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Sustainable Living in the Digital Age: A Critical Examination of Its Impact on Holistic Well-Being

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Abstract
This study examines the impact of sustainable living in the digital age on holistic well-being and is grounded on two theories which are Self-Determination Theory and Social Practice Theory. Using a mixed-methods approach that combine an online survey (n=120) with in-depth interviews. How digital technologies influence sustainable living practices and their effects on physical, mental, social, and environmental well-being was investigated. The findings suggest that sustainability is significant for digitally engaged young people and professionals, and it also linked to positive well-being outcomes. Digital tech, such as energy-saving apps and eco-shopping platforms, supports sustainable living and is associated with improved mental and physical health, and a sense of purpose. We argue that promoting digital sustainability solutions and making eco-friendly choices more accessible can encourage sustainable living and improve well-being, highlighting the importance of leveraging tech to support sustainable living.

Keywords: Sustainability, Digital, Well-being, Eco-friendly and Holistic

Introduction
The concept of sustainability has gained attention since the 2015 UN Summit, defining it as meeting present needs without compromising future generations' ability to meet theirs (World Commission on Environment and Development). Sustainability combines ecological, social, and economic concerns, balancing environmental protection and growth (Hallin, A., et al., 2021).
In the digital age, technology shapes health and well-being. Digitalization influences healthcare through social, political, and commercial determinants (Kickbusch & Holly, 2023). Digital technologies can improve lives via online healthcare, access, and personalized consultations. AI-powered devices support people with disabilities, and AI systems aid mental health (Perry et al., 2024).
However, digital technologies amplify risks like inequity, misinformation, and harmful trends. Align health goals with systemic actions addressing social and environmental determinants (Spencer, G., Corbin, J.H., & Miedema, E., 2019). In today's society, people want personalized solutions. Educated individuals with clear self-understanding cope better with uncertainties (Agrahari, R., & Neelam, K., 2023).
Sustainable living and holistic well-being need a comprehensive approach addressing social, environmental, and economic determinants. Leveraging digital technologies like energy-efficient apps, sustainable e-commerce platforms and health-tracking wearables can promote sustainability and improve lives from developing supportive policies that encourages individual actions and collective efforts can ensure an equitable future.
The study aims to investigate the impact of sustainable living on holistic well-being in the digital age, exploring how digital technologies can promote sustainability and improve health outcomes while addressing social, environmental, and economic determinants of well-being. The research seeks to answer the question on the impact of sustainable living in the digital age on holistic well-being by exploring how digital technologies influence sustainable living practices and their effects on well-being, the role of digital technologies in shaping sustainable living habits and their subsequent impact on overall well-being. Secondly, it seeks to know the key factors that moderate the relationship between sustainable living and holistic well-being in the digital age. And lastly, how do social, environmental, and economic determinants of well-being interact with sustainable living practices in the digital age? This study aims to examine the relationship between sustainable living and holistic well-being in the digitalized world, while also identifying the key factors that influence this relationship.

Literature Review
Sustainability fulfills current needs without compromising future generations, balancing economic growth, environmental care, and social well-being (Agboola, 2024). It includes Economic, Social, and Environmental Sustainability. Sustainable living means understanding lifestyle impacts and finding

ways to live better (UN). It minimizes natural resource use, reduces harm, and promotes well-being through eco-friendly choices (Agboola, 2024). Governments and businesses can support change by harnessing decision-making for sustainability (UN Environment Programme).

The Impact of Technology on Sustainable Living and Holistic Well-Being

The concept of technology evolved over time, with "philosophy of technology" coined by Ernst Kapp in 1877 (Franssen, Lokhorst et al. 2022). Technology accelerates sustainability at individual, organisational, national, and global levels, supporting UN SDGs (Confederation of Indian Industry, 2024). With climate change and resource depletion, tech innovations like renewable energy and smart cities reshape lives, work, and environment.

The Various Ways Technology Plays Important Role in Promoting Sustainable Living

Technology plays a multifaceted role in promoting sustainable living through various avenues like solar, wind, and hydropower have made these sources more accessible and efficient, thereby reducing reliance on non-renewable energy and lowering carbon emissions. In homes, smart devices leverage AI and data to optimize energy consumption, which not only reduces environmental impact but also cuts costs.

