

A STUDY ON AWARENESS AMONG STUDENTS WRT THEIR ROLE FOR A SUSTAINABLE LIFESTYLE

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Abstract:

This research paper is based on the awareness among the adolescences wrt the role for sustainable lifestyle. The objective of the study was to find out the awareness among the adolescences wrt their role in sustainable lifestyle. The study was conducted on secondary school students who are at the verge of career selection for their future life and at this stage the sustainable life style is of utmost important. A random sampling technique was preferred for the study. The data was collected by distributing a structured questionnaire to 125 respondents on online mode. The data collected was analysed and concluded in the paper.

Keywords: *Awareness, Sustainable Lifestyle, Adolescence*

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Introduction:

Sustainable development – an ability to meet the needs of the present without compromising the ability of future generation to meet their own needs.

Sustainable lifestyle is living a lifestyle in reducing the use of earth's natural resources and making the right choice for a better tomorrow. In other words Sustainable Lifestyles is considered as way of living, social behaviors and choices that minimize environmental degradation (use of natural resources, CO2 emissions, waste and pollution) while supporting equitable socio-economic development and better quality of life for all. Sustainable living means understanding how our lifestyle choices impact the world around us and also finding ways for everyone to live better. Applying a 'people lens' to sustainability is a new, timely and much needed step to check the misuse of natural resources. Sustainable living and lifestyles for the first time appear in the Sustainable Development Goals (4 Education and 12.8 Responsible Consumption). UN Environment Programme is at the forefront of looking into what sustainable lifestyles are and how decision-making can be better harnessed for sustainability. How can governments and schools support and measure in bringing the change? The role of Community involvement is crucial in sustainable development. Each individual and community needs to understand what is sustainable development and why it is important by educating each other in schools, organizations, and communities. Sustainable development aims to meet individual needs without compromising the ability to meet the needs of future generations. Communities will get directly affected by the development of projects, and their participation is crucial which will ensure developmental goals to meet their needs.

Need and Significance of the study:

Many people are unaware of a sustainable lifestyle and why it is important. There is a need to start creating awareness through social media channels. Educate community members, students in particular. Considering this the researcher felt it to be most important to check the awareness among the adolescence who are going to be the future citizens. Their awareness with respect to sustainable lifestyle and their role in the future is going to be very crucial. As the world is changing and becoming more technology oriented and getting things in hand with the carefree attitude, what awareness they have with the future Earth resources and how they make their life lead a better life. The above questions are very crucial and needs to be checked. keeping this in mind the researcher took up this topic for study.

Research Problem: Research problem formulation is to identify factors for which research is to be carried out.

A problem should neither be defined too broadly nor too narrowly. So the research problem here is:

“A study on awareness among students wrt their role for a sustainable lifestyle .”

The research questions are as follows....

- Are the students aware about the term sustainable lifestyle ?
- Are the students aware of their role in sustainable lifestyle ?
- How can they bring change in the environment through their lifestyle ?
- What efforts can be taken by the school/ government to make adolescents aware of the role in sustainable development?

Objective of the Study:

1. To study the awareness of adolescence WRT sustainable lifestyle
2. To find out the awareness of their role for a sustainable lifestyle among the adolescents

Research Methodology: The survey research design was used for this study, as survey research attempts to collect data from students of secondary school students of 8th and 9th standard. For the present study this design was suitable because the researcher intended to collect data meant to ascertain awareness among secondary school students wrt sustainable development and their role in it.

Sample Design: A Sample Design is a definite plan for obtaining a sample from a given population. It refers to the technique used in selecting items for the sampling designs.

Sample Size and Data Collection Procedure: The study is based on a convenient sample of 125 students of secondary school students of English and Marathi medium schools. Each were from the city of Ambernath and nearby areas. Tool used was a questionnaire of closed type i.e Yes/No type of questions were framed. The tool consisted of topics related to sustainable lifestyle, its meaning and certain day to day life situations which we all undergo. The statements were to study the awareness among the students of their role for a sustainable lifestyle. Questionnaires were administered on the participants and they were briefed about the purpose of the study, and thus the questionnaire was filled out

Sampling Method: Non-probability sampling method: Convenient Sampling

Data Collection Technique: The data was collected Primarily by Questionnaire by means of online mode, with

a view that respondents fill it and send it asap. The data thus collected was analysed by calculating the percentage of responses.

Major Findings of the Study:

- 90% of respondents agreed that they donate unwanted, slightly used clothing, furniture and other household items to local non-profit organizations as recycling of the old things.
- 80% of the students said that they choose to cycle or walk if going somewhere instead of using a motor vehicle.
- 75% of respondents said they always separate food waste before putting out the rubbish when they have the chance.
- 62% of students agreed that they often do things which are not good for their health
- 85% of respondents said that they use both sides of a paper to reduce paper waste.
- 65% of respondents have noticed an increase of climate change related discussions in media in recent times
- 77% of the students agreed that use of carpool or ride sharing to commute is needed to control the Co2 emission from vehicles.

Discussion: The research focuses on the level of awareness of adolescents on their role in sustainable lifestyle. The study reveals that the level of awareness is quite good in various areas related to sustainable lifestyle contained in tool. When the young generation is made aware of the environmental hazards caused they will be ready to take necessary precautions and preventions to lessen it. Sustainable lifestyle is the definite answer for it. The above research was an attempt to create awareness through tool and to know the remedial measures to be taken.

Conclusion: From the above findings it can be concluded that there are so many things which can be done in our own little way of living sustainably. Like changing your food style, fashion sense, selecting the modes of transportation, and energy habits can make a real difference. In addition to this, awareness can be created by assigning projects, going on peaceful protests, and advocating for sustainability on social media. The future lies in the hands of the youngsters!!!

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