

Toward responsible consumption: describing how responsible consumption contributes to sustainable development

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Abstract

Promoting environmentally conscious consumer behavior is crucial for achieving Sustainable Development Goal 12 of the UN, which involves adopting sustainable patterns of consumption and production. The study highlights the importance of responsible consumption in combating global sustainability issues such as climate change and biodiversity loss. Educating consumers and developing sustainable production strategies are practical applications of the research findings. The study's implications include public policy, industrial regulation, and corporate social responsibility programs, urging further research and action in the area to create a more sustainable future.

Keywords: responsible consumption, sustainable consumption, sustainable production, environmental sustainability, sustainable development.

Introduction

More focus is being placed on sustainable development in response to global problems like climate change, extreme poverty, and environmental deterioration. Consuming goods and services that meet current needs without compromising future generations' ability to do the same is an example of responsible consumption, an essential part of sustainable development. To help achieve environmental sustainability, the United Nations (UN) established 17 Sustainable Development Goals (SDGs). The systematic literature review focused on SDG 12 (responsible consumption and production), which focuses on maintainable management and effective use of ordinary resources, sustainable consumption, and production consumption. With a rising understanding of the necessity of responsible consumption to advance recently, sustainable growth has become more popular. We will talk about consuming responsibly, how it relates to the SDGs, and how it could be used to advance sustainable development. This project will conduct a thorough literature analysis to understand better responsible consumption, how it relates to the Sustainable Development Goals (SDGs) of the United Nations, and how it might be applied to promote sustainable development.

The extensive literature review sparked an interest in learning more about the potential contributions that responsible consumerism could make to Sustainable Development Goals (SDGs). By rigorously assessing the pre-existing literature on this issue, we want to uncover important themes, trends, and gaps in the research necessary to compile a thorough synthesis of the available material.

Sustainable growth relies on environmentally responsible consumption, which also helps to preserve limited resources and advance social fairness. Reviewing the available data is essential for promoting sustainable consumption habits, locating successful policies and regulations, and making informed policy suggestions (Rieckmann, 2018). Even if there has been improvement, ethical consumption has a long way to go before it is broadly accepted. Consumers frequently consider a company's effects on the environment and society less than on price and convenience (Vătămănescu et al., 2021).

Significant policy and practical implications result from this review's potential to inform the development of interventions and strategies to promote responsible consumption and achieve the SDGs. By highlighting effective techniques and best practices for fostering responsible consumption, this analysis helps guide the design of policies and activities that encourage sustainable consumption habits (Wang et al., 2019). This summary also has important implications for future research. This review can guide future studies on sustainable consumption and development by highlighting research gaps and limits, thereby advancing our understanding of this topic (Secundo et al., 2020). This paper's systematic literature review is essential for advancing our understanding of the relationship between responsible consumption and sustainable development and guiding the development of initiatives and policies that will encourage sustainable consumption patterns and help us achieve the SDGs. In light of this, the objectives of this paper are:

- To systematically evaluate the literature on the relationship between responsible consumption and sustainable development, focusing on the best policies and practices for promoting responsible consumption.
- To identify gaps and limitations in literature and pinpoint topics that need more research.

- To provide recommendations for promoting sustainable and responsible consumption among businesses, policymakers, and consumers.

These objectives are designed to provide a comprehensive answer to the research question - *How is sustainable development related to responsible consumption, and what are the best strategies and tactics for promoting the UN's Sustainable Development Goals through responsible consumption?* by examining the current state of knowledge on the relationship between responsible consumption and sustainable development, identifying gaps in research, and recommending strategies and tactics for promoting responsible consumption to advance the UN's Sustainable Development Goals.

Theoretical background

Responsible consumption refers to making informed and ethical choices about what we buy and how we use and dispose of products and services, with the goal of reducing negative environmental and social impacts. It involves considering factors such as the environmental impact of production, the working conditions of producers, and the health and safety of consumers.

Responsible consumption is a key component of sustainable development as it refers to the way in which we use natural resources and products in a manner that minimizes their impact on the environment and contributes to long-term sustainability. It involves making conscious choices as consumers and considering the environmental, social, and economic impacts of our consumption patterns (Halkos and Gkampoura, 2021).

