



Life Style Changes for Environment and Sustainable Development

Ranjeet Kumar^{1*}

¹Assistant Professor, Department of Management, MMHA & PU, Patna, India.

Email ID: ranjeetcan1978@gmail.com¹

***Orchid ID:** 0009-0000-1028-4156

Abstract

In the changing world economy scenario and due to consumerism name became a major factor for industry to make a product and services as per customer choice. This consumerism impacted on a large scale in the competitive market due to increase in purchasing power people are demanding new product with special features and corporate houses are somehow compromising on sustainability of development resulting in fast and rapid exploitation of natural resources although government name imposed several restriction on consumer market like ban on plastic, ban on wildlife product, less use of germicide and pesticide in packet foods, waste disposal system at every industry, ban on excessive use of water resources, ban on old vehicle use of green energy, bio fuel, solar energy etc.

Keywords: Sustainable Development, Environment, Biogeochemical Consequences.

1. Introduction

Now-a-day life styles of people have been changed on a large scale due to growth of economy. Everyday people make choices in their lives that effect the environment, the climate and other species. Due to sustainable development people have develop an attitude to show off and become modern. In this way they are forgetting about the consequences and implication an environment and our cultural value even in rural area people adopting modern life style by use of an unhealthy and unhygienic commodities and material. The survey show that due to increase in purchasing power of the people in rural area 60% youth are using modern life style either by using electronic gadget or by eating fast food and also using auto and motorcycle. At least 70% youth in rural area are expending on fashionable items and cosmetics. The figure in urban area is also very high 90% people in urban area are being habituated of living modern life style. Due to large developmental activates in our country and other part of the world a large number of infrastructural facilities has been created by government and private firm like metro rail, shopping mall, cafeteria, hotels, restaurant,

entertainment and recreational center, park, zoo safari modern tourist places people are enjoying these facilities and expending more on these services. So, we can say sustainable development brought a dramatic changes in the life style of the people [1].

2. 12 Ways to Live More Sustainable

From what we eat, what we wear, how many children we decide to have there's a let we can do to choose wild and reduce our environment foot print to leave more for wild animals and plants by following step we can make our life style environment friendly [2].

- Think twice before shopping
- Make sure your big purchase have big environmental benefits
- Go #plastic free
- Bycott product that endanger wild life
- Use less water avoid water bottles
- Do more plantation
- Drive less drive green
- Make your home and surrounding clean and greenery
- use alternate source of energy



- Choose to have a smaller family
- Be concerned about health and environment
- Use your voice and your vote for betterment of our society
- While use any packaged product than you should check the level

3. Sustainable Life Style Factor

Sustainable living is a demand of time people should be more aware about their life style and living standard that may harm our environment. Sustainable living is based on four main pillars

- Minimizing waste
- Limit the use of natural resources
- The wise use of environment and
- Ensuring quality of living environment

Another example of sustainable life style is buying items made using recycled materials and designed to be zero waste. Many cosmetic company and food processing industries produce items in bottles and jars made from recycled product. You can also use clothing, bedding and furniture items made from alternate sources.

4. Factors for Healthy Life Style

If people will be healthy then he will have less demand of medicine and other unwanted expenditure. So people should be more aware about their good health [3]. Following are factors which can improve individual body health.

- Getting enough sleep
- Eating a healthy diet
- Do exercise and keep physically active
- Maintain healthy body weight
- Avoid smoking and alcohol
- Keep yourself happy and be positive always

4.1 How Technology Changes Human Life Style

With the new innovation in technology and other sector human life style has changed on a great extent. As per survey in 2023 technology changed life style of almost everyone from transport efficiency, food, healthcare, socialization and productivity everywhere we found changes [4]. Now access of information became easier productivity in industries and other service sector

has been imposed in health and pharm sector there are lots of innovation and research happen which have changes life style of people. Mobile and communication technology make peoples life more easier now people get socialize easily they are expressing their opinion, idea and thoughts to a large group of society through many media sources. Average life of people has been increased but all this changes should not be happen by compromising our environment. There must be sustainability among all these factors of growth.

4.2 Demographic Factors that affect the Effect Life Style

Demographic factor includes people's

- Income
- Age
- Gender
- Ethnicity

Population includes all group of people having different income and life style. Development of real estate development opportunity we can find the population include more home owners or renters. If they use home owners how likely are they to purchase home furnishing renovate their homes spends more on landscaping their yards. It is well understood that product and services choices vary among different group of consumers and this is based on their demographic states. Post pandemic economic situation also change life style of people globally [5, 6].

