



Climate Change Anxiety, Self-Efficacy, and Optimism as Determinants of Pro-Environmental Behaviour among Young Adults in Kerala

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ABSTRACT

Kerala has experienced a series of extreme weather events and natural disasters in recent years, highlighting the urgency of addressing climate-related challenges. Climate change today extends beyond an environmental issue, impacting social, psychological, and economic aspects of life—especially for vulnerable communities. The purpose of this study is to examine the influence of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. The study was conducted on young adults (n=106), including both men and women aged from 18 to 27. The scales included in the questionnaires are Climate Change Anxiety Scale (CCAS), Pro-Environmental Behaviour (PEBS), General Self-Efficacy Scale (GSE) and Life Orientation Test-Revised (LOT-R). This was a correlational study that employed descriptive statistics and used a purposive sampling method. From the results obtained through data analysis, it can be concluded that pro-environmental behaviour is connected with climate change anxiety, self-efficacy, and optimism. These behaviours can build resilient communities, support mental health, reduce climate-related anxiety, and contribute to a sustainable future.

Key Words – *Climate Change Anxiety, Pro-Environmental Behaviour, Self-Efficacy, Optimism*

Young adults, or the youth of today, are one of the most important assets in achieving sustainable development across the world. Their efforts and strength in various sectors significantly impact societal progress and the well-being of future generations. In the current global scenario, changes in climate patterns are becoming increasingly disastrous, making this issue even more urgent (Poushter et

al., 2025). Different natural disasters around the world bear witness to these impacts. The wildfire in California in 2025, the earthquake in Myanmar, and other natural disasters illustrate these impacts. Similarly in India, natural disasters occur frequently in various states, including the ongoing floods and landslides in North India. Within India, when it comes to Kerala, the state has

experienced natural disasters like the landslide in the Wayanad district in 2024, which leads to the urgency of addressing the unpredictable climate change, which also includes man-made causes. A study conducted by Ramisetty et al. (2025) identified both natural and anthropogenic factors as key drivers of landslides in the state of Kerala. The research emphasizes that while intense rainfall and the region's inherent geological conditions play a significant role, the increasing frequency and severity of landslides are further exacerbated by deforestation, unregulated urban expansion, and unsustainable land use practices.

This study seeks to examine the behaviors and attitudes of young adults in Kerala within the broader context of climate change and its associated impacts. Specifically, it investigates the psychological dimensions of climate change, focusing on how climate change anxiety may serve as a motivator for pro-environmental behavior. In addition, the study explores the roles of self-efficacy and optimism—two key psychological constructs—in shaping individuals' engagement with environmentally responsible actions.

Climate Change and its Effects

Climate change is associated with increased frequency and severity of extreme weather events, and the impacts of discrete events such as natural disasters on mental health (Clayton, 2020). The changing pattern of climate all around the world is becoming unpredictable, especially the impact on the quality of life, causing people to face various atrocities, such as mental health issues, displacement, and migration. A study showed the

negative mental health impact due to climate-induced forced migration among people in Kuttanad, Kerala, which revealed a need for mental health intervention (Thomas et al., 2025).

There are different communities that have been directly and indirectly affected by the natural hazards that have happened as a part of climate change. Many of them lost their homes, their loved ones, and their sources of income, all of which led to a state of despair and disrupts their mental well-being. A sudden, unpredictable change in their lives can have lifelong effects, especially for small children who may experience it as a traumatic incident, which will potentially lead to different psychological issues. This is evident from the studies that the population that has faced weather events like floods, pollution, cyclones, and tsunamis experiences a high prevalence of mental health problems like PTSD, anxiety, and depression (Tripathi et al., 2026). The studies further reveal that the people who are affected by floods more than once showed the highest level of learned helplessness when compared with the people who face it once in their lives (Joy et al., 2021).

Natural disasters have become an increasingly frequent and ongoing phenomenon globally, and the growing incidence of these events has intensified public awareness of climate change as a significant threat. These disasters are not merely natural occurrences; rather, they are largely driven by human-induced environmental changes. A study on global climate change as a threat found that a majority of people—67% across 25 countries—perceive climate change as a

major threat (Poushter et al., 2025). Society must move beyond merely recognizing climate change as a threat and actively engage in efforts to mitigate its causes and adapt to its consequences.

