



ETHICS OF ENVIRONMENTAL CARE

FOR A HEALTHY LIFESTYLE

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FOREWORD

Praise be to God Almighty for His love and guidance, enabling the successful completion of this book, “**Ethics of Environmental Care for a Healthy Lifestyle.**” This book is presented as a manifestation of our concern for the increasingly challenging environment caused by changes in human lifestyles, technological developments, and the increasing uncontrolled exploitation of nature.

Human health is greatly influenced by the quality of the surrounding environment. Clean air, healthy water, well-maintained soil, and a comfortable environment are essential foundations for a healthy and prosperous life. However, in reality, many human behaviors still lack ethical considerations for environmental protection, such as littering, excessive plastic use, water pollution, and a consumerist lifestyle that negatively impacts the sustainability of the earth.

Through this book, the author strives to provide an understanding of the importance of environmental ethics as part of character development and a healthy lifestyle. Ethics is not only about rules or norms, but also concerns moral awareness, social responsibility, and concern for the sustainability of future generations. A healthy lifestyle is not only about maintaining personal health but also about creating a healthy environment for the wider community.

This book is written in a simple yet comprehensive manner so that it can be understood by various groups, including students, educators, and the general public. The author hopes this book can be a source of inspiration and motivation to develop more environmentally friendly lifestyle habits, such as reducing plastic waste, conserving energy and water, maintaining a clean environment, and utilizing natural resources wisely.

The author realizes that this book still has several shortcomings. Therefore, constructive criticism and suggestions are highly appreciated for the improvement of this work in the future. Finally, I hope this book can provide benefits, broaden knowledge, and foster a shared awareness that protecting the environment is every human being's responsibility for creating a healthy, harmonious, and sustainable life.

Surabaya, 2026

Dr. Suryaningsih, S.S., M.Pd.K., dkk.

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