In the context of sustainable development, responsible consumption encompasses a wide range of behaviors and practices. This includes reducing our consumption of non-renewable resources, such as fossil fuels, and using alternative energy sources, such as solar or wind power, whenever possible. It also involves reducing waste by practicing recycling, composting, and reducing packaging waste (United Nations Environment Program, 2011).

In addition, responsible consumption means supporting products and services that are produced sustainably and ethically, such as fair trade and organic products. It also means being mindful of the impact our choices have on the social and economic well-being of communities, both locally and globally (World Business Council for Sustainable Development, 2010).

Responsible consumption includes making decisions about goods and services that lessen their adverse effects on people and the environment and that support sustainable lives (Lubowiecki-Vikuk et al., 2021).

The Sustainable Development Goals (SDGs) are a collection of 17 global objectives accepted by the United Nations in 2015 to ensure a sustainable future for all people (Mio et al., 2020). SDG 12 calls explicitly for promoting sustainable consumption patterns as part of the framework provided by the SDGs for achieving sustainable development.

Sustainable development is growth that satisfies present needs without jeopardizing the ability of future generations to meet their own needs. A balance between economic, social, and environmental issues is necessary for sustainable development (Verma, 2019).

Systematic literature reviews are research that uses a thorough and organized approach to locating, evaluating, and synthesizing the literature currently accessible on a particular issue (Linnenluecke et al., 2020). Systematic literature reviews follow a predetermined set of criteria and methods to ensure objectivity and rigor. Human actions have consequences for the natural world, as evidenced by resource depletion, pollution, and climate change (Maximillian et al., 2019). Concerns about equity, social justice, and human rights are all part of what we mean when discussing the "social impact" of someone's actions on society.

Sustainable consumption refers to purchasing goods and services that promote healthy, long-term human and environmental well-being (Geiger et al., 2018). Sustainable consumption entails altering consumer behavior and lowering consumption levels to create a more sustainable future.

Overall, responsible consumption is an important aspect of sustainable development because it helps to ensure that the planet's natural resources are conserved and used in a way that promotes long-term sustainability for both current and future generations (The International Institute for Sustainable Development, 2018).

Methodology

The systematic review approach included an extensive search of scholarly databases, including Research gate, the Web of Sciences, and Google Scholar. Search phrases included "sustainable development," "United Nations Sustainable Development Goals," and "responsible consumerism." between 2010 and 2021, articles that were consistent and relevant authored in English and focused explicitly on the connection between sustainable development and responsible consumerism met the inclusion criteria (Mensah, 2019). The following criteria were used to evaluate the acquired data and determine which were most helpful in achieving the study's objectives and drawing the results presented here. The essay must have been authored in English and published after peer review. Goal 12 of the Sustainable Development Goals addresses the connection between sustainable development and conscientious consumption and should be the article's primary focus.

Method of search

Web of Science, Scopus, and Google Scholar were only a few academic databases combed through. Sustainable production and consumption, sustainable development goal 12, and other variations of these terms were utilized as search terms. The probe was conducted in the first two months of the year 2023.

Procedure for extracting data

- Articles were selected based on the criteria mentioned above. Full-text articles were read after the first screening to collect any additional relevant information. Information was gathered mainly about the following:
- Understanding the meaning of "responsible consumption," how it relates to "sustainable development," and "SDG 12."
- Methods and strategies for encouraging responsible consumption include public awareness campaigns, regulatory revisions, and instructional programs.
- Effects of responsible consumption promotion programs on Sustainable Development Goal 12.

Information from the articles was collected, then organized thematically. We gathered data and examined similar subjects. The current level of knowledge about the link between sustainable development and responsible consumption and the most effective ways and tactics for encouraging responsible consumption to promote SDG 12 was the focus of this study's research topics. The synthesis elaborated on these points. This synthesis aimed to identify knowledge gaps and make recommendations for future research.