Climate Change Anxiety

Anxiety is considered a future-oriented, long-acting response broadly focused on a diffuse threat (American Psychological Association, 2018). Climate anxiety is the anxiety associated with perceptions about climate change, even among people who have not personally experienced any direct impacts (Clayton, 2020). Climate change anxiety is “a more clinically significant ‘anxious’ response to climate change” (Clayton & Karazsia, 2020). Climate anxiety is a growing psychological phenomenon linked to the increasing awareness of the environmental crisis caused by climate change (Hanife et al., 2025).

Climate change-induced anxiety can affect individuals both positively and negatively. A previous research suggests that climate anxiety was negatively associated with pro-environmental behaviour (Qin et al., 2024). While heightened anxiety is generally seen as harmful, in some cases it can motivate pro-environmental behaviours. If these actions, in turn, help reduce the anxiety itself, this cycle can be considered a positive outcome—promoting change without leading to significant psychological distress. Studies based on these have also been conducted, and they indicate that the individuals have a moderate level of climate anxiety when compared with the people who show very little climate change anxiety and tend to

engage in more pro-environmental behaviours (Coates et al., 2024).

Pro-Environmental Behaviour

Pro-environmental behaviour (PEB) is a multi-dimensional construct considering a range of behaviours that benefit the natural environment, enhance environmental quality, or harm the environment as little as possible (Larson et al., 2015). Pro-environmental behaviour, a form of prosocial behaviour that ultimately benefits all humanity, is essential for addressing climate change (Klein et al., 2021). The environmentally friendly actions or behaviour help in stopping the impact caused by humankind to some extent. A study conducted by Tripathi et al. (2026) shows that weather events can foster positive mental health outcomes like resilience, pro-environmental behaviour, appreciation for life, and post-traumatic growth after post-weather events. In the current scenario, this world will only be sustainable for future generations if we take such actions at the right time. A previous study on the positive attitude towards climate change and social support to act on climate change showed a positive link to pro-environmental behaviour (Abdelwahed et al., 2022). Promoting eco-friendly behaviours such as properly disposing of and recycling plastic instead of burning it, reducing the use of body sprays, and correctly managing e-waste, etc., needs to become a habit for every individual.

Small positive actions from many people can collectively lead to significant change.

Self-Efficacy

The general self-efficacy assesses the strength of an individual's belief in his



or her ability to respond to novel situations and to deal with any associated obstacles or setbacks (Schwarzer, & Jerusalem, 2010). Self-efficacy is generally considered domain-specific; individuals may hold stronger or weaker efficacy beliefs across different areas of functioning, for these beliefs to lead to successful action, the associated expectancies must be realistic, unrealistically high self-efficacy can result in risky behaviours, while appropriately calibrated self-efficacy enhances goal attainment, furthermore, self-efficacy is inversely related to psychological conditions such as anxiety and depression, serving as a protective factor and a valuable resource for coping with stress (Schwarzer, 2014, pp. ix–xi). People's confidence in their actions leading to desired outcomes will encourage them to take steps towards the mitigation of climate change issues, which can further enhance environmentally friendly behaviours. A previous study shows that efficacy beliefs act as a determinant of climate mitigation, which further increases involvement in pro-environmental behaviour (Vrselja et al., 2024). Self-efficacy thus act as a psychological factor that leads to pro-environmental behaviour, which can further contribute towards sustainable development (Priya & Thenmozhi, 2021). When they adopt eco-friendly behaviours, it represents a meaningful step forward for humanity.

Optimism

Optimists are people who tend to hold positive expectations for their future (Scheier et al., 1994). Scheier and Carver (2018) defined “dispositional optimism” as the “generalized, relatively stable tendency to expect good outcomes across important

life domains.” An optimistic person consistently anticipates positive outcomes, maintains a positive attitude, exhibits confidence, and expects fortunate circumstances when confronted with adversities. This consistently aids in preserving optimal mental and physical health for individuals, thereby enhancing their capacity to function actively and energetically. A recent study shows a positive association with general optimism and climate action intentions (Kim & Kim, 2026). When such a person engages in environmentally friendly behaviours, driven by confidence in their action, which leads to a positive future outcome, they can significantly contribute to the creation of a sustainable future. A study conducted on experimentally induced state optimism showed a positive connection that contributed to pro-environmental behaviour (MacKinnon et al., 2022).

