
Overpopulation: How Does Sustainable Living Change People's Lifestyle

Introduction

Sustainability means to be maintained and a lifestyle where you reduce the earth's natural resources. I have chosen sustainable living because it is good for the environment and society plus it reduces people's usage of resources and encourages them to use natural resources. It's also because I think it's important to have sustained life and society to make things easier now so you don't struggle later. I am really interested in how sustainable living does or does not change someone's lifestyle, most people think it's useless and not helpful because, they think that sustainability means environmental conservation but for me it's also about people and their health but, why do they think sustainable living won't help them have a better lifestyle? Do they struggle or not? Does sustainable living get harder or easier for people? I hope to find out more about that and also if all countries have a sustainable living and if they do, how does it change their lifestyle. The main key elements of sustainable development (environmental, society and economy). The pros and cons of sustainable living.

Findings

There are three main elements of sustainability that helps people have a better lifestyle. Social, environmental, and economic sustainability. If a country has all three elements of sustainable development maintained, people will have a better lifestyle. Social sustainability is a process for creating sustainable successful places that promote wellbeing, by understanding people's needs. It's also the ability of a community to develop structures which not only meet the needs of people but also support the ability of future generations. For example, good schools for education, hospitals, and housing. Economic sustainability is more about business and profits. A very good example of economic and social sustainability (sustainable architecture) is the Burj Khalifa. It's not only the tallest building but the advantage is that it's a tourist place and around 1.8 million people visit Burj Khalifa every year, which also means great profit. Environmental sustainability is the rates of renewable resource harvest, pollution creation, and non-renewable resource depletion. In order to have a healthy community, we need clean air, natural resources, and a nontoxic environment. Environmental sustainability can help have a healthy lifestyle. People can have a better lifestyle by getting a good education, proper care in hospitals when they are sick, which is social sustainability. Environmental sustainability will help people have a better lifestyle by having a hygienic environment which means fewer diseases.

Problems and solutions

One of the problems of sustainable development is overpopulation. Overpopulation can give negative outcomes of environmental and economic sustainability. It increases the pressure on the planet's resources. It can cause global warming, loss of fresh water and deforestation. People cut many trees for resources like rubber and certain medicines. When people cut trees, there is also a loss of habitat and extinction of animals. It reverses the effects of carbon sequestration and releases greenhouse gases into the atmosphere, which is bad for humans.

People will not be able to have a good lifestyle without good health. There is a lot of loss for fresh water, 75% of the earth is covered in water. 97.5% of that is ocean and 2.5% is freshwater. Most of the freshwater is either unreachable or too polluted, leaving with less than 1% of freshwater. The solution to stop overpopulation can be spreading awareness and education about overpopulation, also providing universal access to intrauterine (birth control) devices and family planning and to convince leaders to commit to stabilizing population growth. For deforestation, the solution is to plant the double amount of trees that has been cut down.

Opinion

In my opinion, sustainable living is important because it can help have an easy life and my opinion hasn't changed. If there's no sustainable living, in a country, then people have to suffer a lot. There are countless animals who go extinct because of deforestation and the lack of trees and habitat. Fish are found full of cancers when people go fishing. If in a country people make so much waste by buying and throwing away, which only causes more diseases and bad health, then I think the government of any country should make laws to keep the country sustainable and for people's happy and healthy lifestyle. If people and the government help in preserving issues like cutting trees, ending poverty and finding solutions to end all the issues that people will have to face if there's no sustainability, everyone will have a better lifestyle then. According to me, environmental sustainability should be very well maintained to have a better lifestyle than having a more sustainable living in social and economic sustainability. In total, I think the government should make strict laws for people's sustainable living and their benefit. Laws like limiting cutting trees, and donating money to the poor as well as the charity.

Summary and conclusion

I have discovered the main elements of sustainable development which are environmental, economic and social sustainability. Three of these elements are necessary for a sustainable living and better lifestyle. I also learned the problems for sustainable development and how the people and people's lifestyle will be affected if there's no sustainable living in a country. Some of the problems I discovered was overpopulation and because of overpopulation, there is a limited supply of the world's non-renewable resources, as well as more deforestation. Sustainable living does change someone lifestyle. For example, imagine a country doesn't have economic sustainability, and businesses are in loss. How would a person have a maintained life without money, and if there's no money then no food, no water, and no place to live. In the other hand, if a person did have all these things, that person will have a happy lifestyle. For example, there's a lot of air pollution in a country and maybe that bad air caused someone having asthma and having other diseases which could affect the lung. And, if u have bad health and don't have an environmentally sustainable country then a person will have a bad and an unhealthy lifestyle. This is why sustainable living is important and it helps people have a better lifestyle.

Sources

1. <https://www.conserve-energy-future.com/15-ideas-for-sustainable-living.php>
2. <https://esg.adec-innovations.com/about-us/faqs/what-is-social-sustainability/>
3. <https://gulffnews.com/business/burj-khalifa-is-an-outstanding-example-of-sustainable-architecture-1.563396>
4. <https://thearabianpost.com/tap/2014/02/burj-khalifa-is-dubais-most-visited-tourist->

attraction.html

5. <http://www.thwink.org/sustain/glossary/EnvironmentalSustainability.htm>
6. <https://www.thebalancesmb.com/how-overpopulation-impacts-the-environment-4172964>
7. <https://www.conserve-energy-future.com/causes-effects-solutions-of-overpopulation.php>
8. <http://www.everythingconnects.org/overpopulation-effects.html>
9. <http://www.everythingconnects.org/overpopulation-solutions.html>
10. <https://www.youtube.com/watch?v=XdK0uYjy85o>

edubirdie.com