

# A Survey on Sustainable Living Practices of Student Teachers

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## **Abstract**

The damage that has been done to our environment as our society has evolved is reflected in the climate change and the breakdown of our ecosystems. We no longer can move on with don't care attitude and the notion that I can't do anything to save earth. Environmental Conscious choices will help to practice sustainable living. One way to develop this attitude in our youngsters is by encouraging sustainable lifestyles. Teachers have a lead role to play in this. As student teachers are the teachers of tomorrow it is necessary to know how much are they practicing sustainable living in their daily lives. The study titled ' A Survey on Sustainable Living practices of Student Teachers' is an attempt to know the sustainable living practices of the student teachers of Ernakulam District. The analysis of the data collected from 400 student teachers reveal that the that majority of the student teachers do not follow all the ethos of sustainable living, i.e Refuse, Reuse and Reduce. To make sustainable decisions and actions in every daily life, individuals need to have knowledge of sustainability, awareness, consciousness of their actions and student teachers trained in for the same

## **Introduction**

Exploitation of nature has now become a continuous process not only to satisfy human needs but also to satisfy the human greed. This causes irreparable damage to mother earth. The rising heat and the devastating climate changes is a constant clarion for all human beings to amend their ways of living. We no longer can move on with don't care attitude and the notion that I can't do anything to save earth. We need to change our ways of living, our behavior towards the other, our requirements and our necessities.

Sustainable living is the solution to revive our earth. It involves making choices that reduce our individual and collective environmental impact leading to positive changes to offset climate change and reduce environmental damage and reduce our carbon footprint. Living sustainably is about adopting a lifestyle that would transform our lives in such a way that would not impact too heavily on our current routines, and persuade us to use planet's resources in moderation. Environmental Conscious choices will help to practice sustainable living .We need to

adopt a more holistic approach to education so that each child acquires the knowledge, skills, attitudes and values necessary to shape a sustainable future and create a better world.

### **Need and significance of the study**

The damage that has been done to our environment as our society has evolved is reflected in the climate change and the breakdown of our ecosystems. It is time to retrospect and see our wrongs and find a better way to safeguard our Earth. Sustainable living is all about minimizing waste, limiting the use of Earth's natural resources, the wise use of the environment, and ensuring quality working/living environments. Sustainable living helps the young to understand that "We do not inherit the Earth from our ancestors, we borrow it from our children". The more appraised we are in this matter, the more we will be inspired to practice sustainable living. One way to develop this attitude in our youngsters is by encouraging sustainable lifestyles. Teachers have enormous potential to affect the lives of their students, they help shape worldviews and attitudes, they nurture potentials and skills. Well-trained teachers can mould students to become global citizens who would work for a just, peaceful, tolerant, inclusive and sustainable world. Teachers must be trained in this direction. Hence it is imperative to know the sustainable living practices adopted by the student teachers.

### **Review of Literature**

The Global Survey on Sustainable Lifestyles (GSSL) conducted by the United Nations Environment Programme reveals that the youth are ready to contribute their might in improving the world they live in, but they need to be given more choices to adapt to their everyday lives to contribute to the development of sustainable lifestyles. The survey's results highlight the need for a concerted effort to educate and empower the youth worldwide to help them create their own positive visions of sustainable lifestyles and become involved in change.

Triantafyllidou, E., & Zabaniotou, A. (2021). in the study From Theory to Praxis: 'Go Sustainable Living' Survey for Exploring Individuals Consciousness Level of Decision-Making and Action-Taking in Daily Life Towards a Green Citizenship' used a tailored questionnaire to identify a snapshot of participants daily buying and consuming actions and found that that <30% of consumers are considered sustainability-conscious, 57.6% are in a transition phase, while 13% fell into the category of non-conscious.

In the article Preparedness of Young People for a Sustainable Lifestyle: Awareness and Willingness by Dimitrova A., Vaishar Antonín and Št'astná (2021) the willingness to adapt to a sustainable lifestyle was tested through a questionnaire among students of Mendel University in Brno and found that the students who were theoretically well informed recognised the need to address environmental issues, and 90.6% intended to change their lifestyle in this direction.

The global public opinion survey conducted in June 2020 reveals that people all over the world are ready to adopt more sustainable and healthy behaviours.

Gupta K and Singh N (2020) in a study Consumer Attitude towards Sustainable Living in Indai investigated the attitude of Consumers towards sustainable living and found obtained seven types of people attitude namely

attitude towards conserving ecology, anticipating mounting waste, need for recycling, civic norms, overcoming green myopia, environmental thinking, and norms for sustainable mobility.

Manjrekar, Shraddha. (2018) in her research entitled Study of Sustainability Practices Ingrained in Indian Culture has found that idea of conservation of resources was imbibed in the common people by means of some traditions, customs and beliefs..

### **Statement of the Problem**

The present study is titled ‘ A Survey on Sustainable Living practices of Student Teachers.’

### **Definition of Key terms**

**Sustainable Living:** Sustainable living is fundamentally the application of sustainability to lifestyle choices and decisions. It is adopting ways to minimize waste, limit the use of Earth’s natural resources, the wise use of the environment, and ensure quality working/living environments.

**Student Teachers:** Undergraduates who are pursuing the Bachelor in Education Programme

### **Objective :**

The main objective of the study is:

- To find the Sustainable Living practices of Student Teachers.

