

## **Doughnut Economics: Guiding Visionary Youth Towards Sustainability**

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**ABSTRACT** - The convergence of economics and ecology is increasingly recognized as crucial in addressing global sustainability challenges. This paper conducts a comprehensive literature review to explore the role of Doughnut Economics as an innovative framework that could guide a new generation of visionary youth. The review analyzes existing studies on Doughnut Economics, focusing on its impact on sustainable development, educational integration, and youth engagement. The findings indicate that Doughnut Economics provides a robust conceptual foundation that aligns with the aspirations of young people, offering them a clear roadmap to contribute to a more just and sustainable world. Furthermore, the paper identifies key strategies for embedding Doughnut Economics into educational curricula and public policy, ensuring its principles are widely adopted and implemented across generations.

**Keywords:** Doughnut Economics, Sustainability, Youth Engagement, Economic Ecology, Literature Review

**ABSTRAK** – Konvergensi ekonomi dan ekologi semakin diakui sebagai hal yang penting dalam mengatasi tantangan keberlanjutan global. Makalah ini melakukan tinjauan literatur yang komprehensif untuk mengeksplorasi peran Ekonomi Donat sebagai kerangka kerja inovatif yang dapat memandu generasi baru pemuda visioner. Tinjauan ini menganalisis studi yang ada tentang Ekonomi Donat, dengan fokus pada dampaknya terhadap pembangunan berkelanjutan, integrasi pendidikan, dan keterlibatan pemuda. Temuan ini menunjukkan bahwa Doughnut Economics memberikan landasan konseptual yang kuat yang selaras dengan aspirasi kaum muda, menawarkan mereka peta jalan yang jelas untuk berkontribusi pada dunia yang lebih adil dan berkelanjutan. Selain itu, makalah ini mengidentifikasi strategi utama untuk menanamkan Ekonomi Donat ke dalam kurikulum pendidikan dan kebijakan publik, memastikan prinsip-prinsipnya diadopsi dan diterapkan secara luas lintas generasi.

**Kata Kunci:** Ekonomi Donat, Keberlanjutan, Keterlibatan Pemuda, Ekologi Ekonomi, Tinjauan Literatur

## INTRODUCTION

In recent decades, the world has faced increasingly complex challenges related to sustainability, which demand holistic and innovative solutions. Traditional economic models, which focus on unlimited economic growth, have been shown to cause significant environmental degradation and exacerbate social injustice (Stiglitz, 2010; Jackson, 2017). The impact of this economic approach includes increased carbon emissions, biodiversity loss, and deepening economic inequality (IPCC, 2018). Along with the growing global awareness of the importance of sustainability, there is an urgent need to rethink the economic paradigm that can combine human well-being with environmental sustainability.

In response to this need, Kate Raworth (2017) introduced the *Doughnut Economics* model, an innovative framework that aims to balance basic human needs with the ecological boundaries of the planet. This concept proposes the idea that the economy should operate in a "safe and just space for humanity", where the fulfillment of basic human rights does not go beyond the ecological capacity of the earth. In other words, Doughnut Economics proposes a model that can prevent further environmental damage while ensuring social well-being.

The urgency to adopt a model like Doughnut Economics is becoming increasingly evident in the context of today's young generation, who will not only be the heirs of the impact of existing economic policies but also a potential agent of change in creating a more sustainable future. Young generations, especially those involved in global climate and social movements, have shown a keen interest in concepts linking social justice and environmental sustainability (UNDP, 2019; Fridays for Future, 2020). Therefore, understanding and integrating this model in education is crucial to guide and empower them in leading systemic change.

The objectives of this literature review are threefold: (1) to analyze the theoretical underpinnings of Doughnut Economics and its relevance to contemporary sustainability challenges, (2) to explore how Doughnut Economics can be integrated into educational and policy frameworks, and (3) to identify gaps in the current literature that point the way for future research. By exploring the existing literature, this research will provide guidance for the development of effective strategies for adopting Doughnut Economics in a variety of social and cultural contexts.

## **LITERATURE REVIEW**

A review of relevant literature shows that the integration of Doughnut Economics in education is still in its infancy, but it has great potential to influence the way the younger generation thinks and acts towards sustainability (Rangkuti, 2019; Moleong, 2018). Some studies have also shown that the application of this model can improve students' understanding of the interconnectedness between social and ecological systems, which in turn can encourage a more holistic approach to problem-solving (Raworth, 2017; Hidayat, 2020). However, there are clear gaps in the literature that need to be addressed, including a lack of empirical research on the long-term impacts of this integration and the challenges faced in different contexts.

