



# URBAN LIFESTYLE IMPACTS ON ENVIRONMENT

Nishtha Ranpara<sup>1</sup>, Harshal Purohit<sup>2</sup>

<sup>1,2</sup> M. Sc. Microbiology (Semester - 4), Department of Microbiology, Christ College

Vidya Niketan, P. B. No. 5, Saurashtra University P O, Rajkot -5, Gujarat, India

Email address: <sup>1</sup> [nishthajbranpara@gmail.com](mailto:nishthajbranpara@gmail.com), <sup>2</sup> [harshal2199purohit@gmail.com](mailto:harshal2199purohit@gmail.com)

## • **INTRODUCTION**

Life is becoming faster and to cope up with the fast life, somewhere consciously or unconsciously, we are pushing our responsibility towards our environment in a backseat. We might not be aware regarding whether our daily habits are causing any harm to our environment. As people are giving more time to their career, there are certain habits we are not taking care of. Multinational companies with their marketing skills are trying to sell us things whether it is their packaging material or the product itself, is harmful. Say for example, a packet of detergent. Majority of packaging material used is plastic. The detergent itself contains a lot of chemicals which when discarded in natural environment harms the environment. Environmentalists are working towards making our world better, for us as well as for the nature and living forms living in the world.

## • **OBJECTIVE**

To study the impact of urban lifestyle on our environment.

## • **REVIEW OF LITERATURE**

In recent years, there have been concerns among the general public and academics that sustainable consumption is now very important. So accordingly, several firms such as Target and research studies such as Manchiraju & Sadachar, 2014 have focused on sustainable consumption, may it be fashion or anything else [1]. The definition of sustainable consumption as stated in the seminal Brundtland Report which was released by the World Commission on Environment and Development (WCED 1987) was that 'Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs' (p. 43) [2]. Two of the major pollutants from personal-care products are the harmful ingredients and plastic which impact the planet in the long term and your body almost immediately [3]. Humanity is producing approximately 300 million tonnes of waste annually and half of this is single-use products [3]. Around 8 million tonnes of plastic end up in the ocean every year [3]. 'The effectiveness of green technologies in modern cities, especially in waste management, depends on the level of participation of citizens. People are active participants in the life processes of cities and have a direct impact on the urban environment'<sup>1</sup>[3].

<sup>1</sup> Adapted from the book *Bare Necessities – How to live a Zero-waste Life* by Sahar Mansoor & Tim de Riddler

## • RESULT AND DISCUSSION

A questionnaire-based study was carried out using Google forms. Various questions were asked regarding an individual's habits towards well-being or harm to the environment. 130 participants were taken as samples for this questionnaire-based study.

There are in total 7 sections in the questionnaire related to transportation, electricity, plants and plantation, water, food, plastic and daily habits.

Following were the results obtained:

Basic information such as the age group, gender, occupation, stream and educational qualification of the respondents were collected.



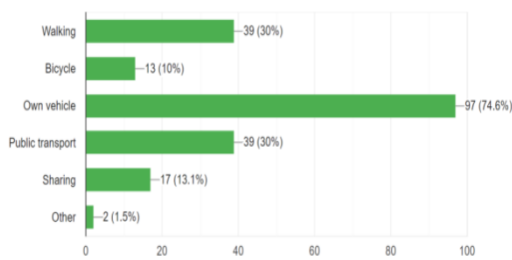
- **67.7%** respondents were below 25 years of age.
- Majority of respondents i.e. **66.9%** respondents were females.
- **61.5%** were students.
- **67.7%** belonged to science stream, followed by **19.2%** belonging to commerce stream.
- **46.9%** were post-graduates, followed by **43.1%** graduates.

### 1. Transportation

This section of the study included 4 questions regarding usage of vehicles and transportation.

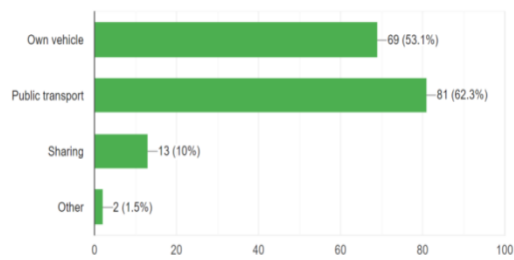
How do you commute across your city?

