to provide the service to them, it seems that in this context it is essential precautionary services and is required to mental health as a positive asocial action, economic, medical and health aspects. [6] Mental health and healthy
mentality interaction with people who are
natural social phenomenon. It can be outside
the realm - mental health activities such as
social, economic and cultural, counseling and
psychotherapy is the real territory. Man
under the influence of environmental
conditions and individual factors unpleasant,
loses his balance and mental relaxation and
with issues such as stress, anxiety and
depression and frustration can lead to
aggression, violence, any of the mentioned
symbols and mental diseases.
The configuration and structure of the city,
mainly with regard to social and cultural
functions develope. This means that you
must first understand how they parallel the
needs of the services citizens are provided
need a social relation, perfection and
excellence, psychological and spiritual
comfort. So officials must provide the basis
for developing a behavior norms, this should
be done within the framework of cooperation
with other design professionals, behavioral,
sociological groups and other stakeholders.
[5]
Kaplan with four characteristic for urban
landscapes outlined a theory that it is
planning to increase its impact.
1. be away from everyday environment
Natural environments such as parks, forests
and lakes are the perfect place for a change in
everyday life. By distance between everyday
exposure to negative conditions in urban
environments and stressful situations can be
achieved the blink of an everyday habit.
2. The ability to attract Environment
Nature and landscape architecture should
seek to provide solutions that attract more
people to the natural environment.
3. Create a sense of vastness
The natural landscape of the city should be
designed in such a way that a small piece of
land and suggested a sense of wideness and
area of practice. Because it will have the
greatest impact on the citizens.
4. Consistency and matching
design of urban landscapes such as parks
should have the ability to meet the needs of a
wide range of subjects and is compatible with
human needs. [5]
7. The green spaces and mental health of
the city
The welfare of both the material and spiritual
life or spiritual divided spiritual comfort
factors are more important than the rest. One
of the external factors provide comfort and
well-being in crowded urban spaces of green
spaces urban that it has proven to comfort
citizens far lot of research on the impact.
Therefore, today the crucial role of urban
design and planning is emphasized in order
to maintain the urban environment with
green spaces and nature. History of green space and history of architectural and urban shows that green space is important to the human past periods of the establishment of gardens and green spaces in cities, however, was the first to realize that time is not separated nature and its original. For instance expression of this attitude can be pointed out "outstanding Hadaegh" (Hanging Gardens of Babylon), also in the 5th century BC, Greek architectural style, have the columns in the shape of flower basket and columns of buildings can be brought in Ivy. In Iran during the Achaemenid around their urban were established in fruit orchards. Examples of this garden can be named in Isfahan, Shiraz Paradise and Kashan Fin.

Frdrlyavavlmsd, expert architects in the 19th century to describe the presence of nature and the natural landscape to reduce stress raised the daily life of citizens. He designed independent routes for walking and riding fast and slow in New York's Central Park plan and by the integratinon of the gardens in the metropolis, maintained specifications pristine gardens and the natural order to remain their contrast with the town.

Nature and green spaces that served many years as the heart of the human habitat and was in the best location and the opportunity, to be with neglect of residents is declining and oblivion.

Due to the increasing environmental pollution and separate the human spiritual needs of natural and historical interest, in the design of new urban is not separated from green space.

The effects of green space in urban environmental performance of their cities as the environment, human society has a significant and adverse effects of improper IT industry and users meet and enhance the quality of life in cities. Increasing population have caused natural resources and environmental air pollution damage, meanwhile, Article 5 of the constitution protect the environment in all treated task.

The most important effects of green space in cities, reduce air pollution and noise pollution, temperature adjustment, increase the relative humidity, air stylized and attract dust. [1]

The impact of landscape and green space on the mental health developed in recent decades and different theories have been raised about it, including stress improvement Ulrich theory, which holds that the natural landscape, the potential tends to reduce stress levels, while made scenery available not only
not prevent recovery from stress, but can cause stress.

Basically green space in cities is mental comfort, efficiency and quality of work, and superior life in addition to physical health. The first feature that distinguishes the 20th of the previous century and dividing the city from rural areas, is that humans are the prime factor affecting the urban environment. The first feature that distinguishes the 20th of the previous century and dividing the city from rural areas, is that humans are the prime factor affecting the urban environment. Urban environment for the interaction with other areas of health in cities Urban environment for the interaction with other areas of health in cities has bilateral relations, as cities developed ability physical space to impact on health is growing.

