

Environmental Awareness of University Students in Relation to their Sustainable Lifestyle

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Abstract:

The present study tries to examine the Environmental Awareness, level of sustainability in lifestyle and the relationship between the environmental awareness and level of sustainability among the university students. The sample comprised of 160 students which were equally divided in respect of type of university, stream and sex. The researcher used the Mixed Method Survey for the present study. Attitude towards Environmental Awareness and Sustainable Lifestyle scale was developed and standardized for the present study. The data was statistically analyzed by using 't' test and correlation ('r'). The students of central university are more environmentally aware than the students of state university and in case of the students of both universities there have very high positive correlation between the environmental awareness and sustainable lifestyle.

Keywords: Environmental Awareness, University Students and Sustainable Lifestyle.

PRELUDE:

'Earth provides enough to satisfy every man's need, but not every man's greed.'

--Mahatma Gandhi.

The entire world has reached today into the age of globalization crossing the boundary of latitude and longitude. Following the geological time scale the world's wheel depends on two 'Ds' where the first 'D' for development and second 'D' for destruction. But today greedy selfish men causing different types of degradation in order to send 'development' into bench-mark neglecting the concept of sustainability. At the dawn of the 21st century, a powerful and complex web of interactions has contributed to unprecedented global trends in environmental degradation.

In 1980, Brundtland commission given wide recognition in the report entitled as "our common future" regarding the sustainable development for environment and human lifestyle. In this context the

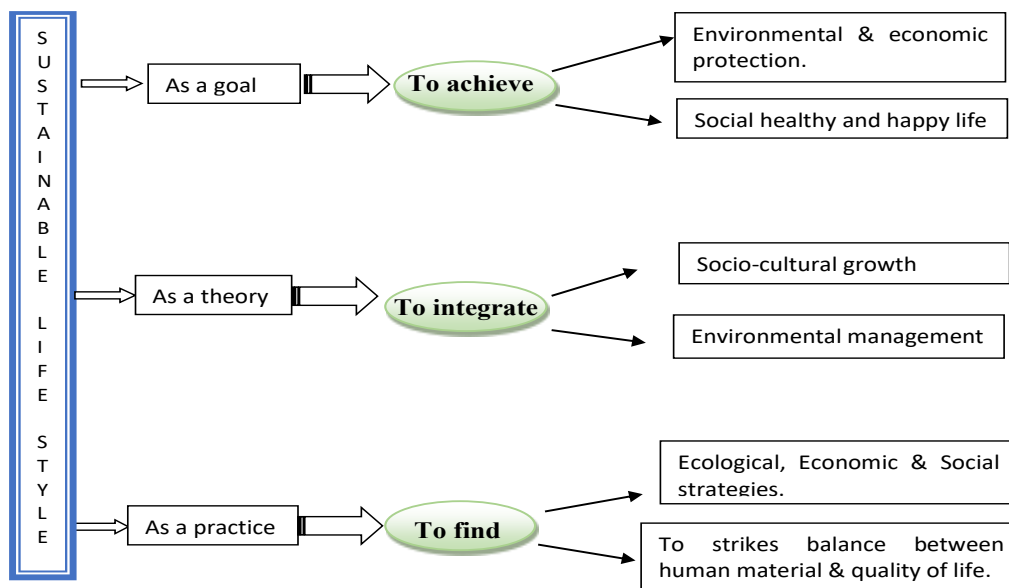


Fig-01: Concept of Sustainable Lifestyle in different senses

concept of sustainable lifestyle is used in a variety of senses, which as follow-- Now-a-days the maximum students not follow their lifestyle as sustainable sense. They all are running behind the quantitative rather than qualitative. Although they are involved or practiced such activities which are very harmful directly or indirectly for environment. Adopting sustainable lifestyle will be the best remedy to tackle these problems. Sustainable Lifestyle is collection of social practices perceived by the individual to be environmentally and socially responsible. Sustainable lifestyle is the followed and practiced such activities which are ecologically comfortable, economically valuable and socially acceptable and which unable to create any inverse impact on fulfillment the need of next generation.

