



# THE PLACE OF ECONOMICS AND QANAAT IN THE CONSUMER SOCIETY

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## Abstract

In this article, under the title of qanaat and economics, the concepts of waste, saving and consumption have been discussed from a personal and social perspective. In terms of the future of people, societies and the world, determinations have been made in order to prevent waste and reduce consumption in every field, solutions have been offered, and the advantages and disadvantages of technology have been mentioned. In addition, the perspective of the religion Islam on the subject is also included.

**Keywords:** Qanaat, Economics, Waste, Saving, Consumption

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## 1. Introduction

In the dictionary, the word qanaat which means “to consent to one's share”, is explained as being content with less. (for example, see Ibn Hibban, p. 151; Gazzâlî, III, 237-238) (Çağrı, TDV İslam Ans.) On the other hand, the word economics means to act in a balanced, moderate manner in something; abiding by moral/appropriate behavior; avoiding excess; not to exceed the limit” etc. (Kayhan, Veli,2006)

In general, economics can be defined as "a social science that tries to supply unlimited human needs with limited resources in the best way". Therefore, economists examine people's decisions such as how long they will work, what goods they will produce, and how much of their savings will be invested. (Daşkıran, 2014)

The concepts of economy and qanaat are emphasized more and more every day. With the ruthless consumption of limited resources in the world and the universe, the increasing waste and consumption frenzy leads countries and prudent people to seek remedies in this regard. It is thought that international solutions will be more effective against this situation, the effects of which are seen and felt more day by day. Considering the historical process, geographical structure, and education levels of people, it is noteworthy that the culture of economics and qanaat differs.

## 2. Historical Process

The years which people live in, and the social, cultural, economic, and political developments brought by these years; and the characteristics of the geography they live in; intimately affect people's thinking, actions, and behavior and attitudes. This situation is reflected in their consumption and savings mentality as well. This topic can be examined in two ways:

### 2.1 Intergenerational Understanding of Economics and Qanaat:

The concept of a generation is defined as “a group of people who were born in approximately the same years, shared the conditions of the same age, thus shared similar troubles and destinies, and were responsible for similar duties” by the Turkish Dictionary of the Turkish Language Association. On average, a new generation is born every twenty years, and this generation also has mutual desires, needs, motives, and actions. (Adıgüzel, Batur, Ekşili; 2014). The Generations have been examined in different ways via many studies. And for this reason, a common and definitive judgment has not been reached by academics. But in general, generations are classified as Silent or Traditionalist generation (1925-1945), Baby Boomer generation (1946-1964), Generation X (1965-1979), Generation Y (Millennium) (1980-2000), and Generation Z (after 2000).

Silent (Traditionalist) generation individuals experienced events such as The Great Depression that showed its effects broadly as a result of the 1929 Economic Crisis and World War II (1939-1945) and therefore had challenging living conditions. These difficulties made them individuals who lead simple lives. For that reason, they are prudent and frugal people who avoid arbitrary consumption.

The Baby Boomer generation lived in a period when the effects of the crises experienced by the previous generations diminished and welfare policies were followed in many areas such as economics and politics. Thanks to these policies, they also acquired luxury habits. However, being a post-scarcity generation prevented them from being entirely fun-loving individuals. Individuals of this generation give importance to saving, are prudent and care about the home economy, and avoid unnecessary expenditures.

X Generation; The fact that they lived in an environment where events such as the Cold War, the 1973 Oil Crisis, economic declines took place, and world conditions were changing, caused them to have concerns about the future. Therefore, they put their careers first. In those years, women's employment also changed the balance in household economies. And this had a positive effect on savings. Moreover, many technological innovations such as television became a part of their lives. Besides, the dizzying speed and development of technology have not been able to break the X generation of their frugality and traditionalist feelings. However, the first generation that prioritizes the brand while purchasing a product is the X generation. (Altuntuğ, 2012; Ünal, 2019).