Likewise in agriculture, technologies like drones, sensors, and GPS enable farmers to make data-driven decisions, which optimizing resource use and minimizing waste. Also, innovations like vertical farming and hydroponics are providing local sustainable food sources. The transportation sector also experiences a shift with electric vehicles (EVs) and ride-sharing apps contributing to reduced emissions and traffic congestion. Furthermore, smart waste management systems utilize sensors and AI to optimize collection and recycling processes, lessening waste's environmental footprint.

Also, digital platforms are empowering individuals to adopt eco-friendly habits through apps and websites that promote practices like reducing water consumption and tracking carbon footprints etc. Technology's influence on environment and well-being depends on factors like location, socio-economic status, age, and gender (Konosuke Matsushita, 2024). Sustainable solutions meet common aims, improving lives and the world. The UN SDGs provide a framework for peace and prosperity. Pursuing sustainable solutions positively impacts health and happiness (2022 Lancet report; 2020 World Happiness Report).

Tech advancements can drive societal progress and well-being (Konosuke Matsushita, 2024). Individuals, communities, and businesses can contribute to a sustainable future using these technologies.

Ways Sustainable Technology Can Also Influence Our Wellbeing

Renewable energy storage can reduce pollution, improving public health long-term. Hydrogen fuel cells, like Panasonic's, enable wider use of renewables. Electric bicycles and public transport initiatives promote active lifestyles, boosting health and life expectancy (study estimates 1-year increase for cycling/walking commuters). Decarbonizing transport and encouraging active travel reduces illness and deaths from air pollution (Health Foundation report).

Solar energy boosts biodiversity and farming, improving local green spaces and food production. Solar farms provide shelter for wildlife and livestock, improving animal well-being. Exposure to green spaces links to improved mental health and reduced stress. Smart city development prioritizes happiness and sustainable development, using data and innovation to improve quality of life (European Commission). Energy-saving home appliances and gadgets improve well-being, comfort, and convenience, reducing environmental impact. Using less energy improves public health and reduces environmental impact. Manufacturers contribute to avoided emissions with efficient technology, like heat and water-source air conditioners, improving air quality and reducing allergens.

Theoretical Framework

Self-Determination Theory

Self-Determination Theory according to Edward Deci and Richard Ryan, suggests people become motivated when their needs for competence, connection, and autonomy are met

Gabriel Lopez-Garrido (2023). When fulfilled, people are intrinsically motivated to take action, finding tasks enjoyable and rewarding. Autonomous motivation drives them to pursue goals for inherent value, not just external rewards. For example, someone wanting to become healthy needs intrinsic motivation to eat better and exercise, plus competence to overcome challenges and connection with supportive people. When these needs are met, wellness and growth thrive; when thwarted, they suffer. This theory

explains how self-determination impacts motivation, driving people to act when they feel their actions have an effect.

Autonomy is one of the ways to live a sustainable live that promote well-being which is about feeling like you're making choices that align with your values, like choosing to repair an item because it matters to you, not just because someone told you to. Also, competence which comes from feeling effective and capable; like when you learn to compost or mend clothes and see tangible results. Relatedness is another way which is about feeling connected to others through sustainable actions, like being part of a community garden, local food network, or global movement working toward a common goal. It satisfies the need to belong and care for others while being part of something bigger

Social Practice Theory

Garrett T. Morgan; et al (2022). Social practice theory explores social, spatial, and symbolic elements of wellbeing interactions. It describes everyday activities performed by individuals, shaped by contexts like built environments, through interactions of meanings, skills, and objects (Reckwitz 2002; Schatzki 1996, 2002; Shove et al. 2012). Practices occur at individual and collective levels, bridging agency and social structure (Reckwitz 2017; Shove 2017).

Social Practice Theory (SPT) promotes sustainability transitions by examining everyday routines.

- ✓ Reframing interventions to alter how practices interlock, rather than just changing individual habits.
- ✓ Shifting energy consumption by addressing household routines like washing and heating, providing energy-saving gadgets.
- ✓ Addressing sustainable consumption by tackling social norms and infrastructures driving unsustainable patterns.
- ✓ Integrating new technologies into daily life, professional norms, and institutions, rather than relying on automatic sustainable behavior.

Social Practice Theory analyzes well-being as a collective property of shared social practices, not just individual psychology.

- ✓ Well-being ties to sense of belonging and community from shared practices. Improving communal
- ✓ areas can foster belonging, boosting well-being.
- ✓ The theory considers social and symbolic elements like ownership or belonging, beyond individual
- ✓ comfort factors.
- ✓ Integrating well-being into design: empower inhabitants to shape their environment, fostering place
- ✓ and engagement (Science Direct).