Significance of the Study

The evolving climate patterns with potential consequences constitute a significant challenge to humanity in the current context. Kerala experienced one of the most severe landslides in the Chooralmala and Mundakkai villages in the Wayanad district, caused by heavy monsoon rain, which killed nearly 300 people, injured hundreds, and displaced over 10,000 people on the night of July 29 and 30, 2024 (Athira, 2025).

Climate change, largely driven by environmentally disruptive human activities, poses a growing threat to daily life. Fluctuating climate patterns not only lead to physical environmental degradation but also contribute to psychological impacts, such as climate-related anxiety. This form of distress is especially

pronounced among vulnerable populations and individuals who are particularly concerned about environmental issues (Sarun et al., 2018). As climate-related events become more frequent and severe, mental health consequences are emerging as a critical area that needs to be explored further. Although climate change may not be entirely preventable through human actions alone, promoting sustainable behaviours can significantly aid in mitigation efforts. Furthermore, limited research has been conducted on this combination of variables in the context of Kerala, which could provide region-specific insights. Understanding the psychological impact of climate change and the psychological factor which is associated with environmentally responsible behaviour and intentions is essential for developing effective strategies that support both ecological sustainability and mental well-being.

Research Question

The current study aims to examine the influence of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala.

Objectives

1. To study the relationship between climate change anxiety and pro-environmental behaviour among young adults of Kerala.
2. To study the relationship between self-efficacy and pro-environmental behaviour among young adults of Kerala.
3. To study the relationship between optimism and pro-environmental behaviour among young adults of Kerala.
4. To study the difference between men and women on climate change anxiety among young adults of Kerala.
5. To study the difference between men and women based on optimism among young adults of Kerala.
6. To study the difference between men and women based on self-efficacy among young adults of Kerala.
7. To study the difference between men and women based on pro-environmental behaviour among young adults of Kerala.

Hypothesis

- H₀1. There is no significant relationship between climate change anxiety and pro-environmental behaviour among young adults of Kerala.
- H₀2. There is no significant relationship between pro-environmental behaviour and self-efficacy among young adults of Kerala.
- H₀3. There is no significant relationship between pro-environmental behaviour and optimism among young adults of Kerala.
- H₀4. There is no significant difference between men and women on climate change anxiety among young adults of Kerala.
- H₀5. There is no significant difference between men and women on optimism among young adults of Kerala.
- H₀6. There is no significant difference between men and women on self-efficacy among young adults of Kerala.
- H₀7. There is no significant difference between men and women on pro-environmental behaviour among young adults of Kerala.

METHOD

Sample and Sampling

The current study was conducted on young adults (n=106), including both men and women aged from 18 to 27 years. The mean age of the participants was 23.1 years, and out of these, there were 53 men and 53 women. Purposive sampling method was used to select participants.

The sample for this study includes young adults who are native to Kerala and currently residing in the state. Individuals who identify with other gender identities or those who have been clinically diagnosed with a psychological disorder are excluded from the study.

Operational Definitions

Climate Change Anxiety Climate change anxiety is “a more clinically significant ‘anxious’ response to climate change” (Clayton & Karazsia, 2020). Climate anxiety is the anxiety associated with perceptions about climate change, even among people who have not personally experienced any direct impacts (Clayton, 2020).

Pro-Environmental Behaviour

Pro-environmental behaviour (PEB) is a multi-dimensional construct considering a range of behaviours that benefit the natural environment, enhance environmental quality, or harm the environment as little as possible (Larson et al., 2015).

Self-Efficacy

Self-efficacy assesses the strength of an individual's belief in his or her own ability to respond to novel or difficult situations and to deal with any associated obstacles or setbacks (Schwarzer, & Jerusalem, 1995).

Optimism Optimists are people who tend to hold positive expectations for their future (Scheier et al., 1994).

Tools

1. Socio-Demographic Sheet

The primary data will be collected using a socio-demographic sheet developed by the researcher. This sheet includes information such as gender, age, employment status, socio-economic status, and residence.