Procedure for search and selection

Four hundred twenty-seven articles and reports met our inclusion criteria after we searched academic databases and relevant publications. We eliminated 263 articles after skimming the titles and abstracts because they did not address our research question. After reading the full texts of the remaining 164 articles and reports, 75 were eliminated because they failed to address the research question (35), did not present original research (23), were of poor quality (10), or were written in a language other than English (7). Our final selection for the systematic literature review included 89 articles and reports.

Study Details: Of the 89 studies, 59 were peer-reviewed articles, 22 were reports from international organizations, and 8 were book chapters. Most of the studies were released after 2015, and they were published between 2010 and 2022. The study consulted reports, book chapters, journal articles, and other academic works. To arrive at its conclusions, the research used both quantitative and qualitative approaches in addition to case studies. Many studies ignored it, although some did take emerging nations into account. Researchers from Europe and North America conducted most of the investigations. The study's examination used mixed methodologies, including qualitative and quantitative techniques. In massive polls, the sample sizes varied from the hundreds to the thousands. Researchers examined various stakeholders, including customers, businesses, policymakers, and NGOs.

Risk of Bias: We evaluated the included studies' quality using the Critical Appraisal Skills Programmed (CASP) checklist for qualitative research. Most studies met minimal quality standards, ranging from moderate to high overall. Unfortunately, several studies had issues with sample numbers, research methodologies, and data analysis procedures. Most studies were of fair to sound quality, giving us helpful information about how to practice sustainable consumption.

Data evaluation

We used a thematic analysis method to examine the extracted data. We reviewed the chosen articles and reports, noted essential ideas and themes, and then coded the data appropriately. After that, we divided the codes into categories and subcategories to find common themes and patterns about sustainable growth and responsible consumption. We combined the information into a narrative review summarizing the essential ideas and literature on responsible consumption and its connection to sustainable development.

Results

The review uncovered several essential aspects of responsible consumption and its relation to the SDGs. First, ethical consumption is necessary for sustainable development since it encourages resource efficiency and reduces waste (Sullivan et al., 2018). The articles showed a growing recognition of the importance of responsible consumption in achieving sustainable development, especially in SDG 12. (Valverde et al., 2021). The concept of "responsible consumption" is advocated to increase economic growth and quality of life while reducing consumer culture's toll on the planet. There are many barriers to encouraging responsible consumption, including cultural and societal norms, a lack of access to sustainable products and services, and legislative incentives.

According to our analysis, fulfilling SDG 12 and furthering sustainable development depends on responsible consumption. More specifically, promoting sustainable public procurement, cutting waste production, and improving resource efficiency are just a few of the SDG 12 targets that can be achieved with the help of responsible consumption. Also, ethical consumption can help lessen the adverse effects of unsustainable consumption patterns on the environment and society, such as social inequality, biodiversity loss, and climate change.

Our analysis identified three major themes that emerged from the literature. First, by making wise decisions about the goods they buy and the organizations they support, consumers can significantly contribute to the promotion of responsible consumption. Second, by implementing sustainable practices and guaranteeing accountability and transparency across the supply chain, firms can play a significant role in supporting sustainable production and consumption. Finally, policymakers can encourage responsible consumption by implementing policies that reward sustainable behavior and punish unsustainable consumption patterns.

The need to promote sustainable consumption and production practices on a global scale is emphasized explicitly in SDG 12, "Ensure sustainable consumption and production patterns." The wasteful use of resources and the creation of waste are two examples of unsustainable consumption and production that are acknowledged. Reducing waste, increasing efficiency in resource use, and advocating for sustainable lifestyles are all part of the effort to achieve SDG 12. Global progress toward SDG 12 can be aided by promoting responsible consumption practices among consumers. Sustainability in production, resource conservation, and trash minimization are all factors to consider. Reducing overall consumption can also be accomplished by opting for longer-lasting products and reusing, repairing, or recycling previously owned items. Consumers can support companies that run sustainably and promote responsible consumption by choosing goods and services from businesses with strict environmental and social policies.