When autonomy, competence, and relatedness needs are met in supportive social contexts, people adopt lasting sustainable behaviors. Communities supporting eco-choices, skill-building workshops, and green groups boost motivation. Interplay between individual motivation and social context drives sustainable habits.

Holistic Well-being Framework

The World Health Organization (WHO) states that health is a state of complete physical, mental and social wellbeing and not merely the absence of disease. It suggests seven basic conditions that contribute to maintaining or restoring health:

The Interconnection of the 7 Dimensions

The 7 dimensions of well-being which are self-esteem, self-perception, social relationships, environment, meaningful work, health knowledge, and future awareness - are interconnected.

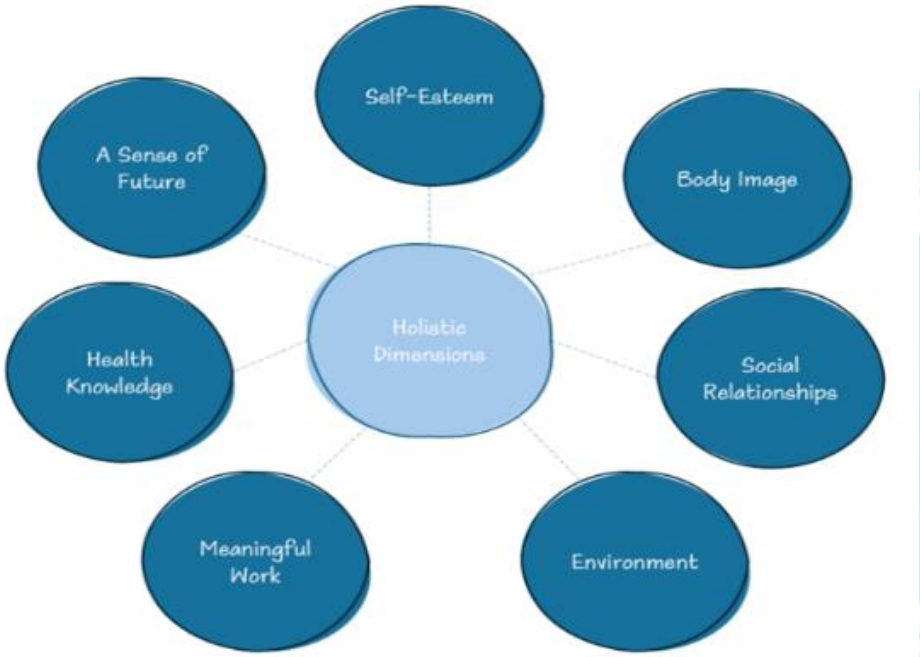
1. Self-Esteem: foundational to psychological health, impacts body image and social relationships.
2. Self-Perception: tied to self-esteem; social relationships and health knowledge influence body image.
3. Social Relationships: provide emotional support, shape self-image, and link to environment and
4. meaningful work.
5. Environment: impacts physical and mental health, self-esteem, social relationships, and meaningful
6. work.

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7. Meaningful Work: gives purpose, enhances self-esteem, and supports mental and physical well-being.
8. Health Knowledge: empowers informed decisions, boosts self-image, and supports self-esteem and
9. future aspirations.
10. Future Awareness: hope for a fulfilling life tie to other dimensions, reinforces self-esteem, and links
11. to environment.

These dimensions influence each other, creating a holistic network. Improvements or declines in one area can ripple across others. Addressing well-being comprehensively, rather than focusing on isolated aspects, can create lasting positive impacts.

Dimensions of Holistic Wellbeing (7DHW)



Source: Archives of Internal Medicine Research

Empirical Studies

Review Existing Research on Sustainable Living and Holistic Well-Being, Highlighting the Gaps and Limitations

A review by G.A.I.M Bandara and A.M.A.R.B Alahakoon (2023) explores sustainable lifestyles, examining environmentally friendly decisions and influencing factors. Daily choices, like resource use and purchases, which impact the environment. Goals, culture, and community influence sustainable practices. Collective initiatives like neighborhood projects and eco-friendly city design can enable sustainable living. However, the review identifies gaps: focus on environmental issues, lack of recommendations, and neglect of social justice and affordability. The authors argue for further research on social justice, government policies, education, and community initiatives. Effective regulations, community efforts, and education are crucial, but more workable solutions and research are needed.

