



PROMOTING GREEN LIVING THROUGH ORGANIC AGRICULTURE FOR HEALTHY LIVING AND ECOLOGICAL CIVILIZATION

*¹OLUBAMISE DEBORAH BOLANLE, ²OYEGBAMI GABRIEL ADERIBIGBE &
³OLUBAMISE OLUFEMI MOSES

^{1,2}Department of Science Education, Faculty of Education, Federal University Oye-Ekiti, ³Ekiti State College of Health Sciences and Technology, Ijero- Ekiti

Abstract

The study examines ways of promoting green living through organic agriculture for healthy living and ecological civilization. The study dealt deeply with the concept of green living and its importance, organic agriculture, healthy living, and ecological civilization. The benefits of organic agriculture to man and the ecosystem such as promoting action to combat climate change and optimize ecosystem services, functioning of soil ecosystem and soil organisms at their best when the environment is green as against brown environment among others, were also discussed. The challenges combating the ecosystem and ways of promoting green living through organic agriculture to ameliorate these challenges were explored in the study. It is concluded that green living through organic agriculture is eco-friendly and is a panacea for ecological civilization. It is recommended among others that the consumption of products such as aquatic, livestock, and forestry products among others made from organic sources promote healthy living and prevent health deterioration.

Keywords: Green Living, Organic Agriculture, Healthy Living, Ecological Civilization.

Introduction

Green living is all about sustainability to secure the ecosystem by reducing, reusing and recycling for continuity of species according to Green spaces filter pollutants and dusts from the air. They produce shade and lower temperature in urban areas. They also increase productivity, promote green living that helps to conserve energy and prevent air, water and noise pollution. They are borne for the environment, hence prevent health deterioration. Green living is a means of developing sustainable habits in one's daily life so that their daily routines work alongside the resources of nature instead of depleting them, or doing more long-term damage to the environment or ecological system (14). The paper noted that green environment also known as ecofriendly, nature friendly or nature green refers to goods and services, laws, guidelines and policies that help to reduce, minimize the harm upon the ecosystem or the environment. Living green can improve general efficacy of a business and can trim operation costs for the business. Green living activities result to more environmentally friendly practices that help to safeguard the environment and sustain natural resources according to Agbogidi, (5). They are borne for the environment, hence prevent health deterioration.

The environment is the most important resource for life where we get water, power and oxygen hence regarded as our closest neighbour needed for survival. Living green is a choice and it contributes to the development of the planet and makes the place a healthier habitation to live for both present and future generations. The study established that we have been living on nature and living green is the only time we pay back. Living green brings happiness and satisfaction to one because green is natural, wealthy, fruitful and productive hence helping to keep the environment secure (5) Living green helps to live a healthier lifestyle. Green living is not just about the ability to produce clean energy, but also, technologies that allow cleaner production processes as well as the growing market for products which takes a smaller amount of energy from fluorescent light bulbs to organic and locally produced food, hence, green living involves products, processes and services that lessen environment effect or improves natural resource use. Living green makes cities more sustainable and ensures sustainable production and consumption models. Green living can be better actualized when it is being managed through organic farming or agriculture.

Concept of Organic Agriculture

Organic agriculture is the practice of growing, raising, or processing goods using organic measures. Organic agriculture is an agriculture that advocates healthy products free from components that may harm humans and nature (7). It is a system of production whose principles are health, ecology, fairness, and care. Synthetic chemical inputs of fertilizers and pesticides are generally advantageous in terms of decreasing pests and increasing yields, nevertheless the negative consequences on human and environmental health have encouraged many producers to pursue organic options. It is the practice of farming or raising crops and other livestock without using any inorganic chemical fertilizers, pesticides or any other genetically modified organisms. With organic farming, the productivity of the farming fields is enhanced along with economic growth, thus promising a sustainable environment. Nowadays, farmers are aware of the harmful and toxic effects of fertilizers and other chemicals used. As a result, they started to rely on organic farming. It has many benefits over other farming practices. They are eco-friendly and help to reduce soil infertility and soil erosion issues. It also promotes a healthy lifestyle.

Organic agriculture is a type of farming that sustains the health of the soil, ecosystem and people. It relies on ecological process, biodiversity and cycles. It circles around crop rotation, green manure and compost. It is based on principle of health, ecology, fairness and care. It is regenerative farming essential to fighting climate change and other environmental crises and degradation (14) It is ecologically based and may not use agrochemicals. In spite of all the benefits obtained from environment and the ecosystems, numerous threats are challenging, population explosion now estimated to be 7.7 billion is an overriding factor (6). Anthropogenic forces and factors affect the environment negatively. These include deforestation, desertification, extractive industries like mining, dredging oil and gas. Organic agriculture is the practice of growing, raising, or processing goods using methods that avoid the use of most synthetic pesticides and fertilizers, bioengineering, ionizing radiation, and sewage sludge. The US Department of Agriculture's National Organic Program is the governing entity for certified organic farming in the U.S. The certification standards were described by Congress in the Organic Foods Production Act, and continue to be developed by the National Organic Standards Board. The process of certification and practice of organic agriculture is explicitly detailed through the USDA Organic Standards (OFPA, 2005).