4.3 Relationship Between Health Sector and Sustainable Development

Model of casual relationship between the health and pharma sector the climate and environment system and human health and life style Global environmental changes such as climate changes and less of biodiversity greatly impact human health and wellbeing hence increasing and altering the demands in the health sector contribute to significant negative effects on environment through large consumption of energy and resources as well as pollution caused by pharmaceuticals. At the sometime the health sector has great opportunity to contribute to reduce human impact an environment. The concept commission on health



and climate change constitutes the great global threat to human health during the century and already the consequences of climate change and air pollution affect the health of people worldwide. It was estimated that 4 of the 9 boundaries climate change loss of biodiversity, land utilized by humans and altered biogeochemical cycles have already been crossed. Those global environmental changes will be in the coming time. To take on the worldwide environmental challenges the 2030 agenda for sustainable development was adopted by all the members' state of United States in 2015. The agenda includes in sustainable development goals (SDG) defined in 169 targets.

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4.4 Unhealthy Life Style

Approximately 36% people shows there are unhealthy behavior and 23.9% reports to unhealthy behavior while 12% report having

multiple unhealthy behavior like smoking, drinking (alcohol) inactivity obesity and fast food habit. About 95% of the world population has health problems with over a third having more than five ailments. 40 to 95% habits are involuntary behaviors controlled by subconscious mind. How much of what we do is habitual? Studies by neurologist cognitive psychologist and other indicates that from 40 to 95% of human behavior how we say what we act and what we follow falls into the habit category [8].

4.5 Sustainability Statistics and Habits that Help the Environment

- Around one third of food is wasted a lot every year
- Around 10% of people globally breathe polluted air
- It takes 660 gallons of water to make a burger
- It takes 4000 year for a glass bottle to decompose
- By 2050 food production will have to increase by 60% for the world to have enough food
- Just 41% of the water on earth is safe for drinking
- To produce Sunday newspaper every week 500000 trees are cut down
- With a recycling rate at 63% Austria is first on the global list
- Approximately 12 million cars are recycled each year in US
- Globally around 14 billion people live without drinking water

4.6 Position of India in Sustainable Development

In the 2022 global index of SDG, the country ranked 121 out of the 163 countries. It had ranked 117 in 2020 and 120 in 2021.

5. Main Indicators of Sustainable Development

5.1 Social

- Social and Ethical value
- Role of Women
- Access to land and resources
- Community structure
- Literacy and employment

5.2 Environmental

- Global climate change/ sea level rise
- Sustainable use of natural resources
- Sustainable tourism
- Restricted carrying capacity
- Increase in plantation/ forestry

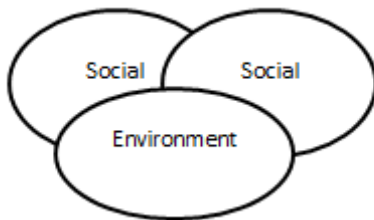


Figure 1 Main Indicators of Sustainable Development

These goals are integrated and inseparable and include all 3 mains of sustainability economic, social and environmental, as shown in Figure 1. To achieve these goals all stake holder should have to make special efforts. They must have to change

their life style they have to become environmental friendly they have to take responsibly and accountably for protection as our environment growth of our economy should be sustainable. By this call we hope our society will empower them self to achieve target of sustainable growth of economy worldwide.

6. Sustainable Development Data

Still it is very dissatisfactory data regarding achievement of sustainable development goal. Hardly 12 to 13% SDG have been achieved throughout the world. As per report available the SDG summit in New york it had been decided to conduct the SDG summit every four year according to the framework of the United Nations General Assembly in between global challenges like Ukraine Russia war, Covid-19 pandemic and Israel Palestine conflict SDG goal are still reach a half way. Goal 3 is to ensure healthy lives and promote wellbeing of the all states of the society by balancing healthy life style, as shown in Figure 2.