Narumon Jiwattanasuk et al. (2022) explore cultural perspectives on holistic well-being, combining physical, psychological, behavioral, and intellectual aspects. Strong well-being links to improved health and social interactions. Companies promoting well-being see benefits like increased productivity and motivation. However, the review focuses on theories, lacking specific strategies for individuals or organizations. It may not cover all research and doesn't address implementation barriers. The authors suggest more research on well-being initiatives in various settings, their impact on outcomes like mental health, and long-term effects. Fostering a culture of well-being and using evidence-based tactics can

enhance quality of life and organizational performance. More research is needed to determine effective methods.

Laura Watson (2025) presents eco-wellness as a strategy connecting environmental sustainability with individual health. It offers advice on sustainable living, healthcare, and nutrition. However, the article is motivational and descriptive, lacking scientific evidence and addressing practical obstacles like cost, accessibility, and cultural variables. It doesn't examine eco-wellness accessibility for different socioeconomic backgrounds or long-term consequences. The study identifies gaps: lack of research on eco-wellness effectiveness across populations, need for evidence-based standards, and overlooking infrastructure, policy, and systemic change roles in promoting eco-wellness.

Future Directions

Measure eco-wellness benefits, examine adoption obstacles, create accessibility plans, establish assessment frameworks, and promote incorporation into policy and education. Further study and legislative backing needed to achieve eco-wellness's promise for individual and environmental health.

Methodology

This study used a mix of methods to explore how sustainable living in the digital age affects people's overall well-being. We're looking at how digital sustainability practices impact physical, mental, social, and environmental well-being. The study used a mixed-methods, combining an online survey (quantitative) with in-depth interviews (qualitative) to examine sustainable living's impact on holistic well-being. The survey gathered data on demographics, digital sustainability practices, and well-being (physical, mental, social, environmental). Interviews explored motivations, challenges, and benefits, providing rich insights to complement survey findings, offering a comprehensive understanding of digital sustainability and well-being relationships The population of the study was made up of 120 comprises of Student, Professional, Service/retailer, Labourer/worker, retired, entrepreneur and designers whose ages ranges from 16 to 65 years.

The study employed a mixed-methods approach, combining quantitative and qualitative data collection methods which comprises of online survey to gather data on participants' sustainable digital behaviors, and semi-structured interviews to delve deeper into participants' experiences, motivations, and habits related to digital sustainability and their impact on well-being. Furthermore, digital ethnography was used to observe online community discussions, providing valuable insights into digital interactions and cultural practices.

The study used purposive sampling to gather a diverse sample across age, gender, profession, and digital engagement. Surveys were distributed via social media and environmental agencies, targeting those with high digital sustainability engagement for interviews. Informed consent was obtained from all participants.

Data analysis involved descriptive and inferential statistics, identifying trends and relationships between digital sustainability behaviors and well-being. Interviews and digital ethnography revealed themes and patterns, understanding digital interactions and cultural practices. Comparative analysis explored differences across demographics and digital engagement levels. Also, ethical considerations included informed consent, voluntary participation, anonymity, and confidentiality, with only public online discussions analyzed, respecting community norms. Risks and benefits were communicated, ensuring transparent and respectful research practices.

Results and Findings

The survey respondents are mostly young (16-25, 45%) and mid-aged (46-55, 35%) individuals, with students (47.5%) and professionals (32.5%) dominating. They're digitally engaged (67.5% medium, 27.5% high) and consider sustainability important (72.5%). Actions include using energy-efficient appliances and recycling, but daily eco-friendly habits vary (25% daily, 27.5% rare). The survey respondents are mainly young and mid-aged students and professionals who are digitally engaged and value sustainability. They take some eco-actions like using energy-efficient appliances, but daily habits are inconsistent.

Digital tech supports sustainability - 56.4% use daily for eco-actions like energy apps or green shopping. Most report good (59%) or excellent (28.2%) well-being, linking sustainability to positive mental (84.6%) and physical (94.9%) health. 87.2% say sustainable living boosts well-being, giving purpose and health benefits. Digital tools help (87.5%). Over half use digital tools daily for eco-actions. Most report good well-being, linking sustainability to better mental and physical health. Many say sustainable living boosts well-being, and digital tools support this. Challenges include balancing convenience and

sustainability (screen time, eco-tech costs). Motivations are health, saving money, and protecting the planet. Sustainability ties to personal values and doing good.
The open-ended responses shows that respondents shared personal perspectives on sustainability, well-being, and digital habits.