The USDA standards outline a variety of necessities for creating and maintaining an organic agricultural system. These include methods for farmers and processors to preserve natural resources and biodiversity, support animal health and welfare, use only approved materials, and pass regular onsite inspections and certification requirements. Although some of the materials and mechanisms for chemically intensive farming were developed earlier, the global boom in fertilizer and pesticide use coincided with the end of World War II and the increased sense of urgency surrounding the need to feed a rapidly expanding global population. The first Green Revolution emerged in response to increasing numbers of underfed and malnourished populations and allowed for the spread of agricultural technologies, such as pesticides and fertilizers, to developing countries. These chemical inputs contributed to yield increases around the world. Modern organic farming grew in response to concerns about the impact of chemically intensive farming on ecosystem and human health. Although a "chemical-free" farming movement began earlier, organic agriculture gained significant traction in the 1970s due to an increasing awareness of the negative environmental effects of some synthetic pesticides and fertilizers (13).

Challenges of the Ecosystem: The Rationale for Organic Agriculture

Organic agriculture is aimed at decreasing ecological risks and environmental sacrifices for sustainable development without degrading the ecosystem. In Africa, the top five greenest economy, practicing organic agriculture are Mozambique, Ethiopia, Zambia, Kenya and Ghana as submitted by Scialabba, (10). This shows that, our country, Nigeria is invariably left out of this. In spite of all the benefits obtained from environment and the ecosystems, numerous threats are challenging, such as population explosion which is seen as an overriding factor, anthropogenic forces and factors that affect the environment negatively. These include deforestation, desertification, extractive industries like mining, dredging, oil and gas, global

warming, climate change, poor and bad agricultural activities such as land clearing, inappropriate irrigation, overgrazing intensive farming, over drafting, introduction of exotic species, flooding, soil erosions, pollution of all kinds, salinization, unsustainable exploitation and consumption, acid rains, soil acidification, plastic pollution, mass extinction, urban sprawl and commercial development, drought (11, 12). All these activities have led to different forms of environmental degradation, ecological crisis and ecological collapse.

Studies upon studies including that of Agbogidi M.O., Erhenhi H.A., Egboduku W.O.& Amuamuze J.A. (4). and Agbogidi (2) have shown that our current lifestyle or living practices impact global warming, food shortages, water depletion and energy shortages. The only way out of these predicaments is to adopt a green living through organic agriculture which will help in enhancing ecological civilization.

Ecological Civilization

Ecological civilization describes a world in which human communities (our systems of economics, agriculture, education, production and consumption, among others) are designed to promote the overall well-being of people and the planet. It's a vision for a more sustainable and just society; a world that works for all.

The transition toward ecological civilization will require transformation at a far deeper level than most people realize. Beyond important changes like adopting renewable energy, driving electric cars, and eating less meat, transitioning toward an ecological civilization requires a paradigm shift in which the fundamental systems and structures of our civilization are reorganized according to ecological values. This paradigm shift arises out of an awareness that our major social and environmental challenges are all interconnected, requiring integral solutions for the common good (1). In order for this to be a reality, there is a need for ecological civilization construction.

Ecological civilization construction is the fundamental task related to the sustainable development of a nation. When ecology thrives, civilization thrives; when ecology declines, civilization declines. Therefore we must take responsibility for history and comprehensively promote the construction of ecological civilization. Among the various aspects, lifestyle has almost been the most direct and impactful component of ecological civilization construction, involving our scientific attitude toward nature. To comprehensively promote ecological civilization construction, we must start from the specifics of our daily lives, promoting green living and fostering green development. This involves establishing a circular link between production and life systems, advocating for a simple, moderate, green, and low carbon lifestyle, and opposing extravagance, waste, and irrational consumption.

Benefits of organic agriculture

The benefits of organic agriculture are enormous. These include saving energy, water, waste reduction, protection of natural resources, slow down climate change, improvement of overall health and sustainable ecofriendly bright future. Greening the environment through organic agriculture will improve upon nature for the perceived benefits of humanity, promote actions to combat climate change and optimize ecosystem services. It improves soil conditions and subsequently the conditions, structure and functionality of soil organisms (3). Soil ecosystem and soil organisms function best when the whole environment is organic as against inorganic environment (8). Organic agriculture helps to restore missing glory of the environment. As earlier established, ecological degradation need to be restored and resuscitated and the only way out is green living through organic agriculture

Other benefits of organic agriculture include:

Improves soil fertility and maintains biological diversity.

Good for the environment and yields are healthy for human and animal consumption.

Prevents soil erosion, degradation and crop failure.

Decrease pollution and the whole farming can easily rely on renewable energy sources.

Improves soil fertility and enhances its chemical and physical properties.