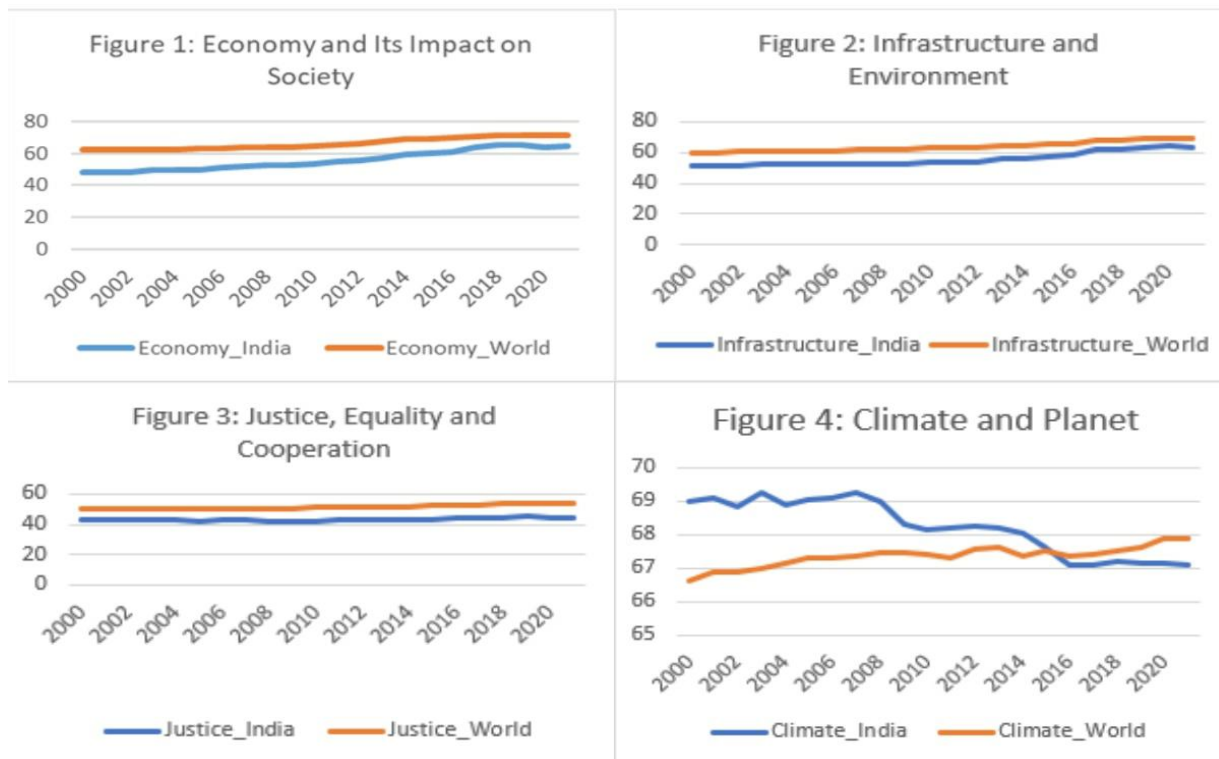


Figure 2 Sustainable Development Data



6.1 The 2030 Agenda and its Goals after a Wide Range of SDG

- The development should be an ethical value based such as equality and respect of human rights
- Comprehensive approaches such as adequate financing, scientific research and innovation and subsequent follow-up
- It is the need of the hours that new idea and way of thinking multidisciplinary action and approach
- The focus should be given to strengthen health systems towards universal health coverage
- Monitoring and evaluation of new science and technology to handle large volume of data for tracking progress towards goal 3 and all other targets and goals related to health

6.2 Government Initiative to Manage Life Style and Sustainable Development

Government of India has made many provision regarding development and safety of our environment. They have made long term and short term goal to achieve its SDG target by without harming any environment and people's health. NITI Aayog is the nodal agency for achieving the SDG goals leading the 2030 Agenda with spirit of co-operative and competitive federalism.

Current policies of Government of India are,

- Swachh Bharat Mission (SBM)
- Beti Bachao Beti Padhao (BBBP)
- Pradhan Mantri Awas Yojna (PMAY)
- Pradhan Mantri Jan-Dhan Yojna (PMJDY)
- Pradhan Mantri Jeevan Jyoti Bima Yojna (PMJJY)
- Pradhan Mantri Suraksha Bima Yojna (PMSBY)
- Deen Dayal Upadhyay Gramin Jyoti Yojna (DDUGJY)
- Pradhan Mantri Ujjwala Yojna (PMUY)

The Government has made a very significant progress towards achieving several sustainable development goals (SDGs). Some notable achievement includes, Goal 1: No poverty India has successfully lifted millions of people out of poverty,

reducing the poverty rate for 45% in 1993 to about 44.96% in 2019-2021. The country registered significant decline of 9.89 percentage point in India. The rural areas witnessed the fastest decline in poverty from 32.59% to 19.28% upto 18 July 2023.