Generation Y, also known as millennials, was born in a period when technology was in great demand, and the internet became popular. This generation, who is passionate about internet shopping and can use social media effectively, is also in constant interaction with their peers. This situation puts them in a crucial position in consumption. Despite all the economic, political, and so on nuisances of the age they live in, the individuals of this generation, who pursue comfort and entertainment, are more individual and arbitrary in shopping compared to the other generations, and are less contented. (Unal, 2019)

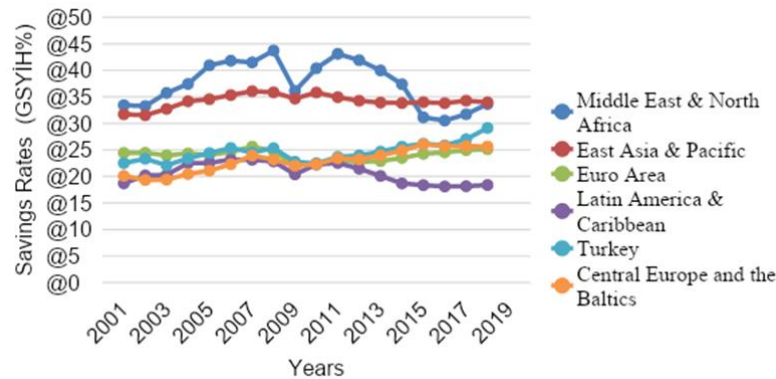
Generation Z; is a generation that can adapt quickly to changes and innovations, use social media actively, and want everything to happen rapidly, with the effect of being born into technology. Their desire to have the product they want immediately makes them prodigal and significantly affects their saving habits. (Pekmezci, 2017; Altuntuğ, 2012)

### 2.2 The Effects of Geography on Economics and Qanaat:

The economic development of a country, national income, consumption expenditures of its people, etc. situations have a significant impact on national and household savings in that country. The amount of savings in countries may vary in parallel with their geography. For example, in the Asia-Pacific, where countries such as Malaysia, South Korea, and China are located, and Middle East-North Africa regions,

where oil and natural gas exports are high, savings rates are much higher than countries in Europe with developed economies or Latin American countries. (World Bank, 2019)

**Chart 1. Savings Rates in Particular Regions**



Asia-Pacific countries (especially China, Malaysia, Thailand, South Korea), which are one of the best examples of the positive results of the financial liberalization policies of the states after the Oil Crisis in the 1970s, have higher savings rates than many countries today. And they set an example for many developing countries.

On the other hand, the wrong policies made in Latin American countries have caused political and economic crises in these countries. These crises, the effects of which are still perceived in many countries, have a negative impact on the savings habits of the people.

It is viewed that the savings rates are low in developed countries such as the United States of America, Germany, and the United Kingdom. In these countries, the increase in people's confidence in the economy, the high consumption rates, the increase in the welfare level, and the increase in the average life expectancy cause the savings to be less. (Sancak and Demirci, 2012)

Although the savings rates in Turkey, which is a developing country, are close to the world average, they are behind the savings rates of many developing countries and the Middle East-North Africa region. (Erdem, 2020). Many circumstances, such as increasing household consumption expenditures and debts, high unemployment, and decreasing loan interest rates, push people not to save, thus reducing the savings rates of Turkey.

### 3. Social Perspective on Economics and Qanaat

Society is a community formed by individuals living in the same land, living in cooperation despite plenty of differences. In these communities, the social and demographic phenomena such as the income and education levels of individuals, their marital status, the ratio of young and old population affect the economic behavior of individuals. This situation is reflected in the savings rates in those societies as well.

Whether individuals spend or save depends on whether they have an income to provide (Şengür, Taban, 2016). For instance, if a household's income is low enough to supply only basic needs, the family members have to spend all the income. Therefore, no savings are being made. However, if the household income is high, family members can save money other than basic expenses, thus saving is achieved. This situation sheds light on the fact that a high-income level in society also positively affects household savings. However, the fact that the income is very high causes the need to increase by diversifying and change the consumption patterns, which negatively affects the household savings rate (Şengür, Taban, 2015).