We can thus say that organic farming is a future scope and the best method for farmers which is profitable, rewarding and healthier for consumption. A study by Yesufu, Aremu, Kasali & Adebayo (15), authenticated this. The study was on Consumers' preference for organic vegetable with emphasis on awareness, perception and willingness to pay. One hundred consumers were randomly selected. A questionnaire was used to obtain information on socioeconomic characteristics and other relevant variables. The result showed that Consumers preferred organic vegetables to conventional ones as it was perceived to be healthier (77%), of better quality (76%), tastier (66%), less harmful (66%) but expensive (30%) respectively. There was good supply of organic vegetable in the market and Okro (21.6%), Amaranths vegetables (20.4%) and tomato (19.8%) were the organic vegetables mostly consumed in the metropolis. Health concern (80%), satisfaction (79%) and safety (78%) respectively are the major reasons why consumer opted for organic vegetable.

Conclusion

Ecosystem services are useful from cradle to grave. Living green is the only way and time we pay back nature we have been living on. Green living through organic agriculture indeed guarantees a secured environment. It brings happiness and satisfaction to one because organic is natural, wealthy, fruitful and productive hence helping to keep the environment secured.

Recommendation

Based on the study, the following recommendations were made:

consumption of products such as aquatic, livestock and forestry products among others made from organic sources will promote healthy living and prevent health deterioration;

living green by practicing organic agriculture will help to reduce and minimize the harm upon the ecosystem or the environment;

farmers should adopt the use of organic manure(such as compost, farmyard manure and green manure) and organic practices (such as crop rotation, shifting cultivation, bush fallowing among others) for sustainability of the health and fertility of the soil;

agricultural products should be cultivated in an environment free from pollution in order to ensure the organic nature of the products.

REFERENCES

1. Agbim, K. C. (2020). Paradigm shift in the management of environmental and social challenges. *Journal of International Entrepreneurship Review (IER)* 6(3):37-48
2. Agbogidi M.O. (2019) Ecosystem services and management for better life. 80th in the series of inaugural lectures of the Delta State University, Abraka, Nigeria delivered on the 10th of October. 2019;96
3. Agbogidi OM. (2015). Introduction to ecology and environment. Ultra Modern Prints, Ibadan. 2015;324.
4. Agbogidi, M.O., Erhenhi H.A, Egboduku W.O, Amuamuze J.A. (2016). Some metal status of Automobile contaminated soil from a spare parts market at Effurun, Warri, Delta State, Nigeria. *Nigerian Journal of Science and Environment*. 2016;14(1) 1):1– 4.
5. Agbogidi, O. M. , Enujeke, C. E. , Egboduku, W. O. , Odume, S. C. , Agbogidi, O. M. & Stephen F. O. (2022).Green Living: A Panacea for Secured Environment. *International Journal of Environment and Climate Change* 12(9): 367-373, 2022; Article no.IJECC.85623
6. Bavel, J. V. (2013). The world population explosion: causes, backgrounds and projections for the future. National Library of Medicine NLM *Facts, Views, Vis Obgyn* 2013; 5(4): 281–291.
7. Ferreira, F., Moreira, P. & Botelho, G. (2020). Is Organic Agriculture aPotential Public Health Indicator? Evidence from Literature. *Journal Open Agriculture* . Published by De Gruyter Open Access, Dec. , 2020

8. McKee, R.& Devlin, H. (2018). "Rising global meat consumption will devastate environment.' The Guardian. Retrieved August 13, 2018;.
9. OFPA, (2005) .Organic Foods Production Act of 1990 Title XXI of the Food, Agriculture, Conservation, and Trade Act of 1990 (Public Law 101–624) Organic Certification Amended 16 Nov., 2005PMCID: PMC3987379 PMID: [24753956](#)
10. Scialabba, N.E. (2007).Third World Network (TWN): ORGANIC AGRICULTURE AND FOOD SECURITY IN AFRICA. 131 Jalan Macalister, 10400 Penang, Malaysia. www.twinside.org.sg, www.biosafety-info.net
11. Stockton, N. (2015).The biggest threat to the earth; we have too many kids. Wired.com. retrieved 24 November, 2017;
12. UNEP. (2011).Towards a green economy: Pathways to sustainable development and poverty eradication; 2011. Available:www.unep.org/green.economy.
13. Union of Concerned Scientists *UC* (2017). *Sustainable Agriculture Research and Education Program. 2017. "Organic Farming." What is Sustainable Agriculture? UC Division of Agriculture and Natural Resources.* <https://sarep.ucdavis.edu/sustainable-ag/organic-farming>
14. Wikipedia. The free Encyclopedia. (2023). Article: Organic Farming: Techniques, Benefits and How to Support it". Pahadi Goods. Retrieved February 8, 2023.
15. Yesufu, O.A., Aremu, F.J., Kassali, R. & Adebayo, A.A. (2018). Research Article: Consumers' preference for organic vegetable with emphasis on awareness, perception and willingness to pay in Osogbo, Southwest, Nigeria. *Journal of Current Investigations in Agriculture and Current Research (CIACR) 2,(4) LUPINE Publishers*