To further sustainable development, it is necessary to promote responsible consumption at all levels, including individuals, corporations, and governments. Consumers can make a difference by choosing high-quality products, reducing waste, and patronizing environmentally sustainable companies. Companies can help by creating ecologically and socially reliable products, educating customers, and integrating sustainable practices into their supply chains. Laws, regulations, and incentives from governments that encourage more environmentally sustainable manufacturing and consumption practices could make a difference.

Methods to encourage healthy consuming habits

The articles discussed a variety of approaches to encouraging responsible purchasing, such as:

- Policy interventions include regulations on product labels, taxes, and purchasing practices.
- Programs that teach people how to live more sustainably and tell the public about important issues like consumer information campaigns.
- Promoting sustainable consumption patterns and products through collaboration between business, government, and civil society organizations.
- Other approaches, such as sustainable supply chain management and circular economy models, are needed.
- Initiatives that have successfully promoted responsible consumption and their effect on SDG 12.

Here are some examples of campaigns and programs that promote responsible consumption and sustainable development:

- The Fairtrade certification program, which ensures that products are produced in a socially and environmentally responsible way and that producers are paid fairly.
- The Forest Stewardship Council (FSC) certification program, which ensures that wood and paper products come from responsibly managed forests.
- The Marine Stewardship Council (MSC) certification program, which ensures that seafood products come from sustainable fisheries.
- The Energy Star program, which promotes energy-efficient products and appliances.
- The Sustainable Apparel Coalition, which works to reduce the environmental and social impacts of the fashion industry.
- The United Nations Environment Program's (UNEP) "Think.Eat.Save" campaign, which aims to reduce food waste and promote sustainable food consumption.
- The European Union's (EU) Ecolabel program, which certifies products and services that meet environmental performance standards.

Fairtrade, sustainable product certification, and environmentally conscious public procurement were just a few responsible consumption activities covered in the articles. These efforts have benefited SDG 12 by fostering sustainable economic growth and mitigating the adverse effects of consumer behavior on the environment and society.

According to the reviewed literature, SDG 12 can be advanced, and sustainable development is more generally promoted through responsible consumption. However, further study is needed to evaluate the efficacy of these

methods and tactics in various settings identified in the review. The results indicate that a multi-stakeholder strategy is required to tackle the difficulties of encouraging responsible consumption and achieving SDG 12.

Sustainable development and ethical consumption

Supporting sustainable development entails the idea of responsible consumerism and has recently attracted more and more attention. Responsible consumption refers to people, businesses, and governments making decisions about using resources and preventing waste (Govindan, 2018). Responsible consumption entails considering the financial, social, and ecological repercussions of consumption decisions and acting in a way that minimizes the latter and promotes the former.

Sustainable development requires responsible consumption since it encourages resource efficiency and reduces waste. Satisfying current needs without endangering future generations' capacity to fulfil their needs is essential for sustainable development (Brusseuau, 2019). Responsible consumption is critical for achieving sustainable development, as it allows us to use resources in a way that protects them for future generations.

Use of responsive consumption

Responsible consumption can be applied in various settings, including consumer behavior, corporate social responsibility, and public policy.

Consumer action

Individuals can aid in the cause of sustainable development by practicing responsible consumption. This includes reducing resource and waste usage, buying environmentally friendly products, and advocating for sustainable businesses (Khan et al., 2021). Consumers can influence businesses and governments to practice sustainable consumption by demanding sustainable products and services and advocating for sustainable policy.

Social responsibility of corporations

Businesses can help promote sustainable growth by encouraging ethical purchasing practices as part of their CSR initiatives (EIAly et al., 2020). Strategies for reducing waste, increasing demand for environmentally friendly products, and adopting eco-friendly manufacturing methods all fit under this category. Companies can also practice sustainable marketing by drawing attention to their offerings' benefits on customers' lives and the world around them.

A public policy

Policies that encourage responsible consumption are one-way governments can contribute to sustainable development. Examples include encouraging eco-friendly production and consumption habits, taxing and regulating unsustainable products and activities, and lending a hand to eco-friendly enterprises (Camilleri, 2019). Governments can also participate in sustainable procurement by obtaining sustainable goods and services and advocating for sustainable supply chains.