130 responses



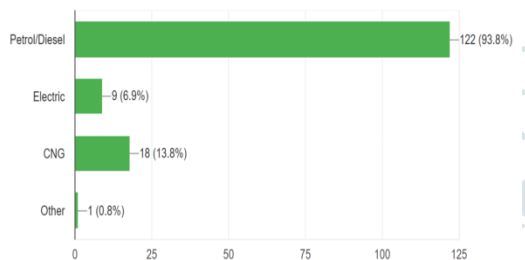
How do you travel outside the city? (Most probably near-by distance to your city)

130 responses



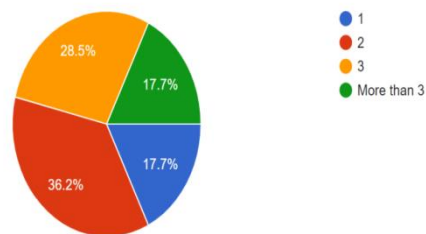
What type of vehicle do you use?

130 responses



How many vehicles do you and your family own? (Ran by petrol/diesel/CNG)

130 responses



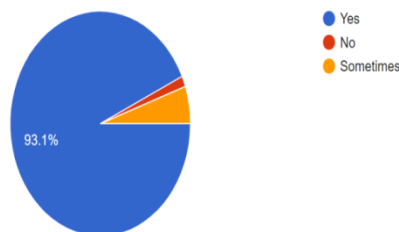
- **74.6%** used their own vehicle for transportation in the city with **93.8%** of them running on petrol or diesel which emits greenhouse gases in the atmosphere.
- From which **28.5%** owned 3 vehicles in their family and **17.7%** owned more than 3 vehicles.

### 2. Electricity

In this section of the study, 4 questions regarding use and misuse of electricity were asked.

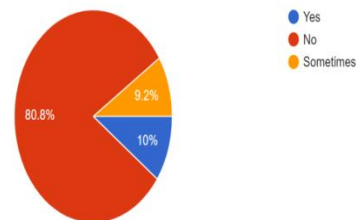
Do you turn off the electrical appliances when not in regular use at your house?

130 responses



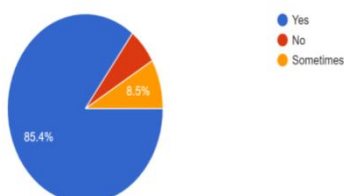
Do you over-use electricity outside your house like of your office, school, college, workplace or public place?

130 responses



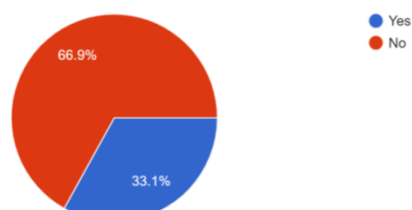
Do you turn off any electrical appliance outside your house when you see it is being not used or is getting wasted?

130 responses



Do you use any solar-powered energy at your home?

130 responses



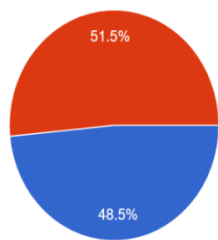
- While discussing about electricity, **93.1%** respondents chose to turn-off electrical appliances which were not being used at their homes regularly.
- **80.8%** respondents preferred not to over-use electricity at their workplaces and **85.4%** chose to turn-off the electrical appliance which was not being used and was getting wasted outside their homes.

### 3. Plants and Plantation

This section of the study consists of 5 questions regarding indoor and outdoor plants, kitchen garden and awareness regarding the benefits of plantation.

Do you have a house garden?

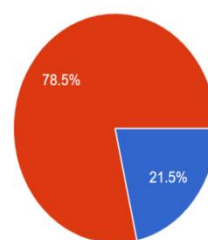
130 responses



Do you have a kitchen garden or grow your own vegetables and fruits?

130 responses

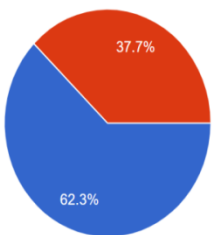
● Yes  
● No



● Yes  
● No

Do you have indoor plants inside your home?

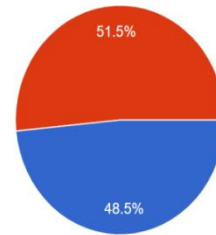
130 responses



● Yes  
● No

Have you ever gifted a plant to your friend, relative or colleague?

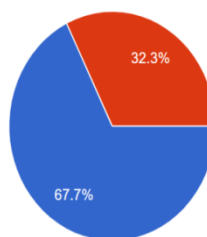
130 responses



● Yes  
● No

Do you participate in tree or sapling plantation?

