
ENVIRONMENTAL SUSTAINABILITY AND HEALTH: THE WAY FORWARD TO DEVELOPMENT

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ABSTRACT

The concept of sustainable development was emphasised by the United Nations Conference on Environment and Development (UNCED), which defined it as: 'Development that meets the need of the present generation without compromising the ability of the future generation to meet their own needs'. The present study aims to explore the needs of the sustainable development in correlation with health. This paper focuses on the need of the sustainability and health issues. As now ensuring the healthy lives for today and tomorrow it is important to sustainable development. The first attempt of the paper will be to emphasize the focus on environmental issues its aspects and the environmental sustainability. With the increase in the current issues as world is facing the global pandemic the health and the sustainable development is in big crises. The health is being affected with the increased in the mortality rate. Over the past decade, average life expectancy has increased, infant and child mortality rates have declined, and the proportion of underweight and stunted children has decrease but in the current situation the mortality rates are higher and increased. The study reveals that how the environment is affected and how it can be saved and maintained to healthy life. The outcome shows the sustainability development and health with the future development goals and demands.

Key Words: Sustainable Development, Health, Environment, Development goals.

1. INTRODUCTION

Sustainability is the ability to maintain at a certain level or rate. Sustainable Development can be defined as the development that meets the need of the present without compromising the needs of the future generation. Environmental Sustainability is the process of conserving the resources for the future generation. The concept of sustainable development was emphasised by the United Nations Conference on Environment and Development (UNCED), which defined it as: 'Development that meets the need of the present generation without compromising the ability of the future generation to meet their own needs'. [Sustainability](#) goals, such as the current UN-level [Sustainable Development Goals](#), address the global challenges, including poverty, inequality, climate change, environmental degradation, peace, and justice. While the modern concept of sustainable development is derived mostly from the 1987 [Brundtland Report](#), it is also rooted in earlier ideas about [sustainable forest management](#) and 20th-century environmental concerns. As the concept of sustainable development developed, it has shifted its focus more towards the [economic development](#), social development and environmental protection for future generations. Environmental sustainability concerns the [natural environment](#) and how it endures and remains diverse and productive. Since [natural resources](#) are derived from the environment, the

state of air, water, and the climate is of particular concern. The IPCC Fifth Assessment Report outlines current knowledge about scientific, technical and socio-economic information concerning climate change, and lists options for adaptation and mitigation. Environmental sustainability requires society to design activities to meet human needs while preserving the life support systems of the planet. An unsustainable situation occurs when natural capital is used up faster than it can be replenished. Sustainability requires that human activity only uses nature's resources at a rate at which they can be replenished naturally. The concept of sustainable development is intertwined with the concept of carrying capacity. Theoretically, the long-term result of environmental degradation is the inability to sustain human life. Such degradation on a global scale should imply an increase in human death rate until population falls to what the degraded environment can support

Objectives

1. To study the socio-economic profile of the respondents.
2. To study the Environmental issues faced by the respondents.
3. To study the Environmental sustainability in correlation with health.

2. LITERATURE REVIEW

- Dr. Ashutosh Kumar Pandey (2019) 4th International Conference on Recent Trends in Humanities, Technology, Management & Social Development (RTHTMS 2K19), KIET School of Management, Ghaziabad UP, India conducted a study on “Impact of health on Sustainable Development in India”. The objective is to study the concept of health, to study the conceptualization of sustainable development and to examine the health dimensions of sustainable development. The paper is divided into three parts first part explains the concept of health second part explains the concept of sustainable development and third part explains the relationship between health and sustainable development. The paper concludes that the health of the future generations should be protected by providing them with skills and education by leaving a clean and bio diverse environment. Study also shows that prioritizing a global health goal is essential for sustainable development. At last it states that it is important that the global as local health architecture evolve in order to better respond to country's needs & priorities & play on effective role in achieving health for all.
- Shahid Hamid Raina & Waseem Hasan Khan (2017) International Journal of Advanced Research (IJAR) ISSN 2320-5407 conducted a study on “India Health Status & Sustainable Development – Achievements & Challenges”. The objective of the study is to study the challenges and achievements in India. The paper is theoretical based paper and concludes that India is facing the challenges of huge disease burden, malnourishment & poverty. Public health occupies the centre stage for achieving most of the sustainable development goals. Therefore, it states that the immediate need is that both the state and central government not only need to implement the programme like NRHM & JSY in letter and spirit but come up with some new interventions.
- Ankur Mishra (2020) Nirma University, Institute of Law conducted a study on “Covid-19 in India – Impact on the sustainable Development of Health Sector. The main aim of the paper is to highlight the shortage of health expenditure in India as compared to other nations & also to discuss the impact of poor healthcare in achieving India's SDG-3 goals.