- ***Motivations for Sustainability:*** Health benefits, saving money, protecting the planet, sense of purpose, community influence, and convenience drive sustainable living. E.g "Sustainable living makes me feel healthier and more energized".
- ***Impact on Well-being:*** Sustainability reduces stress, gives purpose, boosts health, connects them to nature/community, improves sleep, and gives a sense of doing good. E.g "It reduces my stress knowing I'm doing good for the planet".
- ***Challenges with Sustainability & Digital:*** Struggles with convenience. sustainability trade-offs, cost of eco-tech, old habits, lack of community push for digital sustainability. E.g "Sometimes forget/love convenience over sustainability".

Discussion of Findings

The survey's findings paint a picture of a digitally engaged, sustainability-conscious demographic, primarily comprising young and mid-aged students and professionals. While they recognize the importance of sustainability and engage in some eco-friendly actions, such as using energy-efficient appliances, their daily habits are inconsistent, revealing a notable gap between their intentions and actual behaviors. The data suggests that digital technology plays a significant role in supporting sustainable practices, with over half of the respondents utilizing digital tools daily for eco-actions like energy apps or green shopping. Moreover, there appears to be a positive correlation between sustainability and well-being, with most respondents reporting good mental and physical health, and attributing this to their sustainable lifestyle.
The motivations driving these individuals include a desire for health benefits, financial savings, and a sense of contributing positively to the planet. However, challenges such as convenience, cost, and ingrained habits hinder the adoption of more consistent sustainable practices. The qualitative responses provide further insight, highlighting the importance of personal values, community influence, and the pursuit of a sense of purpose in motivating sustainable living. Conversely, they also underscore the difficulties posed by convenience, cost, and the lack of community push for digital sustainability.
Overall, the findings suggest that leveraging digital tools to make sustainable choices more convenient, emphasizing the well-being benefits of sustainability, and addressing cost and convenience barriers could be effective strategies for promoting more widespread adoption of sustainable practices.
The findings suggest promoting digital sustainability tools can encourage sustainable living and improve well-being. Investing in energy-saving apps, smart devices, and eco-friendly platforms can have a positive impact. Making sustainable choices easier and more accessible can increase adoption, e.g., user-friendly tools, affordable eco-products, or integrating sustainability into habits.
One major limitation is that the respondents are mostly young, professional, and tech-savvy, so findings might not apply elsewhere. Self-reporting can be sketchy, and certain age groups are missing. Plus, factors like location, income, and education might be influencing things. And we don't know if sustainability's causing better well-being or if it's the other way around.

Conclusion

Research shows digitally engaged, sustainability-conscious individuals, mainly young and mid-aged students and professionals, drive environmentally friendly lifestyles. Digital tech supports sustainable practices, with over half using digital tools daily for eco-actions. Sustainability and well-being are positively correlated, with most reporting good mental and physical health. However, convenience, cost, and habits hinder consistent practices. Personal values, community influence, and sense of purpose motivate sustainable living. Promoting digital sustainability tools and making eco-choices convenient can encourage sustainable living and improve well-being. Investing in energy-saving apps and eco-friendly platforms can help. Highlighting well-being benefits and addressing cost barriers can increase adoption. This study provides a foundation for future research, emphasizing the interplay between digital tech, sustainability, and well-being. By leveraging digital tools and addressing challenges, we can create a more sustainable, equitable, and healthy world. Sustainable living improves well-being and quality of life. Collective action and digital responsibility are essential for a better future

Recommendations

1. Promote digital sustainability tools: Develop and promote user-friendly digital platforms, apps, and devices that support sustainable living, like energy-saving apps or eco-friendly shopping platforms.
2. Make sustainability convenient: Design solutions that make sustainable choices easy and accessible, reducing the convenience barrier.
3. Target digital engagement: Leverage digital channels to reach and engage people, especially younger and professional groups, on sustainability issues.
4. Highlight well-being benefits: Emphasize the mental and physical health benefits of sustainable living in communications and initiatives.
5. Address cost barriers: Explore ways to make eco-tech and sustainable products more affordable or accessible to encourage adoption.
6. Integrate sustainability into habits: Encourage integrating sustainable practices into daily routines and habits, using digital reminders or incentives if needed.

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