130 responses



● Yes  
● No

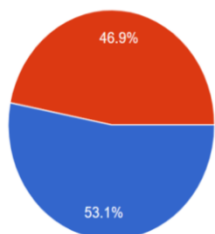
- **51.5%** respondents have a house garden and **62.3%** respondents have indoor garden.
- **67.7%** people participate in tree plantation.

### 4. Water

For this section of the questionnaire, respondents were asked 5 questions about their awareness, use and misuse of water and water resources.

Do you store rain water?

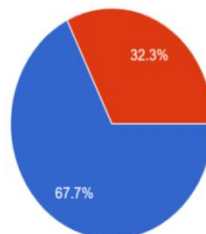
130 responses



Do you reuse the outlet water of an RO system?

130 responses

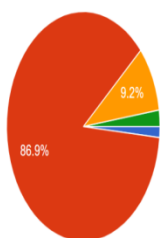
● Yes  
● No



● Yes  
● No

What do you do when there is leakage in any tap of your home?

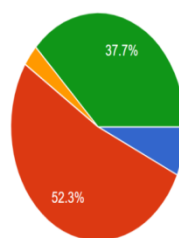
130 responses



● Let it be as it is  
● Get repaired  
● Collect the tipping water & don't get it repaired  
● Other

What is your normal tap flow?

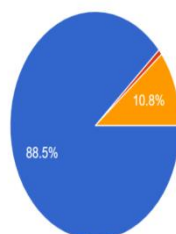
130 responses



● Low  
● Medium  
● Fast  
● Depends on the usage

Do you turn off the tap when you see it dripping at a public place or your workplace?

130 responses



● Yes  
● No  
● Sometimes

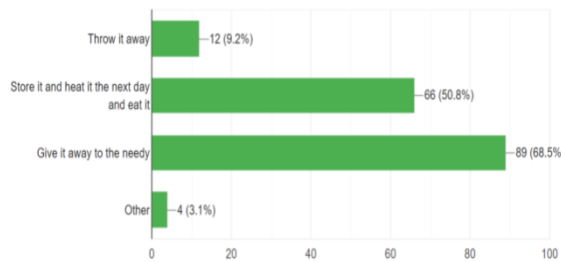
- **53.1%** respondents store the rain water **67.7%** re-used the outlet water of RO system at their home.
- **86.9%** of them used to get their leaking taps repaired and **88.5%** people used to turn off the dripping tap at public places.

### 5. Food

In this section of the study, 2 questions regarding wastage and re-use of food were asked.

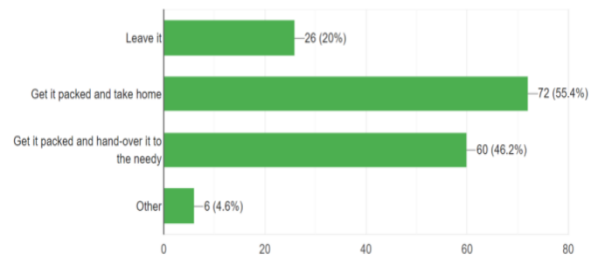
What do you do with the left-over food at your home?

130 responses



Whenever you visit a restaurant, what do you do with left-overs?

130 responses



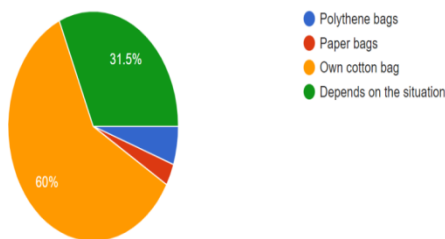
- **68.5%** people used to give the left-over food to the needy and **50.8%** people would store the left-over food, heated it and ate it later on.
- **55.4%** people would get their left-over food packed and would take home and **46.2%** respondents would get their left-over food packed and would give it the needy.

### 6. Plastic

For this section, 6 questions regarding use, misuse, re-use, no use of plastic had been asked.

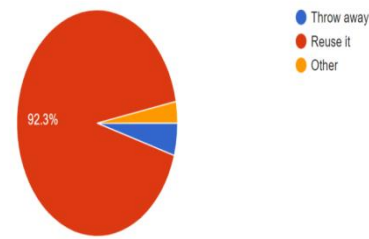
What do you use to carry your shopping?