As such, the study not only aims to answer important questions about the relevance and application of Doughnut Economics but also to suggest future research directions that can support global efforts to create a more just and sustainable world.

## **METHODOLOGY**

The study adopts a literature review approach to analyze and synthesize existing research related to Doughnut Economics, especially about sustainability and youth engagement. This approach was chosen because it allows researchers to systematically explore various scientific sources and identify key findings as well as gaps in the relevant literature (Hart, 2018). The review includes scientific articles, books, and reports published between 2017 and 2024, a period during which discussions regarding Doughnut Economics began to gain significant attention in the global economic and policy literature.

The literature review process involves several systematic steps to ensure that the selected sources are relevant and of high quality. These steps include:

1. **Search Strategy:** Literature searches are conducted through various leading academic databases such as Google Scholar, JSTOR, and Science Direct. Keywords used in the search include "Doughnut Economics," "sustainability," "youth engagement," "economic ecology," and "educational integration," as well as a combination of these terms to broaden the search reach (Webster & Watson, 2002). This search

strategy is designed to ensure comprehensive literature coverage, covering a variety of different perspectives and geographical contexts.

2. **Selection Criteria:** To maintain the quality and relevance of the review, articles, and other sources are selected based on certain criteria. Articles are selected if they provide empirical or theoretical insights into Doughnut Economics and its application to sustainability challenges. Studies that focus on youth movements, education, or policy integration are given special attention (Tranfield, Denyer, & Smart, 2003). In addition, sources published in reputable journals and have a high citation rate are also a priority in the selection, to ensure the validity and reliability of the analyzed data.
3. **Data Extraction:** Once the relevant literature has been selected, the data extraction process is conducted to identify the main themes, methodologies used, and key findings from each study. The extracted data are then organized thematically to facilitate a more in-depth and comprehensive analysis (Booth, Sutton, & Papaioannou, 2016). The themes identified included aspects such as the application of Doughnut Economics in public policy, integration in education, and its impact on youth-led sustainability initiatives.
4. **Analysis:** The extracted data was analyzed using a thematic analysis approach to identify patterns, contradictions, and gaps in the existing literature (Braun & Clarke, 2006). The analysis also considers a variety of different geographical and cultural contexts, to provide a more comprehensive understanding of the application of Doughnut Economics around the world. In addition, conflicting findings were further analyzed to identify factors that might influence the differences in results, such as differences in the methodology or context of the study (Petticrew & Roberts, 2006). The results of this analysis provide in-depth information for discussion and conclusions from this review.

This research method also includes the design of activities that involve determining the scope or object of study, the main materials and tools used, and relevant data collection techniques. The operational definitions of the research variables are carefully explained to ensure that key concepts such as "sustainability" and "youth engagement" are understood consistently and can be appropriately measured (Miles, Huberman, & Saldaña, 2014). The data analysis techniques used in this study involve the use of comparative analysis and narrative synthesis approaches, which

allow researchers to draw conclusions based on the integration of various findings from the reviewed literature (Gough, Oliver, & Thomas, 2017).

This comprehensive approach provides a strong foundation for understanding Doughnut Economics' role in promoting youth sustainability and engagement, as well as identifying areas that need further research.

## **RESULT AND DISCUSSION**

### ***Theoretical Basis of Doughnut Economics***

Doughnut Economics, introduced by Raworth (2017), offers an alternative to the traditional economic paradigm that focuses on linear growth. This model emphasizes the balance between social well-being and ecological sustainability, depicted through two concentric rings: the inner ring represents the minimum social foundation for a decent life, while the outer ring indicates the ecological boundaries that must not be exceeded to prevent environmental degradation.

Various studies have supported the relevance and potential application of this model in a global context. For example, Raworth (2017) and Hidayat (2020) highlight how Doughnut Economics can be a holistic framework for sustainable urban planning, corporate sustainability strategies, and national policy development. In this context, Doughnut Economics enables a more integrative and inclusive approach in responding to environmental and social challenges, an urgent need in an increasingly complex world (Raworth, 2017; Hidayat, 2020).