2. The Climate Change Anxiety Scale (CCAS ; Clayton & Karazsia, 2020)

The Climate Change Anxiety Scale (CCAS) is a 13-item Likert-format scale that measures the anxiety caused due to climate change with a 5-point scale ranging from 1 (never) to 5 (almost always). The scale is divided into two subscales: the Cognitive-Emotional Impairment subscale, which consists of items 1-8. The first four items assess how climate change affects concentration and emotional states, while items 5 to 8 examine the degree to which thoughts about climate change are viewed as unhealthy. The second subscale, Functional Impairment, includes items 9 to 13 and evaluates whether emotions related to climate change interfere with daily activities (Hussein et al., 2023). A person with a high climate change anxiety score falls within the range of 48–64, moderate anxiety ranges from 31–47, and low anxiety ranges from 13–30 (Hussein et al., 2023). The climate change anxiety scale has a high reliability rating with an internal consistency of .96 and .93.

3. Pro-Environmental Behaviour Scale (PEB ; Larson et al., 2015)

Pro-Environmental Behaviour Scale (PEB) is a 13-item Likert-format

scale with a 5-point scale ranging from 1(never) to 5(very often). The scale consists of four behavioral domains: Conservation Lifestyle ($\alpha = 0.786$), which includes three items (11–13); Land Stewardship ($\alpha = 0.638$), consisting of three items (8–10); Social Environmentalism ($\alpha = 0.782$), comprising three items (1, 2, and 7); and Environmental Citizenship ($\alpha = 0.839$), which includes four items (3–6). Pro-environmental behavior scores are categorized as high (4 to 5), moderate (around 3), and low (1 to 2). The value given represents the average scores. A higher score indicates increased pro-environmental behavior. The pro-environmental behavior scale has a good reliability rating with an internal consistency of 0.82.

4. General Self-Efficacy Scale (GSE ; Schwarzer, & Jerusalem, 1995)

General Self-Efficacy Scale (GSE) is a 10-item Likert-format scale with a 4-point scale ranging from 1(not at all true) to 4(exactly true). The general self-efficacy scale is associated with emotion, optimism, and job satisfaction. Depression, stress, health issues, burnout, and anxiety all had negative correlation coefficients. The total score ranges from 10 to 40 and is calculated by summing all the items. A higher score indicates strong self-efficacy. The internal consistency of the general self-efficacy scale ranges between .76 and .90.

5. Life Orientation Test-Revised (LOT-R ; Scheier et al., 1994)

Life Orientation Test-Revised (LOT-R) is a 10-item Likert-format scale (including 4 filler items) with a 5-point scale ranging from 0 (strongly disagree) to

4(strongly agree). The LOT-R was designed to assess optimism. The revised scale eliminated two items that focused on coping style rather than optimistic hopes for future results. Of the 6 scored items, 3 are positively and 3 negatively worded. Negatively worded items (3, 7, and 9) are reverse coded. All six responses (including Items 1, 4, and 10) are summed for an overall optimism score, ranging from 0 to 24. A higher score indicates greater dispositional optimism. The correlation between the revised and original scales is .95. The internal consistency of life orientation scale is .78 with good test-retest reliability.

Procedure

The participants in this study were chosen using the purposive sampling method. All the participants are informed about the nature of the study and are assured of confidentiality. The participation is voluntary, and no financial rewards were awarded. The participants were provided with the questions, and they are classified based on four variables: climate change anxiety, pro-environmental behavior, self-efficacy, and optimism. Data is collected through Google Forms among young adults aged 18-27, and assistance is provided by the researcher when one finds it difficult to follow the instructions of the questionnaire.

Data Analysis

Descriptive statistical analysis was used to test the null hypothesis according to the nature of the data.

The study included mean and standard deviation; the Spearman's rank correlation coefficient was utilized to examine the relationship between variables and Mann-Whitney U test is used to

analyze the gender difference in the variables. The SPSS software is used for the analyses.

The normality of the data was investigated using the Shapiro-Wilk Test, and the results indicated that the data were not normally distributed. Climate change

anxiety, pro-environmental behavior, and self-efficacy all had p-values < 0.05, indicating a non-normal distribution. In contrast, the p-value for optimism was 0.070, which is above the 0.05 threshold and suggests no significant evidence against normality.

