

## **ABSTRACT**

Environment, its condition and environmental factors influence human wellbeing both directly because it has direct impact on human's physical health and indirectly because it can cause stress and therefore have negative effect on wellbeing and health. Aim of this work is to find out which environmental factors and problems can cause stress and what factors, how and why, have impact on emergence of environmental stress and coping strategies.

Important factors influencing environmental stress and especially coping strategies are stressor characteristics, perceived impact, coping resources, and especially perceived capability to cope with the stressor which is strongly influenced by information and experience and by behavior of others. An individual chooses passive or active coping strategy depending on these factors. Pro-environmental behavior could be one of these active coping strategies.