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Shopping in majority of the 1st world countries is considered as a leisure activity apart from purchasing stuff. I strongly see it as a negative development, as I will explain.

First and foremost, mindless shopping has had a major role in environmental degradation. Reducing the shelf-life of an article due to excessive purchasing consequently, magnifies the issue of disposing. Large amounts of these articles are being produced in factories, which has generated great amounts of detrimental chemicals, due to which the marine life has been getting affected drastically. Furthermore it adds up to the ever increasing air pollution, which has has led to plethora of diseases. For example, In India more or less 40% of the deaths occur owing to the air pollution, moreover, an expanding number of asthma and bronchitis has been witnessed in the recent years.

Besides, splurging on items can provide instant gratification, however, it induces everlasting financial burdern.

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Had people not been spending their cash on inessentials, they would have been able to save up much efficiently, additionally getting their hands on more relevant and profitable commodities. According to a survey by the University of Cambridge, roughly 70% of the people residing in London, agree on overspending on their attire, without pondering much, in the name of retail therapy.

To summarize, the disadvantages of mindless purchasing, as a mean of entertainment certainly outweighs its advantages. Being thoughtful of the environment along with our own finances, can explicitly be lucrative for us.