Today, the fact that individuals receive education does not only mean that they have the ability to read and write. The educated individuals are qualified people who are the most important indicator of the development and the development status of their countries (Kanık, Dinç, 2017). The increase in the

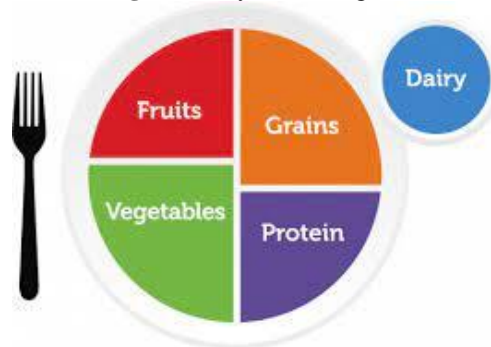
education level of the individuals who form a society promotes the development of that society, which increases the income of those individuals. The rise in income also reflects positively on savings rates. At the same time, educated individuals can act more consciously on issues such as consumption and savings. In this way, they ensure an increase in household savings by behaving more realistically and contentedly.

The young and healthy population of a society is significant in terms of savings. The higher the young inhabitants, the higher the working and active population. As total income increases, savings will also increase. On the other hand, if the population consists of elderly and passive (non-working) individuals, the amount of savings will decrease as the income to be obtained will be less. (Şengür, Taban, 2015) In addition, when people get old, they start to spend the savings they made when they were young. Therefore, older people save less.

#### 4. Food Consumption

It is clear that the required food consumption is an element that varies according to the age, weight and lifestyle of individuals. However, there are a number of essential nutrients that every person should consume on a daily basis. According to the "My Plate" nutrient chart published by the United States Department of Agriculture (USDA) in June 2011, there are certain foods that individuals should have on their plates. These foods are; 30% of the plate is shown as cereals, 30% vegetables, 20% fruits and 20% protein. It is observed that the My Plate chart also agrees with the "New Food Pyramid" published by the World Health Organization (WHO) and the United States Department of Agriculture (USDA) in 2005.

**Figure 1. My Plate Diagram**



According to the data published by the United Nations, the number of people suffering from hunger due to various reasons such as the uneven distribution of resources and climate change reached 690 million in 2019. According to the data published by UNICEF in the same year, obesity was found in 40 million children. If we look at the data, a serious imbalance in meeting the nutritional needs of the world is observed. In individuals suffering from nutrient imbalance; It causes many health problems such as stunting, malnutrition, vitamin deficiency, immune system weakness, decrease in physical strength, mental retardation, obesity (obesity), skin and scalp problems, fatigue, loss of appetite, frequent headaches, bending at the waist and rounded shoulders.

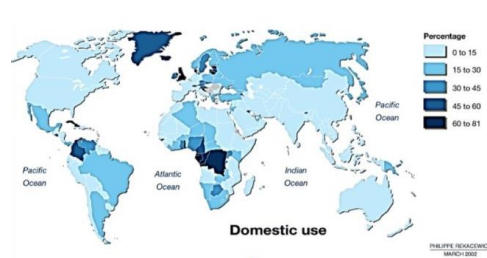
Although various steps have been taken to fight the problem of hunger and malnutrition, such as increasing food production and maintaining product quality, this has led to losses in the production line and transportation area, thus resulting in a large percentage of waste.

Some studies have been organized in order to reduce this waste rate, reduce product loss, and deliver food to those in need. One of them is the "Save Food" study. Because preventing wastage in the production line around the world is not an action that individuals or countries can implement within their own body. The Save Food initiative serves this purpose, to provide news flow and communication in order to prevent food waste and losses in the world. There are many initiatives created to build awareness in order to prevent food waste and waste during production and distribution. Examples of these are Think.Eat.Save, Zero Hunger Challenge and I Value Food initiatives.

## 5. Water Consumption

Water is an inevitable necessity for the physiological needs of individuals, cleanliness, and more generally for the continuation of life in the universe. Water is the source of aliveness and livelihood that constitutes society. It is observed that the majority of people have difficulties in accessing water. It is seen that there are global reasons such as abrupt climate change, population growth and changes in the eating habits of individuals on the basis of this problem. In developing countries, changes in food consumption habits based on socioeconomic factors such as rapid income growth and increasing human population and urbanization continue. (Jawahar P, Ringler C., 2019) According to Fevzi Yılmaz's research article "Water and Ecosystem" published in 2009, 2,000 liters of water is required for 1 kilogram of vegetables and 15,000 liters of water for 1 kilogram of beef. In this case, it is clear that even people's diet affects their water consumption.

