



doing so, he disrupts the natural system which results in environmental degradation. In fact, the traditional way of out – living environmental measures are not in themselves sufficient.

The combination of habits in different families leads to vast differences where it comes to environmental impact. The components of the prevailing modern life-style is most damaging to the environment and more sustainable to the combination of habits among modern life-style.

Problems of Environment Due to Modern Life-Style

The burning problems of ‘Modern Style of living all over the world should be identified. Every-one is also to accept the challenges met with, in his individual as well as natural life in National and International affairs and also various social problems.

a) **Smoking, b) Alcohol Abuse, c) Use of Cosmetics, d) Fast Food/Junk Food etc. are some of them:**

a) Smoking in Modern Life-Style

When some friends offer a cigarette, he cannot refuse and later go on smoking as a fashion in moderate life-style, until it becomes a habit. He does not realise the risk of smoking and very injurious to health, it is not easy for quitting smoking, because it is an addiction.

When tobacco burns, it produces ‘nicotine’, ‘tar’ and a mixture of some other gases including carbon monoxide (CO) and all these are inhaled in the lungs as smoke. ‘Nicotine’ acts on the brain and gives pleasure and relaxation to the smokers. At the same time, nicotine increases the heart-rate, blood-pressure and produce extra-acid in the stomach. ‘Tar’ is carcinogenic and causes smokers cough, bronchitis and cancer.

Each cigarette smoke reduces life by 3 minutes, causes cancer of lips, tongue and lungs; heart disease, hoarse voice day by day. 85% of lung cancers in men are related to smoking and about 30% suffer a stroke due to high blood pressure. Thus indicating smoking is hazardous to health.

To quit smoking, avoid the smokers company and also try to avoid alcohol & coffee which are associated with smoking.

b) Effect of Drinking Alcohol

People all over the world have been consuming alcohols which have proved some physical and social negative effects.

Moderate intake of alcohol-1 to 3 units of 30 ml each per day has positive effects, good for heart & health; But heavy drinking 15-40 units a week like to be heading for big time trouble can cause liver damage (cirrhosis), cancer in the liver, Gastritis, audio-vascular disease, causes brain damage, weight gain (obesity) increase in blood pressure etc.

c) Effect of Cosmetics

Cosmetics are products used to enhance the appearance of the body. In the 21st century, woman generally use more cosmetics which are generally mixture of chemical compounds, some being derived from natural sources like coconut oil and some being synthetics containing certain ingredients which have many harmful effect, common cosmetics include lipstick, mascara, eye-shadow, nail polish, skin lotions, shampoo etc.

Many products contain chemical like Zinc oxides, Barium sulphate etc. Which are very harmful for body and may result on failures of kidney and liver, Lipstick contain aluminum which can cause anemia. Mascara can cause blindness; Nail polish damages natural colour of nails. Headache, Nausea etc. are very common issue after putting up make up far long period of time.





d) Effect of Fast / Junk Food

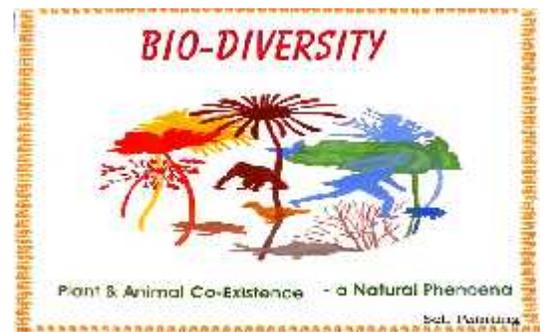
The term 'Junk food / fast food' encompasses a fairly broad category of food, but it typically refers to foods that are relatively high in caloric content, but low in nutritional value. Though many people enjoy eating junk food and think it tastes great, the health consequences can be serious, and can range from everything to low energy levels to weight gain and illness. In addition, eating junk food can cause one to develop insulin resistance, which is one of the risk factors for cholesterol and blood sugar.

The excess fat, carbohydrates and processed sugar found in junk food contributes to an increased risk of obesity i.e. too much body fat, type-2 diabetes is often caused by poor life-style choices. It can cause chemical changes that can lead to depression. Junk food consumption alters brain activity in a manner similar to addictive drug.