Synthesis findings

The concept of responsible consumption, how it relates to the SDGs, and initiatives and policies that support responsible consumption are the three main themes that emerged from our thematic analysis of the included studies.

Responsible consumption is how people and organizations can lessen their adverse effects on the environment and society through their consumption habits. Responsible consumption includes various behaviors, including picking environmentally friendly and sustainable products, reducing waste and energy use, and promoting moral and just trade practices (Quoquab et al., 2019). Sustainable consumption and production (SCP) are one of the United Nations' Sustainable Development Goals (SDGs), and the two ideas are closely intertwined.

Based on our analysis of the available research, responsible consumption is affected by factors including consumer awareness and education, product design, pricing schemes, and marketing and advertising. Several studies highlighted the need to educate and inform consumers, while others looked at the role consumers might play in encouraging responsible consumption. Research shows that consumers conscious of their purchasing decisions' environmental and social consequences are likelier to make wiser decisions. Products designed with consideration for the environment and society, pricing schemes that incentivize responsible consumption, and marketing and advertising that highlight the need for responsible consumption all play a role in convincing customers to engage in these behaviors.

Policies and programs to encourage responsible consumption

Some several policies and programs can be implemented to encourage responsible consumption and promote sustainable development:

- Governments can encourage sustainable production methods by establishing certification programs for companies that adhere to strict environmental and social standards (Schroeder et al., 2019). For instance, the Fairtrade International certification guarantees that farmers receive fair product prices, while the Forest Stewardship Council certification recognizes companies that use sustainable forestry techniques.
- Taxes and incentives for the environment: Governments can use taxes and incentives to promote sensible consumption. For instance, taxes could be imposed on items that significantly negatively impact the environment, like plastic bags or carbon emissions. At the same time, rewards could be offered for buying eco-friendly things, like solar panels or electric cars.
- Governments and organizations can start education and awareness campaigns to encourage responsible consumption and inform people about the effects of their decisions (Verma, 2019). These campaigns can include information about recycling, energy conservation, and sustainable product choices.
- Governments can mandate that companies put environmental and social information on product labels so consumers can make educated decisions about the goods they buy. Brands, for instance, can state if a product was created using renewable energy sources or whether it contains elements that are bad for the environment.
- Extended producer responsibility: Governments can require corporations to bear responsibility for the environmental impact of their products throughout their lives, including disposal. It may inspire companies to develop more readily recyclable or biodegradable products.

Finally, the systematic literature analysis carried out in this work offers proof of the connection between sensible consumption and the United Nations Sustainable Development Goals (SDGs) (UN). According to the review, responsible consumption can help achieve other SDGs and is positively correlated with SDG 12, which aims to promote sustainable production and consumption patterns.

The studies analyzed in the review demonstrated that sensible consumption could benefit the economy, society, and environment. Responsible consumption can assist in achieving the SDGs and building a more sustainable future by minimizing the adverse environmental effects of production and consumption, advancing social equality, and fostering economic development.

The analysis also recommended laws and initiatives that can be put into place to encourage responsible consumption, including extended producer responsibility programs, product labelling and certification schemes, and education and awareness campaigns. These laws and programs can enable businesses to use more sustainable methods, aid customers in making more informed decisions, and lessen waste and pollution.

The analysis also identified gaps in knowledge about the SDGs and responsible consumption. The relationship between responsible consumption and the accomplishment of particular SDGs, such as SDG 5 on gender equality or SDG 13 on climate action, is one area that needs additional study. More study is required to determine the best ways to encourage responsible consumption in many circumstances, including low- and middle-income nations.

Notwithstanding these drawbacks, the analysis offers crucial information about responsible consumption's contribution to the advancement of sustainable development. We can make a more sustainable and just society for future generations by encouraging ethical consumption and production habits.

The results of this study have significant ramifications for consumers, corporations, and policymakers. Policymakers can use the information offered by this assessment to establish laws and initiatives that support the SDGs and encourage responsible consumption. Businesses can use the findings to guide their sustainability initiatives and spot possibilities to lessen their environmental effect and advance social equity. Ultimately, customers may make better decisions and support companies that implement more sustainable methods by using the evidence.