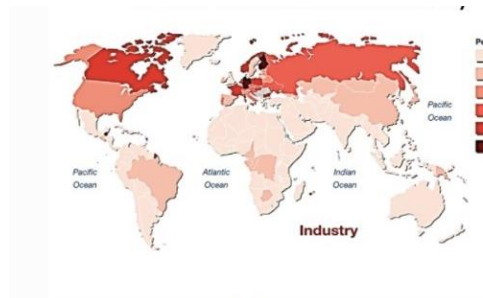
**Figure 2.** Domestic Water Utilization



**Figure 3.** Agricultural Water Utilization



**Figure 4.** Industrial Water Consumption



Unfortunately, according to estimates by UNICEF and the World Health Organization in 2013, 768 million individuals are deprived of access to clean water. This deficiency situation presents a major health problem for individuals in the period when cells proliferate most frequently, namely infancy and childhood. About 1400 children under the age of five, who do not have access to hygienic water every day, die due to diarrheal diseases. It is stated that adult individuals should consume 2-2.5 liters of water per day. This is because the body is losing about 2 liters of water through the already unnoticed loss of water, urine, respiratory air and feces. Individuals who cannot reach sufficient and quality water may encounter many vital problems related to human health, such as pain in the abdomen, swelling and softening in the joints, spine health, elevated blood cholesterol, hypertension and nervous system damage, as well as inability to clean the body and nutrients in detail.

Since water consumption is a very broad concept, it also includes industrial, agricultural and domestic activities. According to the research conducted by the World Resources Institute in 2000, industrial water consumption varied mostly between 48-64% in Asia, while it reached 80% in North America. Domestic water consumption data, which most people can be able to affect positively with individual activities, is mostly seen in North America and South Africa, and brings numbers corresponding to 60-80%. Water consumption in agriculture, where more countries can prevent waste by making a regulation and

reviewing their policies, is mostly seen in Oceania, South Asia, South America and Africa, and the data is 63% and higher.

As the demand for agriculture and industry continues due to population growth, our water resources will continue to be depleted rapidly. The definition of water footprint, which is a system that has been put forward to raise awareness of individuals on this subject, can be made as the amount of water consumption caused directly or indirectly by a product or service from the first production stage to the transmission to the end user (Exceeded D. 2020,). Various suggestions to reduce the water footprint can be listed as eating less food, giving importance to quality in clothes, and staying away from processed foods.

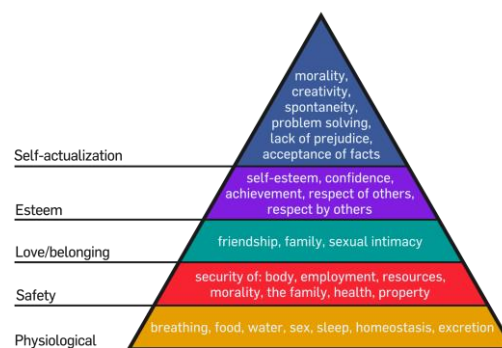
## 6. The Effects of Advertisements on Consumption

According to the Turkey Waste Report published in 2017, the word waste is generally perceived as “unnecessary excessive consumption” in our society. However, waste includes all the meanings of spending (money, time, effort), unnecessary consumption, and lack of attitude. With the spread of the consumer society culture, the fact that more “over consumption” is seen in the slogans that encourage individuals to save is an indication that individuals have changed their perspective on waste.

The concept of consumer society includes the thoughts such as more consumption means consumption and consumerism is an ideology of the new world and the more production the more welfare (Çınar, Çubukçu, 2009). According to Acar (2018), the consumer society encourages consumers' tendencies, especially as a result of capitalist economic systems. At this point, we cannot ignore the waste of water caused by the unbalanced expansion of the market and unconscious consumerism, which emerged with the dominance of the fast-food culture, which has become a part of people's day due to the rapid flow of life, and the view that "wealth increases as production increases" in industry and agriculture. Many factors such as unnecessary consumption and therefore unnecessary production caused by technology and unhealthy use of social media, and the prominence of quantity over quality in the clothing sector can be considered among the factors that increase both waste and the wrong perspective on waste.