OBJECTIVES OF THE STUDY:

The objectives to conduct this research work are-

1. To examine the awareness of university's students towards environment.
2. To know the level of sustainability on lifestyle of university's students.
3. To detect the relationship between environmental awareness of university students and their level of sustainable lifestyle.

RESEARCH HYPOTHESIS:

H01: There is no significant relationship on Environmental Awareness between the students of Central University and the students of State University.

H02: There is no significant relationship on Sustainable Lifestyle between the students of Science stream and the students of Arts Stream of Central University.

H03: There is no significant relationship on Sustainable Lifestyle between the students of Science stream and the students of Arts Stream of State University.

H04: There is no significant relationship between Environmental awareness and Sustainable Lifestyle among the students of Central University.

H05: There is no significant relationship between Environmental awareness and Sustainable Lifestyle among the students of State University.

RESEARCH QUESTIONS OF THE STUDY:

1. What is the level of university student on awareness towards environment?
2. What is the level of sustainability on life style of the university student?
3. How the environmental awareness of university students related with their daily lifestyle for sustainability?

DELIMITATIONS OF THE STUDY:

1. The present study is delimited within the two (one Central and one State) universities in West Bengal, India.
2. This study is delimited to under graduate student of science and arts stream.

METHODOLOGY:

To conduct this study, researcher considered the Mixed-method research as a methodology. Researcher used this method for cross validation or methodological tri-angulation in this study. This method followed to build on the strengths of both quantitative and qualitative data.

POPULATION:

All the students studying at universities in West Bengal are considered as Population for present study.

SAMPLE:

In present study the investigator had selected 160 students of post graduate courses (arts or science) as sample, from selected two universities in West Bengal. Here, 80 students will be of Central University and another 80 students will be of State University. And 40 students will be selected from science stream and 40 students will be selected from arts stream from each university. Researcher will be select 20 students from male and 20 students will be female from each stream as well as from each university.

RESEARCH DESIGN:

Firstly, Researcher have collected related quantitative data and then collected qualitative data with help of tool and technique which helps to support or strengthen of the quantitative findings. Here, qualitative data collection is important to refine, extend or explain the general picture and quantitative data collect the general picture of the research problem. Both type of data collected for the cross validation about reality. So, for this research work researcher followed the Explanatory Sequential research design.

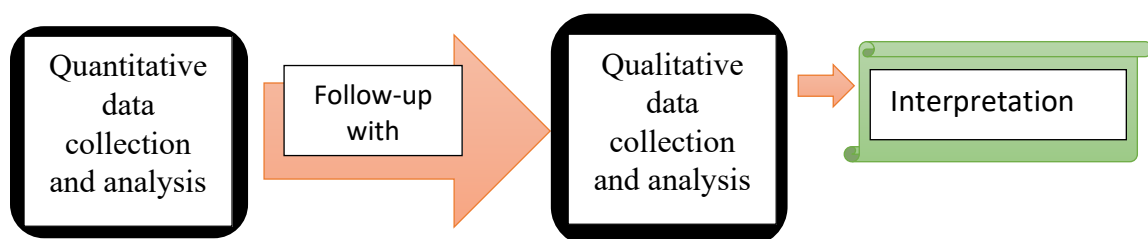


Fig-02: The research design for the present Study.

TOOL USED:

Researcher developed a self-made tool for justify and to measure the selected objective in this research work. Researchers developed a segmented questionnaire to measure and justify the subject’s attitude towards environmental awareness and sustainable lifestyle. Whole questionnaire divided into three segments, there are-

Section-A: Objective-1 -To measure environmental awareness of university students.

Section-B: Objective-2 - To measure level of sustainability.

First and Second objectives measuring tools also measure the third objective which indicates the relationship between environmental awareness and level of sustainable lifestyle of university students.

DATA ANALYSIS:

Quantitative Data Analysis-

Objective-1: To examine the awareness of university students towards environment.