In conclusion, responsible consumption may be encouraged through various policies and programs and is a significant factor in achieving the SDGs. Governments, corporations, and consumers can work together to build a more sustainable future and guarantee that we leave the Earth in good shape for future generations.

Discussions

Our purpose in conducting this meta-analysis was to learn more about responsible consumption, how it connects to the UN's SDGs, and how it might be used to promote sustainable development. We discovered that responsible consumption is an essential element of sustainable development and may be used to fulfil numerous SDGs through our examination of 50 peer-reviewed studies. Our analysis shows several ways to establish

responsible consumption habits, including regulatory interventions, consumer education programs, and CSR initiatives.

Outcome interpretation

Our analysis showed that corporate social responsibility programs, consumer education programs, and legislative interventions could all be used to adopt responsible consumption behaviors. Policy actions like taxes and restrictions can promote sustainable consumption habits (Leicht et al., 2018). Consumer education may raise people's knowledge of how consumption affects society and the environment and motivate them to make wise purchasing decisions. Corporate social responsibility programs can help companies adopt sustainable production methods and lessen their influence on the environment.

We found several recurring patterns in the studies (SDGs) regarding the connection between sensible Consumption and Sustainable Development Goals. One of the most important conclusions was the acknowledgment of the significance of responsible consumption as a critical driver of sustainable development, with numerous studies emphasizing the role of consumers in supporting sustainable production and consumption habits.

Numerous studies found SDG 12 (Responsible Production and Consumption), emphasizing that responsible consumption behaviors can reduce the environmental effects of production and encourage more sustainably using resources (Bengtsson et al., 2018). Several studies highlighted the potential of responsible consumption practices to advance social fairness and lessen poverty by focusing on responsible consumption's social and economic aspects. Several studies stressed educating and improving consumer awareness to encourage responsible consumption habits. They also highlighted the role of civil society and NGOs in promoting more sustainable consumption patterns.

The types of studies included in the research and the specific SDGs addressed varied. Still, the findings indicate a close connection between responsible consumption and the SDGs, with responsible consumption habits essential for advancing sustainable development. However, more study is required to examine the efficacy of various interventions and strategies for encouraging responsible consumption and reaching the SDGs.

Issues with the review

It is essential to recognize the limitations of this comprehensive literature evaluation. First, because the review only incorporated works written in English, pertinent works written in other languages might have been missed. Second, the study was limited to peer-reviewed articles and excluded grey literature or publications not subjected to peer review, which would have added to the review's understanding of the subject. Lastly, because of the broad scope of the SDGs, we could not assess all of them and instead concentrated on those linked to responsible consumption.

Possibilities of the review

Notwithstanding these drawbacks, there are several advantages to our systematic literature review. Then, we thoroughly searched several databases, allowing us to locate many pertinent studies. Next, we used rigorous inclusion and exclusion criteria to select only the highest-quality research for our synthesis. Lastly, we compiled the findings from the reviewed studies and extracted the most pertinent themes illuminating the link between sustainable development and conscientious consumption.

Managerial and practical implications

Our review makes recommendations for decision-makers, organizations, and people looking to encourage sustainable growth and responsible consumption.

First and foremost, policymakers can encourage responsible consumption by enacting taxes and regulations supporting sustainable consumption and production (Panoutsou et al., 2020). Policymakers can also help initiatives that raise consumer awareness of how consumption affects society and the environment. Second, companies can implement CSR programs that support sustainable production methods and lessen their adverse environmental effects. Companies can interact with consumers and encourage them to make wise consumption decisions by informing them about their products' environmental and social impacts (Lu et al., 2020). Individuals can finally make responsible consumption decisions by cutting back on their consumption, selecting sustainable goods, and assisting companies that support sustainable business practices. Individuals can also spread the word about the value of responsible consumption while advocating for legislation that promotes sustainable production and consumption.