130 responses



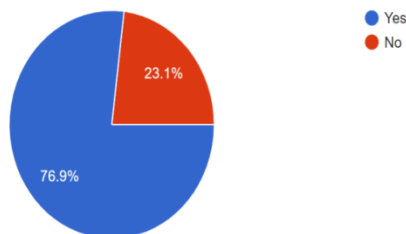
What do you do with the polythene bags which you bring your shopping on any occasion?

130 responses



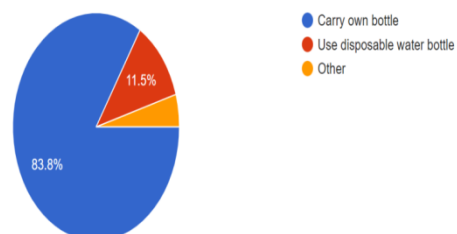
Do you say 'no' to polythene bags?

130 responses



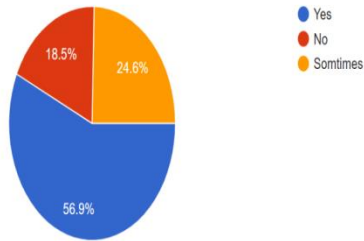
What type of water bottle do you carry?

130 responses



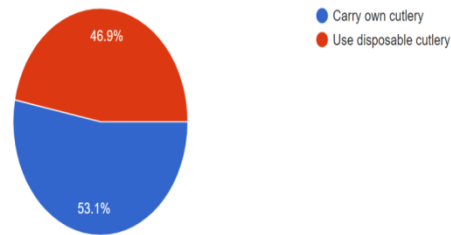
Do you say 'no' to the disposable plates and cutlery with your take-away food parcels?

130 responses



Do you carry reusable cutlery or use disposable cutlery?

130 responses



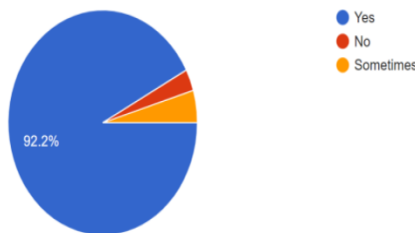
- **60%** respondents used to carry their own cotton bags to carry their shopping, **92.3%** would re-use the polythene bags, **76.9%** say 'no' to polythene bags.
- **83.8%** people prefer carrying their water bottle, **56.9%** say 'no' to disposable cutlery and take-away parcels while **53.1%** carry their own re-usable cutlery.

### 7. Daily Habits

In this section of the study, 4 questions related to daily habits which were taken by the respondents for the benefits of nature were asked.

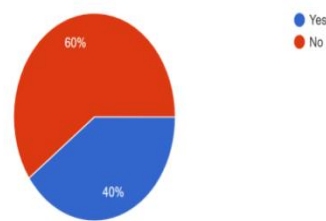
Do you throw trash in dustbin?

129 responses



Do you use any eco-friendly or zero-waste products in your daily routine such as miswak stick (datoon), organic soaps and shampoos, etc?

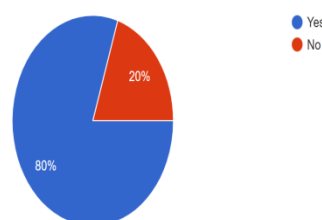
130 responses



- **If yes, then what eco-friendly or zero-waste products did the respondents used?**
  - Organic food products, plastic free combs, cotton bags, khadi clothes
  - MamaEarth product
  - Wow products
  - Neem stick, aloe vera
  - Datun, aritha, sikakai, aamla aloe vera, don't use thermocol or paper plates
  - Miswak, bamboo brush

Do you acknowledge people (family, friends, relatives, colleagues) about any of your eco-friendly habit?

130 responses



- **92.2%** practice throwing trash in dustbin and **60%** people use eco-friendly or zero-waste products.
- **80%** of people who are conscious towards their actions towards environment acknowledge and educate their family and friends.

- **CONCLUSION**

Thus, looking at overall survey, people are aware and conscious towards their habits on which betterment and harm to the environment can be destined. Though there is awareness among people, there is need of more action towards safety of our environment where a bigger mass needs to take conscious actions to protect our mother earth from the harm humans have created and are creating.

- **ACKNOWLEDGEMENT**

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- **REFERENCES**

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3. Mansoor, Sahar, and Tim De Ridder. *Bare Necessities: How To Live A Zero-Waste Life*. Penguin Random House India Private Limited, 2021.

