

A STUDY OF THE ECONOMIC SUSTAINABLE LIFESTYLES IN TRADITIONAL VILLAGES

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In recent years, society has undergone various changes due to factors such as urbanization and globalization. Compared to the Western world, such changes are less visible in the Eastern world. The main reason for that is that most of the countries in this region are developing. However, in Sri Lanka, which is located in the eastern world, various ancient features can be seen even today. Accordingly, the main objective of this study is to study how the economic process in the traditional villages of Sri Lanka has been created in an eco-friendly way. The isolated rural area of Galamudunagama, located in Kandy district, was selected as the study area for these studies. Primary and secondary data sources have been used for this study. Accordingly, primary data was collected through questionnaires and interviews with the 35 resident families by visiting the village. Samurdhi Development Notes and Village Officer's Notes were used as secondary data sources in this study. A qualitative analysis was carried out in this study, and according to the study, it was clear how the people who lead a solitary lifestyle in the Galamudunagama area make their economic patterns in relation to the environment. It was also revealed that there is a self-sufficient economic process. It is seen that they have cultivated paddy, vegetables, sugarcane, tobacco, sesame, maize, cowpea, etc. in the freehold hens. The barter system is found in this village. It was evident that machinery was not used in agriculture. In addition, it was clear that they conduct their economic processes in a friendly and environmentally friendly manner. They make various products in the village for their economic needs and take them to the market. Here, they only deal with processes that have a direct relationship with the environment, such as spawning, textile production, etc. This study made it clear that among the high-speed economic processes in a competitive world, there are still traditional rural villages that follow eco-friendly economic policies. Finally, this study recommends promoting the value of existing traditional knowledge systems in such rural areas of Sri Lanka without compromising environmental and social values.

Keywords: economic activities, eco-friendly, agriculture, traditional villages, manufacturing

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