Science of Living & Environmental Degradation

New modern life-style is evolved in such a way that everyone would learn or master of this man-use environment for his development activities and doing so, he disrupts the natural system which results in environmental degradation. As such, environmental degradation causes ecological imbalance of living organisms including man which leads to a marked reduction in Bio-diversity.



Environmental Degradation Causes in Several Ways

1. By destroying original plant & animal species and replacing them by other species;
2. By introducing aquatic species of plants and animals to an area where these did not exist earlier;
3. By modifying the components of natural environment & land use pattern;
4. By introducing foreign substances like chemical fertilizers, pesticides, herbicides etc;
5. By over exploiting exhaustible resources;
6. By industries expansion and urbanization;
7. By mining and extracting mineral resources;
8. Accelerated rate of scientific and technological discovery and development;
9. Exponential geometric increase in world population growth;
10. Using raw materials for industries, timber for construction purpose, fire wood for cooking food and creating deforestation for expansion of agriculture and domestic use.

Effect on Environment

Man and his activities are the main cause of environmental problems. Right from the dawn of human civilization, man has used nature for the sake of his existence and fulfillment of his necessities. He has also exploited nature and destroyed the eco-system with modern "economy" or "technology". Thus man is largely responsible for the 'rape of the earth'.



These Problems are

i) Over population, ii) Urbanization, iii) Industrialization which have contributed to environmental degradation. Unwise use of Technology has led to various forms of environmental pollution.

What is Pollution?

Pollution occurs when pollutants contaminate the natural surrounding which bring about changes in the effect of normal life.

Pollution Occurs in Different Forms

A) Air, B) Water, C) Soil, D) Noise, E) Radio- active, F) Thermal & G) Light Pollution.



A) Air Pollution

Causes

It is most prominent and dangerous form of Pollution –

1. Excessive burning of fuel, for the development of transportation systems ;
2. Large scale use of petrol and Diesel for development of Industries;
3. Release of huge amount of chemical substances and smog cause pollution in the air almost everyday;
4. Smoke from chimneys, factories, vehicles or burning wood or coal etc, releases sulfur di-oxide (SO₂), hydro-carbons particulate, hydrogen sulfide, fluorides, carbon monoxide (CO), Carbon di-Oxide (CO₂),methane, Chloro-fluro-carbon (CFCs), Nitrogen Oxide (NO₂) and other gases.

Effect

Breathing in such polluted particles from the air, resulting increase in ‘Asthma’ and ‘Cancer’ in the Lungs.

It also causes damage to ecological property;

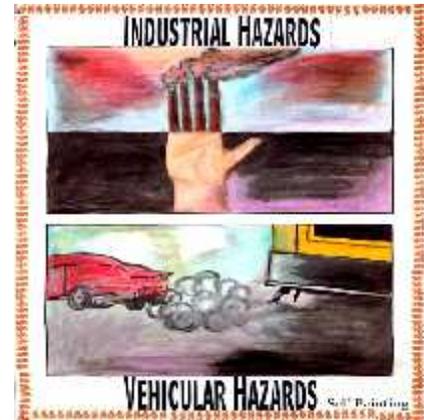
Hydrogen sulphide (H₂S) Containing in polluted air is dangerous to children; Nitric Oxide (N₂O) Causes pulmonary irritation and its excess concentration may cause pulmonary hemorrhage,

Carbon monoxide often effects the oxygen carrying capacity of blood.

So, the polluted air create problems like

a) Global warming b) Ozone layer Depletion c) Acid rain, increased temperature, erratic rainfall etc.

a) Global Warming: It increases earth’s average surface temperature due to effect of “Green house gases”, such as carbon di-oxide (CO₂) emissions from burning fossil fuels or from deforestation which trap heat that would otherwise escape from earth.



Effect of Air Pollution

Green house Gases	Percent (by temperature)	Pie chart
Methane gas	18%	
Chlorofluoro Carbon (CFC)	14%	
Carbon dioxide (CO ₂)	49%	
Nitrogen Oxide(NO ₂)	6%	
Other, gases	13%	

The emission of ‘Green House Gases’ is almost 49% CO₂ and 14% CFCs which cause of Global Warming. Set up of new Industries, new vehicles come in roads, cutting of trees for new homestead etc. Lead to direct or indirect increase in CO₂ in the environment.