Additionally, the contribution of technology to encouraging ethical consumption is a crucial additional factor to consider. Using energy-efficient appliances, cutting-edge home systems, and environmentally friendly transportation options, technology may be leveraged to encourage sustainable behavior and consumption patterns (Alzoubi, 2022). Using internet platforms and electronic media can also promote consumer education and awareness-building. However, it is crucial to remember that technology, through the excessive use of digital

gadgets and the quick turnover of electronics, can also contribute to unsustainable consumption patterns. As a result, it is essential to approach technology use responsibly and sustainably and ensure that it is incorporated into a comprehensive strategy for fostering sustainable development.

Incorporating technology into sustainable purchasing habits is a challenging subject that requires additional study and focus. Investigating technology's potential advantages and disadvantages is crucial to encourage responsible consumption. Moreover, creating efficient methods and regulations is essential to ensure technology is utilized responsibly and sustainably.

Our systematic literature review highlighted the connections between responsible consumption and SDGs and showed their importance in achieving sustainable development. According to our study, responsible consumption practices can be implemented through several channels, including consumer education, legislative interventions, and corporate social responsibility programs. Notwithstanding these caveats, the analyses and recommendations provided by our study are instructive. They can be used by decision-makers, organizations, and individuals working to promote sustainable growth and responsible consumption.

Limitations

It is essential to be aware of the restrictions in our review. First, because we only looked at English-language literature, we might not have found any pertinent research written in other languages. Second, we limited our search to works published between 2010 and 2022, which might have left out earlier material relevant to our research issue (Pilgrimien et al., 2020). Despite our careful selection and data extraction procedures, our evaluation could still be biased because data analysis is inherently subjective.

Our systematic literature analysis offers a thorough overview of responsible consumption, how it relates to the SDGs, and programs and policies that support sustainable and responsible consumption habits (Chauhan et al., 2022). We identified effective programs and regulations supporting responsible consumption and offered suggestions for fostering sustainable production and consumption patterns. Our analysis emphasizes the need for additional research to comprehend how responsible consumption affects sustainable development outcomes and find efficient methods.

Conclusions

The purpose of this review was to examine the literature on sustainable consumption and its relationship to the United Nations' Sustainable Development Goals. Our knowledge of how sustainable development and the SDGs are related to responsible consumption has been expanded thanks to the extensive literature review. Our findings highlight sustainable lifestyles' role in achieving the SDGs and reducing the adverse effects of consumption on the environment and society. Common threads running through the literature on responsible consumption include the importance of consumer education and information, the function of businesses, and the need for efficient legislative interventions.

Most published works focus on high-income countries, limiting the applicability of the results to other contexts. There is an issue with the review here. There is a need for more research in this area because the effectiveness of programs to encourage responsible consumption has not been thoroughly examined. Our findings suggest important implications for future research, clinical applications, and public policy. We recommend that policymakers and practitioners in low- and middle-income countries focus on increasing consumer education and awareness. Businesses can encourage sustainable practices among their customers by adopting greener methods of doing business and interacting with them.

We suggest that researchers in the future examine the success of programs that promote responsible consumption, especially in developing and middle-income countries. More research is needed into the social impacts of consumption and how socially just and humane consumption practices can improve society. An all-encompassing literature analysis shows that sustainable growth and the achievement of the SDGs can benefit from responsible consumption. The adverse effects on the environment and culture can be mitigated if people are encouraged to consume responsibly.

While responsible consumption is a crucial component of encouraging sustainable development, it is not the sole solution; it is vital to remember. A thorough and integrated strategy considering sustainability's social, economic, and environmental components will be necessary to achieve the SDGs. In addition to promoting ethical consumption, it is essential to holistically address issues like poverty, inequality, and climate change. It is also important to remember that shoppers have company in pushing for more moral purchasing practices. Companies and policymakers are responsible for encouraging sustainable lifestyles and consumption patterns. This entails implementing sustainable corporate procedures, promoting sustainable production and consumption patterns, and offering rewards and encouragement for sustainable behavior.

The comprehensive assessment of the literature offers insightful information on how responsible consumption can support sustainable development and the accomplishment of the SDGs. It also emphasizes the need for additional study and action to guarantee that responsible consuming habits are successfully promoted and implemented.

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