The Effect of Indoor Air Quality on Mental Health Through Physiological States: Literature Review

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Abstract

Exposure to polluted air quality has been a problem and caused several adverse effects on our body especially cardiovascular and respiratory systems within our body. However, there is little research and evidence regarding the effect of indoor air quality and its effect on our physical and mental health. The purpose of this paper is to explain the adverse effects of air quality on mental health and several factors for considerations. The method used for this literature review by analyzing literature from international databases, such as Science Direct and National Library of Medicine. The result of this literature review explained that poor air quality will have adverse effects in our cardiovascular and respiratory system. This condition may cause several effects to our mental health including anxiety, depression and sleep deprivation. One of the main components that can cause this are aerosols which emitted from spray, indoor gas stove, e-cigarettes, bioaerosol, and several factors from outside. In conclusion, indoor air quality has become an important factor that can be used to improve quality of life especially in an urban setting. Therefore, further research is beneficial to be able to provide solutions that can mitigate the problems.

K**eywords*:*** Air quality; Mental health; Indoor; Aerosol; Physiology.