### **Methodology**

A survey method was used for the study. The data was collected using a self-prepared Questionnaire on Sustainable Living, consisting of 15 Questions on Sustainable Living. The Questions were based on the following factors of Sustainable living

- a. Proper use of plastics.
- b. Reducing household energy use and the utilization of renewable energy
- c. Finding creative ways of reusing everything.
- d. Cooking food by oneself and eating locally.
- e. Conserving water
- f. Depending on less energy conserving vehicles.
- g. Plant trees and vegetables.

A Google form was prepared and the responses were collected online taking into consideration the pandemic situation The snow ball technique of sampling was followed. Data was collected from 400 student teachers pursuing B.Ed programme in Ernakulam district and analyzed . Percentage analysis was used and the results were tabulated.

### **Result and Discussion**

The percentage analysis of the data revealed:

1. 43.5% of the student teachers said they use plastic water bottles while 56.5 % said they do not.
2. 66.5% of student teachers use Plastic bags while 33.25% do not

3. 23% of student teachers said that they burn plastics at home while 77% said they do not
4. 48.5% of student teachers said they use fan even when there is breeze from outside in the room while 51.5% said they do not
5. 82% of the student teachers do not put on the light when the room is well lit by sunlight while 18% switch on the lights.
6. 87% of the student teachers put off the lights and fans when they leave the room while 13% of the student teachers do not
7. 44% of the student teachers have the habit of leaving the tap open while brushing their teeth while 56% are careful about saving water
8. 87.25% of the student teachers said they use old bottles to grow plants while remaining 13.25 % said they do not
9. 64% of the student teachers have vegetable garden at home while 36% do not
10. 12.75 % of the student teachers said that they would walk to their friends house that is close by while 87.25 % said they would not
11. 74.25 % of the student teachers said they give /use the clothes they have worn while 25.75% do not.
12. 53.75 % of the student teachers throw away the pens once the ink get over, but 46.25% refill and use
13. Only 12.75 student teachers use solar energy at home while remaining 87.25% do not harness solar energy.
14. Majority of the student teachers 92.25 % have switched to the use of LED Bulbs at home and only 7.75 % are not using LED Bulbs at home.
15. 15.25% of the student teachers harvest rainwater at home while the majority 84.75% do not

The consolidated results are tabulated as follows

**Table 1- Summary of the results**

Sl.No	Questions	Responses(400)			
		Yes		No	
		Number	%	Number	%
1.	Do you use plastic water bottles?	174	<b>43.5</b>	226	<b>56.5</b>
2.	Do you use plastic bags for carrying things?	266	<b>66.5</b>	134	<b>33.5</b>
3.	Do you burn plastic home at home?	92	<b>23</b>	308	<b>77</b>
4.	Do you use the fan even when there is breeze from outside in the room?	194	<b>48.5</b>	206	<b>51.5</b>

5.	Do you unnecessarily put on the light even when the room is well lit by sunlight?	72	18	328	82
6.	Do you put off the fan and light when you leave the room?	349	87.25	51	12.75
7.	Do you leave the tap open while brushing your teeth?	175	43.75	225	56.25
8..	Do you use the old plastic bottles for growing plants?	344	86	56	14
9.	Do you have a vegetable garden at home?	256	64	144	36
10.	Would you walk to your friend's house that is close by?	51	12.75	349	87.25
11.	Do you give /reuse the clothes you have worn?	297	74.25	103	25.75
12.	Do you throw away your pen when the ink gets over?	215	53.75	185	46.25
13.	Do you use solar energy at home?	51	12.75	349	87.25
14.	Do you use LED bulbs at home?	369	92.25	31	7.75
15.	Do you have provision for harvesting rain water at home?	61	15.25	339	84.75

### . Findings:

. The ethos of sustainable living are

- Refuse -Refuse what one does not need, refuse to carry plastic bottle and plastic bags for carrying things.
- Reduce- Reduce what one does not need, not to use the fan when there is breeze from outside. nor put on the light when the room is lighted. , to put off the fan and light when they leave the room and not leave the tap open when they brush the teeth. To use solar energy at home, use LED bulbs at home and have rain water harvest at home
- Reuse - Use old plastic bottle for growing plants. reuse the clothes , and reuse the pen when the refill is over.

From the above analysis it is clear that majority of the student teachers do not follow all the ethos of sustainable living to its fullest

1. A considerable percentage of the student teachers do not **Refuse** – 43.5 % use plastic bottles and 66.5 % carry plastic bags for carrying things

2. 48.5% of the student teachers use fan when there is breeze from outside, 43.5% leave the tap open when they brush the teeth, 87.5% do not use solar energy at home, and 84.75% do not have arrangements to harvest rain water at home. Thus the ethos of **Reduce** is not followed.
3. 46.25% of the student teachers throw away their pens once the ink is over indicating that the idea of **Reuse** is not followed.

### Conclusion

As population increases the natural resources become inadequate to meet the rising demands. A judicious use of the same is absolutely necessary for sustaining the earth. The selfish and inconsiderate ways of the human kind have resulted in climate change, depletion of natural resources, degradation of biodiversity and destroying the planet earth. To make sustainable decisions and actions in every daily life, individuals need to have knowledge of sustainability, awareness, consciousness of their actions, and be proactive citizens. Sustainable Living needs to be practiced more effectively than before. Sustainable living must be taught to children and student teachers trained in for the same.

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