H₀₁: There is no significant relationship on Environmental Awareness between the students of Central University and the students of State University.**Table-01: Showing the value of t-test on environmental awareness between students of Central and the students of State University.**

Variables	Mean	S.D.	Mean Differences	Calculated ‘t’ – value	d. f.	Critical ‘t’- Value		Ns/ S
						At 0.05 Level	At 0.01 Level	
Student of Central university	25.52	3.09	4.55	8.23	158	1.98	2.61	S
Student of State university	20.98	3.81						

Interpretation:

From the above table it is found that the calculated ‘t’-value is 8.23 which is larger than the tabulated ‘t’-values 1.98 and 2.61 at 158 degree of freedom at both level of significance 0.05 and 0.01 respectively. Hence, there have significant differences between the students of Central University and the students of State University about their attitude towards environmental awareness. So, the hypothesis is rejected.

Discussion:

Here the Mean value for the students of Central University about their environmental awareness is greater than the students of State University. It represents that the students of Central University are averagely more aware than the students of State University.

Objective-2: To know the level of Sustainability on lifestyle of university students.

H₀₂: There is no significant relationship on Sustainable Lifestyle between the students of Science stream and the students of Arts Stream of Central University.

Table-02: Showing the value of t-test on sustainable lifestyle between students of science stream and Arts Stream of Central University.

Variables	Mean	S.D.	Mean Differences	Calculated 't' – value	d. f.	Critical 't'- Value	
						At 0.05 Level	At 0.01 Level
Science student of Central Uni.	79.975	6.509	3.675	2.38	78	1.99	2.64
Arts student of Central Uni.	76.301	7.10					

Interpretation:

The above table indicated that the calculated t-value is 2.38 which is greater than the critical t value (1.99) at the 0.05 significance level and smaller than the critical t value (2.64) at the 0.01 significance level. Therefore, it can be said that there exists a significant differences between the students of science stream and the students of Arts Stream of Central University on Sustainable Lifestyle at the level of 0.05 Significance level. But there exists no any significance differences on Sustainable Lifestyle between the above said two groups of students at 0.01 level of significance.

Discussion:

So, it can be interpreted that the formulated hypothesis is rejected which may be 95% confidently. But at the significance level of 0.01, the formulated hypothesis is not rejected. From the above table it is also clear that the attitude towards sustainable lifestyle of science students of Central University is averagely high than the students of Arts stream of same university.

H03: There is no significant relationship on Sustainable Lifestyle between the students of Science stream and the students of Arts Stream of State University.

Table-03: Showing the value of t-test on sustainable lifestyle between students of science stream and Arts Stream of State University.

Variables	Mean	S.D.	Mean Differences	Calculated 't' – value	d. f.	Critical 't'- Value		Ns/ S
						At 0.05 Level	At 0.01 Level	
Science student of State Uni.	70.90	6.711	0.575	0.41	78	1.99	2.64	Ns
Arts student of State Uni.	70.325	5.768						

Interpretation:

It is observed from the above table that the calculated 't'-value is 0.41 which is smaller than the tabulated 't'-values 1.99 and 2.64 at 78 degree of freedom at both level of significance 0.05 and 0.01 respectively. It means there exist no significant differences between the students of Science Stream and the students of Arts Stream of State University about their attitude towards Sustainable lifestyle practices. So, the formulated hypothesis i.e. "There is no significant relationship on Sustainable Lifestyle

between the students of Science stream and the students of Arts Stream of State University” stand not rejected.

Discussion:

On the basis of above data analysis and interpretation it can be said that the attitude on Sustainable Lifestyle is more or less similar between the students of Science streams and the students of Arts Stream of State University.

Objective-3: To detect the relationship between environmental awareness of university students and their level of sustainable lifestyle.

H04: There is no significant relationship between Environmental awareness and Sustainable Lifestyle among the students of Central University.

Table-04: Showing the relationship between environmental awareness and sustainable lifestyle among the students of Central University.