According to Maslow's theory of needs, which many studies have been made about, needs consist of certain steps and a person who cannot meet his needs at one level cannot move to the next step. However, in the consumer society, individuals do not consume to meet their needs, as Maslow states in the hierarchy of needs. Because, in addition to the way individuals meet their needs, what they see as a need also changes over time. (Dal,2017)

**Chart 2.** Maslow's Hierarchy of Needs



Today, advertisements that constitute "influencer", which has become the building block of social media and even took a place in the literature as a profession, are now a bit far from their original purpose. Although it emerged in order to introduce and market an element to the public, today it finds its response in our lives more with the function of "manipulating the demand". Criticisms about this are that today's people live in an illusion period and advertisements strengthen the distinction between what is real and

what is unreal. It is also observed that advertising and promotion, which are tools of the trade, have now turned into goals.

## **7. Technology and The Internet's Impact on Waste**

Technology and the internet are the two most important elements today. Thanks to these two, human life becomes easier, and desired things can be obtained in a shorter time. These developments affect all aspects of society. Today, the development of society is measured by the development of technology.

Although technology has benefits such as facilitating human life, easier access to hard-to-reach things; It is possible to see the benefit and convenience of technology in transportation, health, and education. By the developing technology, most of the problems are prevented. For example, most newly developed white appliances have energy-saving features. Technological items with these features have led to a reduction in waste by saving water, electricity, and time. It is possible to give many more examples like this.

There are also innovations made to prevent food waste. These innovations are mostly found in the digital environment. By using such applications, it is ensured that the food they have and can be consumed is delivered to other people so that they do not throw away the food in their hands and waste it.

Today, which we call the age of technology, it is becoming more and more obvious day by day that the overuse of technical devices is a waste. Using brand and new model technology devices are considered as a fashion and an image. This fashion and image formed in the society lead people to waste (Ünlü, 2017). For this reason, products are produced out of people's needs and as a result, the economic balance is negatively affected. While there are people who lost their lives from hunger and inadequate care in many parts of the world, inevitably, the production of products beyond the needs of some people upon their wishes and desires will lead to negative consequences.

For example, unnecessary purchases that people make through internet sites to keep up with fashion trends cause a great deal of waste. These fashion and image trends, which have begun to affect the way of life of society more and more, accelerate the depletion of the resources we have. As a result, although technology and the internet are beneficial to society, they cause great harm when not used efficiently and in a balanced way.

## **8. The Concept of Economics and Qanaat in The Religion of Islam**

Economists define the term economics as 'the social science that studies the satisfaction of infinite human needs with limited resources. Notice that this definition is self-contradictory. Because limited resources cannot meet endless needs. In economics, a person's (deliberately) financial resources are arranged and spent in a way that puts the most essential needs first and leaves the most relative desires later. (Funda DEMİRER-2017)

Qanaat, on the other hand, means that a shepherd waters his sheep to the extent that they get satisfied with water. The word persuasion is derived from the root of qanaat It means that the mind gets satisfied with the water of knowledge and wisdom and its thirst for truth is quenched. In these respects, in the science of economics, qanaat is defined as making use of the means at hand in the most efficient, effective, and economical way and being content with it. (Funda DEMİRER-2017) ...

This universe we live in was created in a certain order and balance. Human, by his nature, is also a part of this universe and order. For this reason, he needs some rules to establish an order in his own life. Religion also guides people through the prophets and books sent.

Religion and religious values have been influential in many parts of human life. One of these areas is the attitude of people in production and consumption. While disruption or stagnation in production and consumption negatively affects the society and puts it in a difficult situation, continuity of production and consumption can keep the economy alive and bring comfort to society. But this production and consumption also need to be done to a certain extent. It is not considered right to waste by doing more



and to put society in trouble by doing less. It is recommended to find the right path by acting within a certain measure and act accordingly. The understanding of economics and qanaat helps people to establish this order and makes society comfortable. The Prophet Muhammad (PBUH) said in one of his hadiths, "The best deeds are those that are consistent" seems to be wide enough to find the opportunity to be applied in a wide variety of subjects and the field. The meaning of this is the thought that there is no good, goodness in behaving economically and moderately, regardless of the field. (Kayhan, Veli, 2006)

## 9. The Concept of Waste in The Religion of Islam

Derived from the root of honor, which means "exceeding the limit, mistake, ignorance, heedlessness" in the dictionary, *isrâf* generally refers to going beyond the limits of religion, reason, or custom in belief, speech and behavior, especially scattering goods or opportunities for illegitimate purposes. (Lisânü'l-'Arab, "srf" art.)(Kalle, TDV Islam Ans.)