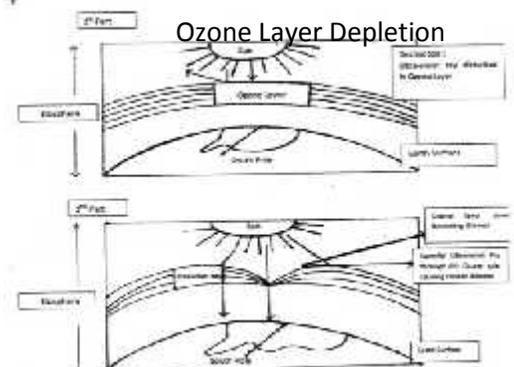
‘Green house gas’ is actually water vapour, even slight increases in atmospheric levels of CO₂ can cause a substantial increase in temperature.

b) Ozone Layer Depletion

Ozone layer is the thing shield high up in the sky that stops ultra – violet-ray of the sun reaching the earth.

The discovery of the Antarctic “Ozone hole” in may ,1985 come as a shock to scientific community, warmer air temperature led to ozone hole which reached its maximum size is Sept.2012, stretching to 921.2 million Sq. km. The prolong ozone depletion is the drawdown of NO₂ from above the stratosphere due to changing of wind pattern.

As a result of human activities, chemicals such as chloro-fluro-carbon (CFCs) and hologenated ozone depletion substances are mainly responsible for man-made chemical ozone depletion substance are





mainly responsible for man-made chemical ozone depletion. The effective stratospheric chlorine in one of the effective halogens in the stratosphere.

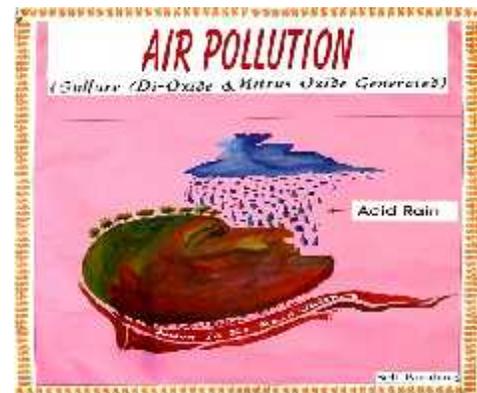
c) Acid Rain

Acid rain includes any form of precipitation with acidic components such as sulphuric or nitric acid that fall to the ground from the atmosphere in wet or dry forms including rain, snow, fog, or dust that is acidic.

Acid rain results when SO_2 and NO_2 are emitted into the atmosphere and transported by wind and air currents, reacting with water, oxygen and other chemicals to form sulphuric acid (H_2SO_4) and nitric acid (HNO_3). These then mix with water and other material's before falling to the ground.

As such, acid rains have assumed global ecological problem because oxides travel a long distance and during their journey in atmosphere, they may undergo physical and chemical transformation to produce more hazardous products.

Acid rains create complex problems and their impacts are far reaching. They increase soil activity, thus affecting land flora and fauna, cause acidification of lakes and streams, thus affecting aquatic life, crop productivity and human health.



B. Water Pollution

Earth is a watery planet, as nearly 71% of its surface area is covered with water which is the largest constituent of living organisms, and it is also habitable in which life evolved on earth.

Causes

The industrial wastes, breweries, tanneries, dyeing textiles, paper mills, steel industries, mining operations etc, release effluents with a wide variety of inorganic and organic pollutants. The pollutants include oils, greases, plastics, metallic wastes, suspended solid, phenols, toxins, acids, salts, dyes, cyanides, etc. Many of which are not readily susceptible to degradation and, thus causes serious pollution problems. Sulphuric acid from coal mines is a serious pollutant that increases the hardness of water which has disastrous effect on live organisms.



These activities create imbalance in the water, leading to its several contaminations and death of aquatic species. In agricultural system, spraying of pesticides and fungicides on plants, pollutes the ground water and oil spills in the oceans have caused irreparable damage to the water bodies; so also daily washing clothes & utensils near ponds.

