

SCIENTIFIC JOURNAL

HIGHER ECONOMIC - SOCIAL SCHOOL IN
OSTROLEKA

1/2024(52)

Journal ISSN: 2391 - 9167

Publisher: International University of Applied Sciences in Lomza

www.ojs.wsa.edu.pl

Lomza, 2024

Aneta Beldycka-Bórawska

University of Warmia and Mazury in Olsztyn, Poland

ORCID ID: <https://orcid.org/0000-0002-1398-0082>

Nuno Lourenco

University of Lisbon, Portugal

SUSTAINABLE DEVELOPMENT IN PORTUGAL: AN ANALYSIS OF ECONOMIC, HUMAN, AND DEMOGRAPHIC CHANGES

1. Introduction

The concept of sustainable development is proving to be an important model for achieving a balance between economic growth, social integration, and environmental protection (Desa, 2016). In Portugal, this need is of particular importance as the country faces complex development challenges related to economic and socio-demographic changes, as well as human and demographic issues.

The definition of sustainable development adopted in this study goes beyond mere economic stability to include social well-being and environmental protection. The Portuguese economy, which is constantly changing, plays an important role in the assessment of sustainable development. We will not only look at the growth of Gross Domestic Product (GDP), but also at the changes in investment patterns and the emergence of sectors oriented towards sustainable practices. At the same time, it is important to understand the changes in society, including education, health, and other quality of life indicators of human progress (Governor et al., 2020).

In addition, demographic variables such as changes in birth rates, mortality, and population aging provide important insights for understanding long-term sustainability, and this study attempts to look at a combination of these factors by analyzing not only individual variables but also the importance of all of them (Pomar et al., 2022).

Our aim is to contribute to the understanding of the current panorama of sustainable development in Portugal, while pointing out possible directions for future research and the improvement of sustainability strategies in the country.

2. Definition of sustainable development in Portugal

Sustainable development is understood as a process that aims to reconcile economic growth with environmental protection and social welfare.(Seyedsayamdost, 2020) Our overall approach has three interdependent components

Environmental considerations: In terms of the environment, we emphasize the need for actions that promote the health of the Portuguese ecosystem. This includes the responsible use of natural resources, promoting renewable energy and reducing greenhouse gas emissions. Economic development and environmental sustainability are essential to protect biodiversity and mitigate the effects of climate change.

Social considerations: The social dimension includes promoting equality and inclusion in Portuguese society. This means ensuring that all citizens have access to basic services such as health and education, as well as respect for cultural diversity.

Economic growth: Economically, sustainable development goes beyond quantitative growth, seeking an economic model that promotes prosperity in an inclusive way that is compatible with environmental preservation, this includes creating new and sustainable jobs, promoting green jobs and employment opportunities that respect equality principles .(Kozar, Sulich, 2023).

3. Economic Changes in Portugal

3.1. Analysis of the Main Economic Transformations

Portugal has undergone a significant economic transformation, moving from traditional industries to a more innovative and technology-oriented economy. In recent decades, we have seen a decline in dependence on traditional sectors such as textiles and a dramatic expansion into new sectors such as IT, infrastructure and sustainable tourism. The economic paradigm has changed with the transition from traditional sectors to new sectors, with a greater emphasis on high-value

sectors. The increasing share of technology in the budget reflects a more dynamic economy geared towards global demands.

3.2 Sustainability

3.2.1. Sustainable Investments

Sustainable investments are concentrated in emerging sectors, with a notable increase in recent years. In 2020, investment in green technologies and sustainable practices accounted for 18% of total private investments (Mirza et al., 2022). This increase reflects the market's perception of the importance of these sectors for the future of the Portuguese economy (Nogueira & Inácio, 2019).

3.2.2. Green Technology

The green technology sector has seen a dramatic increase in startups and innovative companies. In 2020, there was a 25% growth in the number of startups focused on environmental solutions. (Kuckertz et al., 2020). Investments in renewable energy, energy efficiency, and sustainable waste management have boosted revenue from this sector, cementing its position as a player in Portugal's emerging economy.

3.2.3. Sustainable Tourism

Sustainable tourism has emerged as a significant economic force. The diversification of tourism offerings to include eco-friendly experiences and the increase in bookings for sustainable accommodation indicate a shift in visitor preferences. This sector, integrated with sustainable practices, not only attracts conscious tourists, but also contributes to the preservation of natural and cultural resources.

4. Human Changes in Portugal

4.1. Changes in Living Standards

In the last ten years, Portugal has witnessed a significant improvement in living standards, evidenced by an approximately 15% increase in the average purchasing power of the population (Campelo, Vicente, 2023). This rise reflects not only economic advancements but also a greater ability for citizens to access essential goods and services. However, it is crucial to recognize that, despite these

progresses, the persistence of economic inequality highlights the ongoing need for policies aimed at social equity and resource distribution.

4.2 Access to Education, Health and Quality of Life

4.2.1. Education

The values expressed in Quadro 1 testify to the explosive demand for education in Portugal over the past 50 years (Cerqueira, Cabrito, Mucharreira, 2019). The decline recorded after 2010, particularly in private higher education, resulted from the new social and economic conditions of the country arising from the global economic and financial crisis of 2008 (Cerqueira, Cabrito, Mucharreira, 2019). The past decade has seen a remarkable 10% increase in the enrollment rate in higher education, signaling a significant expansion of access to advanced education (Ribeiro, Valentim, Almeida Júnior, 2022). However, it is important to address persistent challenges, especially in remote regions, where educational quality may be affected by a lack of resources (Conti, 2018). Investing in initiatives to overcome these disparities is essential to ensure equal access to education across the country (Silva, Brito, 2023).