The paper also focuses on healthcare models and expenditure employed by the Indian states of Gujarat and Kerala in Fighting on covid-19 pandemic and the paper concludes that for developing country like India, it is more important because improving healthcare standards in a country helps in alleviating the poverty in its society. The data suggests that the steps taken so far by government are insufficient and also the government needs to go further and takes the strict decisions for achieving its goal for 2030.

3. METHODOLOGY

The present study in research is an exploratory and descriptive study. The data was collected through survey method. An interview schedule was developed by the researchers to collect information from the sample of the study. It was administered on a sample of randomly selected 30 families out of them 28 were filled completely. Data collected through interview schedules were tabulated and analyzed by the researcher. Interpretations and conclusions were drawn on the basis of analysis.

Sample

The researcher used purposive random Sampling Method for data collection. The sample comprised with twenty-eight families of Rampur district which is situated in Uttar Pradesh.

Tool used in the study

The researcher used an interview schedule comprising of socio economic profile related statements and Environmental issues and health related statements.

Data Analysis

Keeping in view of the objectives of the study the collected data was analysed by using appropriate statistical methods.

Interpretations

A.To study the Socio- Economic Profile-The social & economic condition of the respondents have been dealt with respect to these variables: age, place of birth, caste, education, occupation.

1.1 Gender distribution

Table 1.1 Gender wise distribution

S.No	Gender	Number of Respondents	
		Number	Percentage
1	Male	15	53.57%
2	Female	13	46.42%

The above table 1.1 represents the gender distribution of the respondents and it shows that 53.57% of the male in the interview schedule i.e. the 15 and 46.42% are female i.e. 13 in number. It shows the highest number are the male respondents.

1.2 Age Group

Table 1.2 Age Group

S.No	Age Group	Number of Respondents				Total	
		Male		Female		Number	Percentage
		Number	Percentage	Number	Percentage		
1	22-25 years	05	33.33%	09	69.23%	14	50%
2	26-29 years	09	60%	04	30.76%	13	46.42%
3	30-33 years	01	6.66%	00	00	01	3.57%

The above table 1.2 represents the age group of the respondents dividing into the male female ratio. From the above data this can be conclude that the majority of the respondents are in the age group of 22 years- 25 years and the least are of age group 30 years-33 years.

1.3 Religion wise distribution

Table 1.3 Religion Wise distribution

S.No	Religion	Number of Respondents	
		Number	Percentage
1	Hindu	06	21.42%
2	Muslim	20	71.42%
3	Sikh	2	7.14%

The table 1.3 represent the number of Hindu and Muslim respondents and the data interprets 21.42% are Hindu respondents, 71.42% are Muslim respondents and 7.14% are Sikh respondents.

1.4 Caste Distribution

Table 1.4 Caste wise distribution

S.No	Caste	Number of Respondents	
		Number	Percentage
1	General	18	64.28%
2	OBC	10	35.71%

3	ST	00	00
4	SC	00	00

The above data interprets the caste wise distribution of the respondents and it shows that 64.28% respondents are from general category and 35.71% are of OBC category. It is noted that 0% belongs to the category of ST, SC.

1.5 Type of house

Table 1.5 Type of house

S.No.	Type of house	Number of Respondents	
		Number	Percentage
1	Owned	28	100%
2	Rented	00	00

The above table 1.5 states that 100% of the respondents' lives in owned house out of 28 selected respondents.

1.6 Type of Occupation/work

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S.No.	Occupation/Type of work	Number of Respondents	
		Number	Percentage
1	Employed	10	35.71%
2	Student & Employed	03	10.71%
3	Business	15	53.57%

The above table 1.6 indicates that for schedule interview 35.71% of the respondents are employed and 10.71% are the student plus employed both as due to the economic crises of the family during the pandemic and the remaining 53.57% are having their own business.

1.7 Income and Fellowship

Table 1.7 Income and Fellowship distribution

S.No.	Income	Number of Respondents	
		Number	Percentage
1	10,000-20,000	06	21.42%

2	20,000-30,000	04	14.28%
3	30,000-40,000	15	53.57%
4	40,000-50,000	03	10.71%

The above table 1.7 presents the number of students earning and receiving the fellowships and it was found from the above data 53.57% of the respondent families receives the income from 30,000-40,000 and lowest respondent are from salary package 40,000-50,000 per month

B. To Study the Environmental issues and health issues: - This section of the interpretation involves the environmental issues faced by the people and the health issues

2.1 Air Pollution issues

Table 2.1 Issues related to Air Pollution and how it can be saved

S.No	Issues Related to Air Pollution	Number of Respondents			
		Yes	Percentage	No	Percentage
1	Surrounded with purified air	03	10.71%	25	89.28%
2	Smog coming out of industries, vehicle’s smog	28	100%	00	00
3	Can be cured by making less use of vehicle’s for less distance	15	53.57%	13	46.42%

The above table 2.1 explains the issues and the reasons of the air pollution which the respondents feels the most and the result shows that 89.28% respondent feels that the air around them is more polluted and 100% of them also yes that smog coming out of the liquor factory nearby is the major reason for this.