Effect

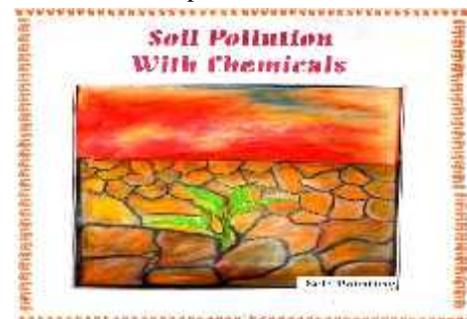
So, water pollution not only harm the aquatic being but it also contaminates the entire food chain by severely affecting humans, dependent on these polluted water borne diseases like cholera, diarrhoea etc. Mercury is to cause impairment of brain functions, neurological disorders, retardation of growth in children. Arsenic contamination is by far the biggest mass poisoning in the world. Certain chemicals present in polluted water spread diseases like foot drop.

C. Soil Pollution

The Land is the most vital resource for man because it forms the medium for its multifarious activities. Rapid growth of population, urbanization, industrialization, agricultural and other developmental activities have created the problem of land and soil pollution.

Causes

Almost every waste in the soil due to human activities, use of insecticides and pesticides absorbs nitrogen compounds from the soil making unfit for plants.





Effect

The Cause to create deforestation, flood, desertification, wastelands, salinity, water logging Bio-diversity etc. exploits the soil, since plants can't grow properly holding the soil and this leads to soil erosion.

D. Noise Pollution

The most popular measure of noise level is the decibel measured by the instrument in which the average speaking noise is about 60dB.

Causes

High volume loud-speakers used during social, political and religious functions, the intensity being 140dB and above which create noise pollution.

Effect

Noise which is an unpleasant sound which affect our ears and leads to psychological problems like stress, hypertension, hearing impairment and some of the disease. Auditory effects of noise pollution include auditory fatigue and deafness.

E. Radio- active Pollution

Causes

It is highly dangerous when it occurs due to improper nuclear waste disposal and nuclear explosions. There is no reliable method of storing the radio- active waste. So, it is highly dangerous when it occurs to nuclear plant, atom-bomb, improper nuclear waste disposal etc.

Effect

Radio-active Pollution effects may continue in subsequent generations. The dangerous effects of such radiation in organisms include the direct results of radiation on the body cells and tissues.

It occurs anemia, infection and haemorrhage. It causes cancer, infertility, blindness, defect at the time of birth, can sterilize, soil and affect air and water.

F. Thermal / Heat Pollution

Thermal pollution is the degradation of water quality by any process that changes ambient water temperature.

Causes

A common cause of thermal pollution is the use of water as a coolant by power plants and industrial manufactures. When water used as a coolant is returned to the natural environment at a higher temperature.

Effect

The change in temperature decreases oxygen supply and affects ecosystem composition. Fish and other organisms adapted to particular temperature, range can be killed by an abrupt change in water temperature due to "thermal shock". Huge number of industrial plants, deforestation and air pollution increases the earth's temperature causing drastic climatic change.

G. Light Pollution

Light pollution is the introduction by human directly or indirectly of artificial light into the environment.

Causes

Excessive light that leads to discomfort an adverse health effects. Artificial light over power the darkness disrupting the natural day – night pattern and shifting the delicate balance of our environment.

Effect

It increases energy consumption, disrupting the eco-system and wild-life and harming human health. Artificial light disturbs ecosystems, it also devastating effects on many birds species.

Social Problems

The interaction between population and environment is very complex and dynamic. In fact, the environment is constantly changing due to human activities, leading to various problems and general degradation of the environment and also changed society, various development activities of man and adverse effect on all forms of living organisms in the biosphere.



So, life style factors and environmental causes of major depression i.e. destroying joint family structure, developing mental illness, like depression, abusing drug and alcohol, over work, poor diet. Excess caffeine or sugar, lack of exercise, poor sleep, lack of leisure time as well as fun, recreational activities, unequal distribution of wealth, child abuse, selfishness, violence, crime etc.