According to al-Ghazali's explanations, spending as much as he deems necessary for the places required by religion, customs and humanity is generosity, falling below these standards is stingy, spending above these is waste (*Ihyâ'*, III, 259-260). Waste is the opposite of economics. *Tabzîr*, in the sense of extravagance, is the opposite of *qanaat*. (Funda Demirer *ibid*)

The Islamic religion's view of waste is very clear. It is possible to see Allah and our Prophet Muhammad (PBUH)'s attitude to waste in the Holy Qur'an and Hadiths. Because waste is forbidden in Islam. Waste is disrespect to the name *er-Rezzak* of Almighty Allah, the owner of the blessing (Ministry of Religious Affairs, 2018). These two important resources, which enable Muslim people to direct their lives, strictly forbade waste.

Waste is one of the biggest problems in the whole world. The destruction of owned resources as a result of the waste is a great threat to humanity. Everything that people buy and spend except their needs goes to waste. This waste is not confined to food, water, and energy resources.

In the Qur'an, it is mentioned about the judgment of waste and how those who waste will be met in the sight of Allah. In the 31st verse of Surah Araf, Allah Almighty says: "O Children of Adam! Take your adornment (dress nicely and cleanly) at every masjid. Eat, drink but be not excessive. Indeed, He likes not those who commit excess". As it can be understood from this verse, Allah has ordered Muslims not to waste and He also stated that He does not love His servants who waste. It was also emphasized how bad it is to waste for Muslims and that it should be avoided.

In yet another verse, "Indeed, the wasteful are brothers of the devils, and ever has Satan been to his Lord ungrateful." (Surah Isra, verse 27) It is commanded. In this verse, Allah Almighty has stated how bad it is to be extravagant (waste) and that those who waste are brothers with the devil. There are many verses in the Qur'an that discuss that waste is not an appropriate thing and that people should stay away from waste. In another verse, Allah Ta'ala defines a believer as follows: "When they spend, they neither waste nor act stingy. They take a path between these two." (Furqan, 25/67.) Thus, Allah has guided Muslims by also talking about how they are supposed to behave.

Hadith is another important source that regulates the lives of Muslims and enables them to act according to certain rules. "Living simply is part of faith; To lead a simple life is part of faith. (Ebû Dâvud, Tereccül, 2. Also see Ibn Mace, Zuhd 4.) Muhammad (PBUH) set an example for people.

Many hadiths talk about avoiding waste. For example, it was one of the days of heat and famine in Medina. Our Prophet (PBUH), Abu Bakr (RA) and Umar (RA) went to visit one of the Companions. The Companion was extremely happy with the visit of these valued guests. Because the presence of the Messenger of Allah in his house and garden, meant mercy and blessings for him. He offered fresh dates and cold water, which were the best blessings he had at that moment, to his guests sitting under a tree. After eating the dates and drinking the water, the Messenger of Mercy thanked Allah and said: "A cool shade, a delicious date, and cold water... I swear by Allah that you will be brought to account for all these blessings on the Day of Judgment." (Tirmidhi, Zuhd, 39.). As it can be inferred from this hadith, a person should give the right of the slightest blessing that he will be asked to account for on the Day of Judgment, and should use that blessing as much as necessary and not waste it.



In another hadith, the following is stated: "Eat, drink, dress and give alms without being arrogant or wasting. (Bukhari, Libas, 1; Nesai, Zakat, 66.). As it can be understood from here, everything has an extent and a measure. If a person continues his life within the framework of this, it is possible to have a more peaceful and comfortable life.

## 10. Suggested Solutions

### 10.1. Suggested Solutions in Islam Regarding Waste:

We can find solutions to most of the problems we encounter in society with education and conscious behaviors, and we can remove these problems from our lives. It may be difficult to completely remove the waste problem from our lives, but it is possible to reduce the effect of waste on our lives with some solutions.