RESULT AND DISCUSSION

Table 1 Mean and standard deviations of climate change anxiety, pro-environmental behaviour, self-efficacy and optimism among young adults by gender.

		Male (N=53)		Female (N=53)			
		M	SD	M	SD	M	SD
Climate Change Anxiety		22.66	7.408	22.17	8.253	22.42	7.808
Pro-Environmental Behaviour		28.08	9.645	26.94	9.220	27.51	9.407
Self-efficacy		25.92	6.424	25.21	5.782	25.57	6.093
Optimism		12.34	2.954	11.77	2.342	12.06	2.668

To find the relationship between climate change anxiety, self-efficacy, optimism and pro-environmental behavior

among young adults of Kerala, Spearman's Rank Correlation test was carried out.

Table 2 Spearman's Rank Correlation Coefficient between climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala

		PEB
Climate Change Anxiety	Spearman's rho	0.332***
	p-value	<.001
Self-Efficacy	Spearman's rho	0.283**
	p-value	0.003
Optimism	Spearman's rho	0.217*
	p-value	0.026

Note. * p < .05, ** p < .01, *** p < .001

Table 2 presents the Spearman's Rank Correlation Coefficient between climate change anxiety, self-efficacy, optimism and pro-environmental behavior among young adults of Kerala. From the

result table, it indicates that the climate change anxiety and pro-environmental behavior is highly statistically significant, $\rho(106) = 0.332$, $p < .001$ and has a moderate positive correlation. The

self-efficacy and pro-environmental behaviors is statistically significant $\rho(106) = 0.283$, $p < .01$ and has a weak positive correlation and the optimism and pro-environmental behavior shows statistical significant, $\rho(106) = 0.217$, $p < .05$ and has a weak positive correlation. Thus the null hypothesis H_{01} , H_{02} and H_{03} is rejected.

To analyze gender differences in climate change anxiety, self-efficacy, optimism and pro-environmental behavior among young adults in Kerala, the Mann-Whitney U test was conducted. This test compares males and females to determine whether significant differences exist between the two groups.

Table 3 Mann-Whitney U Test comparing the differences between males and females in climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. Independent Samples T-Test

	p
Climate Change Anxiety	0.556
Optimism	0.383
Self-Efficacy	0.719
Pro-Environmental Behaviour	0.602

Note. $H_a \mu_1 \neq \mu_2$

Table 3 shows the Mann-Whitney U Test comparing gender difference gender differences between the males and females in climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. The total number of participants included 106 out of which 53(50%) were men, 53(50%) were women. The result table indicates that there is no significant differences between males and females in on climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala. Hence all the null hypotheses H_{04} , H_{05} , H_{06} , and H_{07} are accepted.

DISCUSSION

The purpose of the study was to examine the relationship of climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. The statistical techniques, such as frequency and percentage, and the Spearman's correlation coefficient were used to analyze the acquired data. The hypothesis put forward to meet this objective is that there is no significant relationship between climate change anxiety, self-efficacy, optimism and pro-environmental behaviour among young adults of Kerala and there is no significant gender difference on climate change anxiety, self-efficacy, optimism and pro-environmental behavior. Based on

the analysis, the null hypothesis that there is no significant relationship between climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour is rejected. This indicates that climate change anxiety, self-efficacy, and optimism each have a statistically significant relationship with pro-environmental behavior among young adults in Kerala. Similarly, no significant gender differences were found in these variables in relation to pro-environmental behavior among young adults in Kerala, leading to the acceptance of that null hypothesis.

The results show that climate change anxiety is significantly correlated with pro-environmental behavior. The findings suggest that individuals who are anxious about climate change are more likely to engage in environmentally friendly actions. Coates, Kelly, and Brown (2024) studied the relationship between pro-environmental behavior and climate anxiety, and the findings showed that individuals with a moderate level of climate anxiety engaged in more pro-environmental behaviors than those with either low or high levels of anxiety. This further supports the result.