Traditional Life Style vs. Modern Life Style

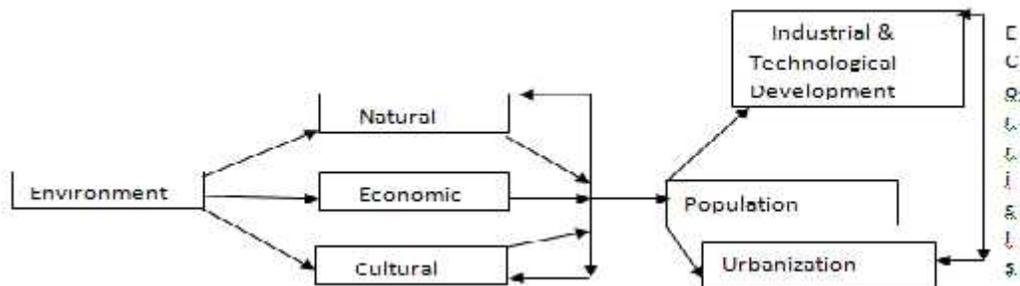
- Traditional Society has a lot of time at their disposal to perform its duties, where as modern society have little time at their disposal to perform its duties.
- Traditional society does not believe in the application of “Technology and Science” to a great extent and hence, it tends mostly herbal, ayurvedic medicine, on the other hand, the modern society reveals in making the best use of the Technology , medicine, science and industries advancements.
- Traditional society believes in the ‘Joint family system’ of living; on the other hand, Modern society believes in the “Individual family system” of living.
- Traditional society attaches more importance to the cultural and philosophical values of the land, while the modern society does not pay much importance on these.
- Traditional society does not believe in making use of the latest fashion in clothes and other accessories, on the other hand, Modern society believes in making the best use of the latest fashion in clothes and other accessories.

Steps Needed to Save Environmental Crisis

In his quest for economic progress and development, man has been continually changing his environment. His multifaceted activities, such as mining, culture, industrial and recreational activities have been causing environment degradation. These activities are necessary for man’s existence, and as such, can not be stopped altogether. Therefore, Sustainable environmental protection measures need to be taken to content of an appropriate technology and promotion of a rational use of environmental resources.

Development is generally accepted to be a process that attempts to improve the living conditions of people. The new concept of development is survival oriented. It would meet the basic needs of present generation without interfering with the legitimate rights of the future generation to meet their own needs. Hence, “Sustainable development “appears to be one of the solutions to save the environmental crisis.

Geometric Growth of Population and Ecological Crisis





Sustainable Development Concept

World Commission on Environment & Development (1987) opines that – “Sustainable development meets the needs of the present, without compromising the ability of future generations to meet their own needs”.

The concept of sustainable development has development beyond the initial intergenerational frame work to focus more on the goal of “Socially inclusive and environmentally sustainable economic growth”. UN conference on Environment and Development published in 1992, emphasizes that in sustainable development every one is a user and provider of information. It stresses the needs to change from old sector-centered ways of doing business to new approaches that involve cross-sectoral co-ordination and the integration of environmental and social concerns into all development processes.

Sustainable development includes economic development, Social development and environment protection. Broadly defined, sustainable development is a systems approach to growth and development and to manage natural, and social for the welfare of their own and future generations. The term sustainable development as used by the United Nations incorporates land development and also human development such as education, Public health and standard of living.



Conclusion

1. To Conclude, even though modern technology have inspired the over populated society to maintain smart life style ignoring / neglecting the polluted environment at this crucial juncture. Let us look back sustainable way of living with essential modification – lowering down the dangerous effect of the pollution causing increase of harmful CO₂ , CFCs, SO₂, & methane gases, in the atmosphere and stratosphere as well.
2. Boosting energy efficiency, greening transportation ,reviving up renewable ,phasing out fossil fuel electricity, managing forests and agriculture, afforestation, exploring nuclear energy for productivity, developing and deploying new low-carbon & zero-carbon technology, environmental management act, industrial norms followed and public awareness, huge use of solar energy and wind energy resources etc.
So, it is concluded that sustainability should be refrained to for interconnected domains, ecology, economics, politics and culture.

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