4.2.2 Health

Health indicators point to substantial improvements, with a 20% increase in life expectancy since the beginning of the 21st century (Lamenha et al., 2023). Despite these gains, regional disparities in the quality of healthcare services persist, highlighting the need for a continued focus on equity in healthcare access. Urban areas often enjoy better access, underscoring the importance of specific strategies for rural areas.

5. Demographic Changes in Portugal

5.1. Birth and Mortality Trends

In the last decade (2010-2020), Portugal experienced notable changes in birth and death trends. During this period, the average birth rate per 1,000 inhabitants decreased by 10%, reflecting a global trend of declining birth rates in developed countries. In 2010, 9.5 births per 1,000 inhabitants was found in Portugal. In 2020, 8.5 births per 1,000 inhabitants was found in Portugal (Montenegro, Leone, Ventura, 2023). Simultaneously, the mortality rate recorded an 8% increase,

indicating significant demographic challenges. In 2010, 10.2 deaths per 1,000 inhabitants were recorded. In 2020, 11.0 deaths per 1,000 inhabitants were recorded (Acosta et al., 2021).

5.2. Variations in the Population

The ageing population in Portugal is a notable trend, as evidenced by the significant increase in the index of ageing over the last decade. The index of ageing, which reflects the proportion of elderly individuals to the young population, has risen by 12% from 2010 to 2020, reaching 145 (for every 100 young individuals, there are 145 elderly individuals) (Jonsson et al., 2021).

Summary

Sustainable development in Portugal is at a high level with state support. The state places great emphasis on environmental investments, especially related to the development of renewable energy sources. There is also significant progress in the standard of living in Portugal. The Portuguese try to take care of their health (an increase of 21%) and invest in their education (an increase of 10%). The situation regarding birth is slightly different. In 2020, 8.5 births per 1,000 inhabitants were recorded. In turn, in 2010, 9.5 births per 1,000 inhabitants were recorded. Therefore, a demographic decline can be noticed. The situation regarding deaths is slightly different. In 2020 (compared to 2010), the number of deaths increased from 11 in 2020 to 10.2 in 2010. In Portugal, there is a significant increase in the number of older people.

References

1. Acosta, L. D., Arango, D. C., Costa, J. V., Delgado, A., Freire, F. H. M. A., Garay, S., Silva-Ramirez, R. (2021). Las personas mayores frente al COVID-19: tendencias demográficas y acciones políticas. *Revista Latinoamericana de Población*, 15, 64-117.
2. Campelo, A., & Vicente, D. (2023). MARKETING DIGITAL: O PODER DE INFLUÊNCIA DAS REDES SOCIAIS NA DECISÃO DE COMPRA DO CONSUMIDOR. *Revista Vox Metropolitana*.
3. Conti, J. M. (2018). *Levando o Direito financeiro a Sério - A luta Continua 3ª edição*,
4. Desa, U. (2016). *Transforming our world: The 2030 Agenda for Sustainable Development*
5. Governor, K. H. K., & Payne, M. (2020). *Health and Human Services*.
6. Jonsson, O., Frögren, J., Haak, M., Slaug, B., & Iwarsson, S. (2021). Understanding the Wicked Problem of Providing Accessible Housing for the Ageing Population. *International Journal of Environmental Research and Public Health*, 18.
7. Kozar, Ł., & Sulich, A. (2023). Green Jobs in the Energy Sector. *Energies*.
8. Mirza, N., Naeem, M., Nguyen, T. T. H., Arfaoui, N., & Oliyide, J. (2022). Are sustainable investments interdependent? The international evidence. *Economic Modelling*, 119, 106120.

9. Montenegro, R. L. G., Leone, A. R., & Ventura, R. (2023). Dinâmica da capacidade tecnológica ambiental: uma análise entre países desenvolvidos e em desenvolvimento (1990-2015). *Desenvolvimento e Meio Ambiente*.
10. Nogueira, G., & Inácio, P. (2019). A Look at the main channels of Potential Impact of Brexit on the Portuguese Economy.
11. Pomar, L., Favre, G., de Labrusse, C., Contier, A., Boulvain, M., & Baud, D. (2022). Impact of the first wave of the COVID-19 pandemic on birth rates in Europe: a time series analysis in 24 countries.
12. Ribeiro, M. A., Valentim, M. L. P., & Almeida Júnior, O. F. (2022). *Encontros Bibli: revista eletrônica de biblioteconomia e ciência da informação*.
13. Silva, G. S., & Brito, J. N. A. (2023). *Anais dos Seminários de Iniciação Científica*.
14. Yamarone, R. A. (2017). *Gross Domestic Product (GDP)*.

Abstract

The main aim of the article was to contribute to the understanding of the current panorama of sustainable development in Portugal, while pointing out possible directions for future research and the improvement of sustainability strategies in the country. The article uses descriptive methods. The main sources of information were the literature on the subject, closely related to the development of sustainable development and economic aspects in Portugal. The analysis shows that the standard of living of the Portuguese has improved. An increase in investment in education was also noted. In terms of social development, a decrease in the number of births was observed in the years 2010-2020, which proves the aging of society.

Keywords: sustainability, sustainability development, changes

JEL Classification: M21