According to Islam, knowing the harms of waste, thinking about them, being aware of the dangers that waste will cause in the future, and being aware of the fact that a life without waste gives peace and well-being to people can prevent waste.

Looking at the verses and authentic hadiths, it is seen that leading a contented, economical, and simple life is encouraged.

### 10.2. Suggested Solutions Regarding Food Waste:

As a food preservation method, irradiation is a radiation-based method applied to keep foods healthy for a long time. While the method was emerging, it was taken into consideration that various foods have different irradiation amounts and care was taken to preserve their nutritional values. The irradiation method, which has become widespread all over the world, is one of the contributions of nuclear technology to the development of humanity. Although the history of food irradiation dates back to the discovery of X-rays in 1895, on March 4, 1958 in Russia, irradiated potatoes were allowed to be consumed to prevent sprouting, and a year later, irradiation of grains was allowed for the first time in the world (Akakçe, Çam, 2019). ). Irradiation is an important method to remove the nutrient imbalance in the world. With the irradiation method, sprouting, germination, and maturation can be prevented or delayed during storage, insects can be prevented, shelf life can be extended, microorganisms that cause spoilage can be destroyed, parasitic infections and molds can be controlled.

Another method of food waste is food banking. Food banking, which first emerged in the United States (USA) at the end of the 1960s, is a donation system that delivers products such as excess foodstuffs, clothing, and fuel, which are close to their expiration date, to people in need, free of charge (Durna, 2019). The concept of food banking first started in the late 1960s with the work of John Van Hengel, a retired businessman in Phoenix, Arizona, USA, to help the poor. While working as a volunteer at a local kitchen that distributes food to the poor, Hengel sees a mother picking up crushed and torn food from grocery stores. Later, influenced by this person's suggestion that the food should not be thrown away and stored in a place such as a bank, he rented a warehouse that could store the surplus food that came as a donation to the place where he worked and started the first food banking application (Yetkiner, 2004, p.61; Feeding America, 2019a). Food banking is defined as a system that aims to deliver goods that are in the hands of sellers or service providers, but which lose their value and are likely to go to waste due to reasons such as the approaching expiration date, packaging error, food banking in associations and foundations as a means of production, export or social policy, to those in need (Döndü, 2008, p.8)

### 10.3. Suggested Solutions to Avoid Waste:

There are some solutions that should be implemented in order to prevent excessive consumption and waste habits that people unconsciously make and to increase savings. Before spending their income,

families should determine the savings they will set aside each month and their necessary needs and then start spending. In addition to this, spending on a shopping list is more efficient in terms of people preventing them from buying the products they don't need. Creating this savings awareness for individuals can only be achieved with a good and efficient education.

Minimalism is the name of a movement that has emerged to prevent waste in general and oppose consumption culture. The main principle of minimalists, who focus more on the intangible aspects of life, is expressed as "less is more" (Dopierala, 2017). Rather, it is a tendency towards simplicity in things or lifestyle as a result of a judgment about what is necessary and what is unnecessary in life. Since minimalism involves long-established beliefs and changing lifestyles, it involves challenging behaviors. In this process, particularly cultural and mental change is at the forefront (Palafox, 2020: pp.86-87). Although minimalism is applied in different ways, each path brings the same benefits. It is claimed to help them pursue their passions, experience true freedom, discover the purpose of life, and find lasting happiness. In minimalism, happiness is sought not with objects, but with life itself. (Stone, 2020)

## 11. Conclusions

After the industrial revolution, the capitalist system, which was observed primarily in the west, affected all the countries of the world day by day. The basis of this system is to produce, win and grow continuously. Consumption frenzy and waste, which are seen more and more in people every day, show their results with all its aspects. This problem has come to disrupt not only people but also countries, the world, and even the universe. On the one hand, people are asked to spend in terms of the economic system, while another system is disrupted by the results of this situation. Humanity has had to deal with problems that concern the whole world, such as global warming, depletion of the ozone layer, hunger, thirst, and depletion of limited resources. As a solution, first of all, individual awareness is crucial. In this regard, it is also crucial that countries must educate their people, make them sensitive and raise awareness. Agreements between countries are also seen as one of the main solutions to this problem.

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