Variables	Mean	S.D.	Calculated ‘t’ – value	d. f.	Critical ‘t’- Value		Ns/ S	Calculated ‘r’- Value
					At 0.05 Level	At 0.01 Level		
Environmental Awareness	24.95	3.193	45.99	78	1.99	2.64	S	+ 0.98
Sustainable Lifestyle	78.17	6.484						

Interpretation and Discussion:

The above table reveals that the calculated ‘t’-value is 45.99 which is larger than the tabulated ‘t’-values 1.99 and 2.64 at 78 degree of freedom at both level of significance 0.05 and 0.01 respectively. Hence, there have significant differences between the environmental awareness and sustainable lifestyle among the male students of central university. So, the hypothesis is rejected. The above table demonstrates that the obtained value of co-relation is + 0.98. It means the Environmental awareness and Sustainable Lifestyle of students of Central University is high positively co-related. It indicates that with the increase of Environmental Awareness, the level of sustainable lifestyle among the student of Central University is also increased and vice-versa,

H05: There is no significant relationship between Environmental awareness and Sustainable Lifestyle among the students of State University.

Table-05: Showing the relationship between environmental awareness and sustainable lifestyle among the students of State University.

Variables	Mean	S.D.	Calculated ‘t’ - value	d. f.	Critical ‘t’- Value		Ns/ S	Calculated ‘r’- Value
					At 0.05 Level	At 0.01 Level		

Environmental Awareness	21	4.242	34.82	78	1.99	2.64	S	+ 0.97
Sustainable Lifestyle	70.325	7.763						

Interpretation and Discussion:

The above table depicts that the calculated ‘t’-value is 34.82 which is larger than the tabulated ‘t’-values 1.99 and 2.64 at 78 degree of freedom at both level of significance 0.05 and 0.01 respectively. Hence, there have significant differences between the environmental awareness and sustainable lifestyle among the male students of state university. So, the hypothesis is rejected. By the observation of the above table it is clear that the calculated ‘r’ value is + 0.97. This value indicates that there have very high positive co-relation between Environmental awareness and Sustainable Lifestyle among the male students of State University. It indicates that with the increase of Environmental Awareness, the level of sustainable lifestyle among the male student of State University is also increased.

Qualitative Data Analysis

Data analysis regarding the level of university student on awareness towards environment:

For examining the awareness of university students towards environment researcher considered the ten key concepts about environmental awareness as items. In the view point of key concept, maximum students of science and arts stream of both central and state university have clear idea and can explain with proper example about the environmental degradation and pollution, renewable resources and acid rain. But it is observed that a few student of state university and students of arts stream of central university have slight ideas regarding the renewable resources and acid rain. More than average student of central university have not clear idea about the sustainable development.

Maximum no of students both of central and state university have no idea about green energy. Below average students of science and arts stream have slight idea regarding green energy. But slight idea about green energy has among the few students of science stream and among the few students of arts stream of both universities. All the students of both central and state universities have slight idea or clear idea about the climatic change. But the no of the student is more in case of students of central university rather Than State University and in case students of science stream of state university rather than students of arts stream of state university who’s having the idea about climatic change. More than average students have clear idea about the climatic change, but there have not any significant differences in respect of university or stream or sex of students. Maximum number of students follow and believe in the concept of reduce, reuse and recycle. But the number of female student is more in both universities. Almost all students of both central and state university have clear idea on cause and impact of deforestation as well as afforestation. But very few students of arts stream of state university have no idea regarding the cause and impact of afforestation. Researcher found out that the students of central university are more aware about environmental awareness than the state university students.

Data analysis regarding the level of sustainability on lifestyle of the university student:

To identify the level of sustainability on lifestyle of the university students all the items are categories into three groups, i.e. social, environmental and economy. On the basis of items wise responses given by the sample, it is clear that more than average students of both central and state university are follow the environmentally sustainable lifestyle. Science students of both universities were showing their attitude that maximum students are aware and follow environmental sustainable lifestyle. But their attitude

towards social and economic sustainability is relatively less than the environmental sustainability. It is also observed that in some cases all students gave the responses on the undecided Coolum, from where we can say they are not follow the sustainability on that specific perspective. The science students of central university gave positive responses in case environmental sustainable lifestyle, but economically their lifestyle is not sustainable in nature and socially they not follow positive or negative in their sustainable lifestyle. Students of arts stream of central and state university showing their attitude very positive towards environmental and social sustainable lifestyle respectively. Science students of state university are follow more sustainability in their daily lifestyle than the arts students of state university, but is relatively low than the level of science students of central university.