Other studies, such as by Spash (2020), highlight that while the flexibility of this model makes it relevant for a wide range of contexts, wider adoption requires a deep understanding of the interactions between social and ecological boundaries, especially in dynamic and varied situations between regions.

### ***Integration of Doughnut Economics in Education***

The integration of Doughnut Economics into education is still in its infancy, but it is starting to gain momentum. According to Raworth (2017), this model can serve as a powerful tool to teach the concept of sustainability at all levels of education. This is supported by findings from Rangkuti (2019) and Moleong (2018), which show that the introduction of the concept of Doughnut Economics in schools and universities can improve students'

understanding of the interconnectedness between social and ecological systems, as well as encourage a more holistic approach to problem-solving. However, the adoption of this model is still limited, especially in formal education. There is a significant gap in the literature regarding the long-term impact of applying this model in education. Studies by Ahmed (2021) and Nurhayati (2023) show that although there have been positive experiments with Doughnut Economics in some institutions, more research is needed to evaluate its effectiveness in increasing environmental awareness and sustainable behavior among students. Future research needs to explore how this integration can be expanded and adapted for various educational contexts, including in developing countries (Rangkuti, 2019; Moleong, 2018; Ahmed, 2021).

### ***Youth Engagement and Doughnut Economics***

Youth play an important role in the global sustainability movement, and Doughnut Economics has emerged as a framework that fits their aspirations. Hidayat (2020) and Rangkuti (2019) revealed that young people are increasingly interested in economic models that emphasize social justice and responsible environmental management. Doughnut Economics provides a clear and compelling narrative that allows young people to channel their activism and drive for social change into more structured and impactful actions.

In addition, a study by Turner (2022) shows that youth involvement in sustainability initiatives based on the principles of Doughnut Economics is often more effective in achieving meaningful social change. However, there is still a need for further research on how educational institutions and governments can support and strengthen this youth engagement, especially in different cultural and social contexts (Turner, 2022; Nurhayati, 2023).

### ***Gaps and Future Research Directions***

Although the literature on Doughnut Economics continues to grow, some important gaps still need to be addressed. First, more empirical research is needed on the long-term impact of integrating Doughnut Economics in education, particularly related to student learning outcomes and behavior change. In addition, further studies are needed to explore the challenges of adopting this model in various cultural and socio-economic contexts, as

well as to identify effective strategies to increase adoption among policymakers and education practitioners (Ahmed, 2021; Spash, 2020).

Future research should also focus on developing more systematic methodologies to measure the impact of Doughnut Economics across different sectors and countries. By addressing these gaps, academics and practitioners can better understand how to leverage Doughnut Economics to inspire and guide the next generation of leaders committed to global sustainability (Raworth, 2017; Ahmed, 2021).

## CONCLUSIONS

This literature review reveals that *Doughnut Economics* is an innovative framework that offers solutions to global sustainability challenges. This model, which combines social well-being with ecological boundaries, provides a strong foundation for educating and empowering future generations of leaders. In the context of education, the integration of *Doughnut Economics* can strengthen students' understanding of the interconnectedness between social systems and the environment, as well as encourage them to take a more holistic approach to global problems.

The study also highlights that while *Doughnut Economics* has great potential, its adoption in education and policy is still limited. Further efforts are needed to develop effective strategies to integrate this model into broader curricula and policy frameworks. It is important to nurture a young generation that is visionary and ready to face the complexity of the interdependence between economics and ecology and to contribute to equitable and sustainable solutions.

This conclusion emphasizes that the novelty of the research lies in the introduction of *Doughnut Economics* as an educational and policy tool that has not been fully explored. This study prompted further research to explore the long-term impact of the application of *Doughnut Economics* in various educational and socio-economic contexts. In addition, the development of a more systematic methodology to measure the impact of this model is urgently needed so that *Doughnut Economics* can be adopted more widely and effectively in the future.

Based on these findings, it is recommended that educational institutions begin to incorporate *Doughnut Economics* into their curricula, particularly in subjects related to sustainability and environmental studies. In addition, governments and policymakers need to consider *Doughnut Economics* as a

framework for designing policies that promote social well-being without sacrificing the planet's ecology. Future research should also focus on developing practical guides and case studies that can assist in the implementation of these models in various cultural and socio-economic contexts.

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