6.3 Comparative Study of Poverty Rate in India and World

As we have already mentioned that the current poverty rate in India is 14.9% while the highest poverty rate is 82.3% in South Sudan which indicates severe economic challenges and need for significant humanitarian and development aid. In India, Bihar is considered to be one of the poorest states in the country. However Bihar manages to bring down the number from 33.76% in 2020-21 to 26.59% in 2022-23. Other poorest states in India are Jharkhand, Meghalaya, Manipur, Assam and Madhya Pradesh.

6.4 Food Security National Policies

The National food security act (NFSA) 2013 is a law that provides foods and nutrition security to the people of India [9-12]. It covers about two third of the population who can get subsidised food grains through the targeted public distribution system (TDDS)

6.5 Effect on Environment due to Developmental Activates

Due to heavy industrialisation and other development activities in the field of manufacturing, infrastructure agriculture and service sector there is a large impact on environment specially in pollution factor such as emission of CFC, wastage and garbage, cutting of trees and emission of poisonous gases from factory and industry causing a very alarming health issue on the people as well as flora and fauna and water system. Peoples are also responsible for these effects they want to live a very modern and luxury life style and demands of product directly obtained from trees and plant is a very services concern for the government [13].

6.6 NITI Aayog SDG India Index

NITI Aayog Vice Chairperson Dr Rajiv Kumar launched the report titled,SDG India Index and Dashboard 2020-21: Partnerships in the Decade of Action, in the presence of Dr Vinod Paul, Member



(Health), NITI Aayog, Shri Amitabh Kant, CEO, NITI Aayog, and Ms. Sanyukta Samaddar, Adviser (SDGs), NITI Aayog. Designed and developed by NITI Aayog, the preparation of the index followed extensive consultations with the primary stakeholders—the States and Union Territories; the UN agencies led by United Nations in India; Ministry of Statistics and Programme Implementation (MoSPI), and the key Union Ministries. “Our effort of monitoring SDGs through the SDG India Index & Dashboard continues to be widely noticed and applauded around the world. It remains a rare data-driven initiative to rank our States and Union Territories by computing a composite index on the SDGs. We are confident that it will remain a matter of aspiration and emulation and help propel monitoring efforts at the international level,” Dr. Rajiv Kumar, Vice Chairman, NITI Aayog said during the launch. With one-third of the journey towards achieving the 2030 Agenda behind us, this edition of the index report focuses on the significance of partnerships as its theme. Shri Amitabh Kant, CEO, NITI Aayog said, “The report reflects on the partnerships we have built and strengthened during our SDG efforts. The narrative throws light on how collaborative initiatives can result in better outcomes and greater impacts.”

On the theme of partnerships which is central to Goal 17, Dr. Vinod Paul, Member (Health), NITI Aayog, said, “It is clear that by working together we can build a more resilient and sustainable future, where no one is left behind.” “From covering 13 Goals with 62 indicators in its first edition in 2018, the third edition covers 16 Goals on 115 quantitative indicators, with a qualitative assessment on Goal 17, thereby reflecting our continuous efforts towards refining this important tool,” said Ms. Sanyukta Samaddar, Adviser (SDGs), NITI Aayog. NITI Aayog has the twin mandate to oversee the adoption and monitoring of the SDGs in the country, and also promote competitive and cooperative federalism among States and UTs. The index represents the articulation of the comprehensive nature of the Global Goals under the 2030 Agenda while being

attuned to the national priorities. The modular nature of the index has become a policy tool and a ready reckoner for gauging progress of States and UTs on the expansive nature of the Goals, including health, education, gender, economic growth, institutions, climate change and environment [14].

7. Research Methodology

Studies are based on the primary and secondary data from available sources like internet journal and article. A wide range of public and private organisation is the major and important source of data analysis [15]. Government department are the primary data sources. Finally our finding from the project shows that data from some organisation, private agencies and government are confidential and not available to the public even though most of these confidential data are important in assessing SD performance.

8. Data Collection

It is always important to know that the data collection method to determine how well the data represent reality like most research studies the entire project depends on existing data.

Conclusion

Sustainable development and life style changes are synonymous as where there is same development works happen there are jobs created and this jobs creation effects results into change in life style of the people. As we have mentioned earlier that government have made many policy and scheme to enhance the income level of the people. Public are getting direct benefits from the government through the banking system. Banking system also plays a vital role in improving life style of the people. Banking system is also assisting many agency and organisation who are working for general public and protection of the environment.

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