Data analysis regarding the environmental awareness of university students related with their daily lifestyle for sustainability:

Through this research work it also find out the relationship between the environmental awareness and level of sustainability among the students. It is justified that who deal more sustainable lifestyle they are more aware about environment. On the basis of recorded response it is found that the female students of state university are relatively more aware about environment than the rest of samples. Not only they aware, they also follow the high level sustainable lifestyle due their high environmental awareness neglecting the others considerations. But, among the male students of state university the level of environmental awareness is relatively less and the level of sustainable lifestyle is also low relatively than the female students of state university. On an average number of students of both universities are participating on environmental awareness activities through their sustainable lifestyle.

FINDING:

1. The researcher examined that there have significant differences between the students of Central University and the students of State University about their attitude towards environmental awareness.
2. The attitude towards sustainable lifestyle of science students of Central University is averagely high than the students of Arts stream of same university.
3. There is no significant relationship on Sustainable Lifestyle between the students of Science stream and the students of Arts Stream of State University” and not rejected.
4. Environmental awareness and Sustainable Lifestyle among the students of Central University is high positively co-related. It is also same in case of state university student.

EDUCATIONAL IMPLICATION:

The findings of the conducted study are of crucial importance in protecting environment and to deal sustainable lifestyle. On the basis of the findings of the present study, the following implications emerged out-

1. All will be more aware about environmental crisis and problems as well as able to know how to deals with such crisis and problems.
2. To be concern about the sustainable lifestyles for creating sound environmental and sound health.
3. Able to know the status of university level students towards environmental awareness and sustainable life style.
4. We can learn what should be sustain or should not sustain in our daily lifestyle.

5. To be concern about the level of sustainability in gender specific and stream specific among the students of state and central university.

SUGGESTION FOR FURTHER STUDIES:

- More studies may be done at larger scale covering the different institutes or universities situated at different state of our country and abroad.
- Related studies may be conduct at school level for knowing their attitudes towards environmental awareness and sustainable lifestyle.
- Further studies may be proposed on environmental awareness and sustainable lifestyle of the teachers, professors, different trainer, parents also for different communities, like- Tribal group.
- The same study can be extended on the effectiveness or consequences on environment to dealing the sustainable lifestyle or not.

CONCLUSION

From this research work researcher justify the environmental awareness among the university students and know the level of sustainability on their lifestyle. This study also detect the relationship between environmental awareness and their sustainable lifestyle along with their participation on environmental awareness activities through their sustainable lifestyle. At present time it is very urgent to aware about our environment, and sustainability is the great issues in the all sphere of human life.

As a researcher can suggest the following activities to dealing the sustainable lifestyle and protect our environment-

- Use both side of paper for writing, printing and other purposes.
- Use own bio-degradable bag rather than the offered polythene bags.
- Use bi-cycle or walk within the campus or short distance rather than motor vehicles.
- Promote to use softcopy optimally or do paperless transaction.
- Follow the Reduce, Reuse and Recycle concept.
- Switched to use non-renewable resources to renewable resources.
- Turn off the light, fans, etc. or unplug devices after leave the classroom or resident.
- Use day light as much as possible.
- Turn off the water tap just after use or when it is open without any use.

So, it can be said that all human being need to follow the concept of 'Neo-Determinism' given by the great geographer Griffith Taylor. This concept suggest that need to stop and thought that in which ways all are going, that is right or wrong? This research work also promote to follow this concept i.e. 'Stop and Go' or 'Neo-Determinism' that help to decide that whatever should be done or not, for our sustainable living with sound environment.

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