Numerous highways and streets are destroyed green spaces and a reason to increase the number of car accidents and the resulting increase in noise pollution in cities. Many studies show that green spaces are associated with overall health and function better mental health. Use unleaded gasoline cars has increased the quality of the environment. High levels of lead may be used to create human embryos before birth defects and deficiencies facing people with mental illness in adulthood was associated with attacks. The most common example is used to the effect of environmental toxins in the prevalence of mental disorders. Exposure to noise can cause hearing disorders, psychological distress and increase blood pressure, so it is important the environment on behavior, mood and spirit of citizens. Today's cities and metropolitan are extremely located vulnerable to consumerism, spirituality and removed rejection manifestations and expressions of beauty. Tehran metropolis as one of the outstanding examples of this new civilization is no exception.

Several studies conducted in different countries, including Iran, suggesting that urban life brought with the issues and problems for citizens. For example, the lack of clean air, low physical mobility of citizens, harsh working conditions, traffic congestion, immigration, marginalization and culture of urban life on nutrition, recreation, social relationships caused by stress. And also led to mental health and ultimately reduce the quality of urban life. Social problems such as addiction, suicide and mental disorders are the result of the stress of city life.

The rhythm of life and various urban spaces stimulate too nervous system and it will lead him to the boredom and stress. City life can
often hidden and subtle effects on the mental health of its citizens. [5]

CONCLUSION

Given the important functions of urban green areas and their key role in the sustainable urban development of this review we find that the creation of green space ideal is the solution for many acute problems of the city that in addition to improving the quality of urban landscape in terms of aesthetics and perception of effective identity can be physical and economic destruction, loss of life, pollution, congestion and prevent migration of the middle class of the city center and vibrancy to downtown areas and about it, and people are encouraged to volunteer that achieving an environment that more citizens to social welfare and mental health needs would be able to meet the human needs to be remembered.

We can say in the formulation of urban legislation, and control and ultimately leads to breaches of laws by some citizens and by other factors such as population density, irregular migration to cities and urban areas in terms of quality of service urban, health and welfare services, the fields of urban crime and provides psychological problems. Problems of urban life such as stress, psychological disorders, and substance use trends in the urban fabric can be quickly such a dangerous viral spread in different layers of society and a huge range of people directly and indirectly involved the psychological problems. Therefore, it is necessary to clearly identify social and psychological intervention when, prevent the spread of these problems in society.

Although urban life has provided many demands of modern life, but because of the many difficulties and subtleties, it also needs some compromises. Several studies conducted.

Different dealing with unpleasant events in many cities, are mainly at the expense of citizens and makes them all the more affected by a potential relationship between urban conditions and mental illness. Because the environment on behavior, mood and mental citizens have noticeable effects, according to the design, implementation and maintenance of physical spaces, will have an important role in the mental health of citizens. The importance of increasing the amount of chlorophyll face of the city and urban life at all levels and the effect of stressful environment. Create paintings with the theme of landscapes on the walls can cause relaxation and stress reduction of city’s mental health. Design and manufacture of hygiene in public places of the city, waste management and recycling of waste and also
play an important role in the mental health of the city. For promoting the health of citizens must be trained to see and urban management, and is necessary all related organizations to develop and equip health facilities and health area.

No doubt, it is important to create a sense of belonging to the city and public participation in municipal affairs that concern urban planners and managers and also a sign of maturity of citizens and laying the groundwork for sustainable urban development, it is not possible because without proper context, mental health of citizens and create a relaxed atmosphere and healthy to live in. Therefore, to develop and institutionalize mental health of the citizens can not achieve the goals and strategic plans of the city. Healthy city depends on having healthy citizens, and this can not be achieved without a comprehensive approach to the concept of mental health and prioritizing this issue in all planning, social and cultural development, policy, urban design and development citizenship education at all levels of society.

Due to the large meaning of mental health and influence in mental, individual and social psyche and behavior of citizens in need of mental health urban development strategies to be considered in five different areas:

1. The social and cultural approaches to urban development of mental health
2. Spatial development strategies for urban mental health
3. Mental health of urban environmental strategies
4. Strategies for urban economic development of mental health
5. Executive management practices and urban development of mental health

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