2.2 Solid Waste Pollution & Water Pollution

Table2.2 Solid waste and Water pollution

S.No	Reasons of Solid Waste Pollution & Water Pollution	Number of Respondents			
		Yes	Percentage	No	Percentage
1	Solid waste make the Environment dirty	25	89.28%	03	10.71%
2	Solid waste is thrown in maximum quantity	26	92.85%	02	7.14%

3	Water is becoming polluted due to solid waste and the discharge of the chemicals from the industries	26	92.85%	02	7.14%
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Table 2.2 shows that 89.28% respondent says that solid waste is making the environment dirtier in terms of sand pollution and also water pollution. While the 92.85 % also agreed with the fact that solid waste is thrown in the maximum quantity and also water is becoming polluted with the discharge of the chemicals from the industries.

2.3 Solutions for clean and healthy Environment

Table 2.3 Solutions for clean and healthy Environment

S.No	Solutions for healthy environment	Number of Respondents			
		Agree	Percentage	Disagree	Percentage
1	Stop Using and throwing of plastic	25	89.28%	03	10.71%
2	Making a composite pit for throwing the garbage	26	92.85%	02	7.14%
3	Chemical factories should be made to discharge their chemical waste in the separate tunnel or the drainage	27	96.42%	01	3.57%
4	More greenery should be allowed	28	100%	00	00

The above table 2.3 shows the solutions which people think should be taken as the major steps for the healthy environment and save it for the future generation. The results shows majority of people are agreed with the statements that shows the solution for environment saving and 92.85% says composite pit should be made everywhere to throw the garbage. While 96.42% says chemical factories should the necessary measures in discharging the chemicals from the factories.

2.4 Health

Table 2.4 Health facilities used

S.No.	Health Facilities used	Number of Respondents	Total
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		Yes	Percentage	No	Percentage	
1	Primary health centre	12	42.85%	16	57.14%	28
2	District hospitals	23	82.14%	05	17.85%	28
3	Private hospitals	25	89.28%	03	10.71%	28

The above table 2.4 describes the health facilities used by the people and the result shows that out of all the three facilities shown highest number of the respondent families uses the private hospitals i.e. 89.28% and lowest uses the primary health centres i.e. 42.85%.

2.5 Health problems due to Environmental issues

Table 2.5 Health problems due to environmental issues

S.No.	Disease due to environmental issues	Number of Respondents	
		Number	Percentage
1	Diarrhea, malaria,	05	17.85%
2	Chronic respiratory diseases	03	10.71%
3	Typhoid	20	71.42%

The above table 2.5 explains the health problems people are facing due to the various environmental issues and the result suggests that people suffers with Diarrhea, malaria, chronic respiratory diseases and typhoid the most which effects the health of the people.

Major Findings

- The maximum number of the respondents are male respondents.
- Maximum number of the respondents are having their own business.
- 53.57% of the respondents are having their salary between 30,000-40,000.
- 10.71% of the respondents are having salary between 40,000-50,000.
- 100% of the respondents are having issues with chemical factories and industries.
- 92.85% of the respondents says that solid waste is thrown in open and it makes the environment as well as water impure. It should be stopped rather throwing in open it should be decomposed.
- Use of plastic should be banned
- Greenery should be allowed
- Maximum number of people are facing health issues like Diarrhea, typhoid, respiratory disease, malaria etc due to the chemical waste coming from the nearby industries and the factories.

4. CONCLUSION

Environmental Sustainability is the responsibility to conserve or save the resources for future while using in the present. While environmental pollution occurs when there is a physical, chemical or biological change in the environment or the resources. There is need to reserve the natural resources and the other resources for the future generation as it is all in a limited amount and has to be recycled and used and thus if we destroy it resources or the environment in the present it will not be in used for the future generations. Hence, the study conducted above is to know the people's attitude towards the sustainability of the resources and their use. The paper concludes that there is a need to focus on the air pollution, water pollution. The study reveals that people are more conscious and also agreed on the fact that they should not use the vehicles for the short distance in order to avoid the noise pollution, air pollution, as well as to conserve the fuel also. One step would make a big difference. Hence the study reveals that people are aware of the issues of the environment, health issues and its causes and also they knew the outcomes that it will not lead to development and will effect but the issues is that they don't have a proper system to follow and continue their practice. Therefore, it is important to build a proper managed program or practice that can lead to the well organised environment practice and during their study the researcher observed that this can be solved by the social workers and their programs. As people are found to listen to them more than any other source.

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