

State Level Seminar on

IMPACT OF EDUCATION ON SUSTAINABLE ENVIRONMENTAL MANAGEMENT

Editors

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NATURE-FRIENDLY LIVING - A STUDY AMONG HIGHER SECONDARY STUDENTS

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Abstract

Nature- friendly living is a way of life making no harm to the environment. Being nature- friendly means adopting a life style better for the environment .It is all about taking our own initiatives in moving close towards "mother earth" so as to live in her lap happily. Such an initiative make this terrain a heaven for better living not only for the present moment but for the generations to come. The more we do our part, the faster will it create ecological sustainability. It has become more and more important. Therefore as a first step it should start from our personal level and such a noble step would change our life significantly where we live with an awareness of ecological conservation that promotes green life. Hence the researchers decided to study on the nature friendly living styles of higher secondary students.

Introduction

Nature- friendly living is a way of life making no harm to the environment. Being nature- friendly means adopting a life style better for the environment .It is all about taking our own initiatives in moving close towards "mother earth" so as to live in her lap happily. Such an initiative make this terrain a heaven for better living not only for the present moment but for the generations to come. The more we do our part, the faster will it create ecological sustainability. It has become more and more important. Therefore as a first step it should start from our personal level and such a noble step would change our life significantly where we live with an awareness of ecological conservation that promotes green life.

The chronological age of higher secondary students ranges from 15 to 17 years. They are soon going to be the future citizens. This stage of school life represents the terminal point of formal schooling. The children at this stage are in the period of transition from childhood to youth. Perhaps more than any other period in life, it is at this period that character begins to be formed. The investigator hence attempted to find out the perceptions of higher secondary students views on adopting eco-friendly lifestyle ,as such an awareness if created along with their character development could bring personal prospects in nature friendly ecosphere .

Objective:- To find out the perception of higher secondary school students in identifying nature-friendly life styles.

Method:- The survey method was adopted for conducting the study.



Sample:- The study was carried out on a representative sample of 200 higher secondary school students belonging to Higher Secondary Schools in Kanniyakumari District

Instrument:- In this study, the investigator used a checklist containing a list of nature-friendly life style activities to collect data. The students are asked to mark whether these identified lifestyles lead to nature friendliness.

Procedure:-After administering the tools to the Higher Secondary School students, the investigator collected back the tool where the students marked their individual perceptions. It was carefully subjected to statistical analysis. Percentage analysis was the statistical technique used.

Analysis and Interpretation

The perception of higher secondary students on life styles for nature friendliness are given in the following tables.

Table I. Percentages of 200 respondents choosing the life styles they prefer helps in nature friendliness

Sl. No.	Life Style Activities	No.	Percentage
1	Planting of Trees	170	85
2	Growing Our Own Food	156	78
3	Prefer Vegetarian Foods	105	52.5
4	Minimise waste	108	54
5	Enjoy nature walk	90	45
6	Cook food at home	99	49.5
7	Inhale fresh air	101	50.5
8	Use left over water to water plants	103	51.5
9	Turn out light /tap when not in use	98	49
10	Use public transportation	97	48.5
11	Using 3R's(reuse,reduce ,recycle) products.	120	60
12	Enjoy nature watching	90	45

It was found from the above table that majority of the students perceived planting of trees leads to nature friendliness (85%). Followed by growing our own food by ourselves (78%).According to students (60%) using of reusing and recycling of products can constitute towards ecological balance. 54% suggests that reducing waste, and 52.5% of students perceived that consuming vegetarian foods are the measure towards ecological sustainability.

Using left over water (51.5) for watering plants inhaling fresh air (50.5), turn out light/tap when not in use (49%) cook food at home (49.5), Using of public transportation for travelling (48.5) and enjoy bird watching/feeding (45) have got its significant share towards nature friendliness.



Results

The results of the study revealed that, the majority of the students of higher secondary schools have opined on the increasing necessity of adopting nature friendly life styles in sustaining ecological stability. They have suggested that other than the measures pointed out by the investigator ,reducing food wastage ,plastic ban ,disposal of wastes scientifically and the like can also help ecological stability. Hence the investigator arrived at the conclusion that the higher secondary students are environmental conscious and suggested that making life nature friendly can make positive impact on life.

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