Additionally, a statistically significant relationship was found between self-efficacy and optimism with pro-environmental behaviour. Among all three variables, climate change anxiety showed moderate positive correlation with pro-environmental behaviour, and the result shows consistency with a recent study conducted among residents of Delhi NCR, which reported an overall moderate positive correlation between climate change anxiety & different dimensions of

pro-environmental behaviour (Thukral & Singh 2026). However, the current result differs from a previous study conducted on climate change perception, climate change anxiety & pro-environmental behaviours of tertiary students, which found a strong positive correlation between climate change anxiety and pro-environmental behaviour (Fuentes, 2024). The differences obtained in the study can be attributed to the age variations, region-specific influences and students are introduced to environmentally related topics in their academic curriculum, which can also influence the study. If there is an increase in climate change-related anxiety, it can also lead to weakened pro-environmental behaviour, and this can also be the reason for the moderate correlation (Qin et al. 2024). The variables self-efficacy and optimism showed a weak positive correlation with pro-environmental behaviour. The previous study conducted on self-efficacy and pro-environmental behaviour among school students also showed a weak positive correlation with pro-environmental behaviour, which is consistent with the current study's results (Priya & Thenmozhi, 2021). A previous study conducted on experimentally induced state optimism shows a moderate-to-weak correlation with pro-environmental behaviour, which is partially consistent with the current study (MacKinnon et al., 2022). The weak correlation obtained may be due to the fact that the psychological variables self-efficacy and optimism are not sufficient to produce pro-environmental behavioural intentions. Rather, other external factors that contribute to environmental behaviour may also be needed.



These variables act as protective factors for pro-environmental behaviour, which in turn may help reduce climate change-related anxiety through active engagement in eco-friendly actions. Among the psychological factors, self-efficacy and optimism are related to environmentally friendly behaviour, suggesting that an individual's belief in their ability to make a difference and create positive outcomes encourages sustained climate-friendly actions, ultimately contributing to an environmentally sustainable future. Furthermore, the correlation between pro-environmental behaviour and the psychological variables suggests that nature has a significant impact on psychological well-being. Changing climate patterns and the resulting natural hazards may contribute to the development of this relationship. Concerns about the future—such as the well-being of future generations and environmental degradation—can negatively affect sustainable development and influence psychological responses. Moreover, the perceptions of individuals in the sample who have been directly or indirectly affected by such environmental changes may also shape the relationships among these variables.

No significant gender differences were found in climate change anxiety, pro-environmental behaviour, self-efficacy, or optimism among young adults in Kerala; therefore, the null hypothesis was accepted. This suggests that men and women perceive climate change and engage in pro-environmental behaviours similarly. However, this finding may also be influenced by the unequal distribution of samples across

different districts of Kerala, as regional variations in climate impact and perspectives could affect responses. Additionally, sample size limitations might have contributed to these results.

Implications of the study

The current study provides an understanding that psychological factors such as climate change anxiety, self-efficacy, and optimism play a significant role in promoting pro-environmental or environmentally friendly behavior. The study reveals that young adults in Kerala exhibit pro-environmental behaviour, which can be further strengthened through awareness campaigns and educational initiatives. Creating youth groups focused on environmental action can also encourage more people to participate, fostering greater community engagement and long-term environmental responsibility. The insight from the study can be addressed with the policy makers, environmental organizations, and the authorities, where they can implement different programs and interventions based on the environmental related activities. The findings suggest that integrating climate education and emotional coping strategies into school and university curricula, which is relevant in the current scenario, could enhance young people environmental and climate related knowledge and also foster long-term environmental commitment. Collaboration between mental health experts, environmental educators, and localized support to address climate-related distress in youth through the promotion of hope, self-efficacy, and environmental stewardship as part of broader mental wellness initiatives.

Limitations

- As it is a time-limited study, it has some limitations, which are mentioned below.
- Due to time constraints, the sample size was limited, and participants were not evenly distributed across all districts of Kerala.
- The uneven sampling limits the generalizability of the results to other regions or populations.
- Data collection was conducted through an online platform (Google Forms), which may have introduced response bias or disengagement, as participants might not have fully understood the questions or answered them thoughtfully.
- The age range of participants was restricted to 18–27 years, making it difficult to generalize the findings to other age groups.

Suggestions

Although the current study focuses on young adults—due to their critical role in building an eco-friendly community for a sustainable future—it is important to recognize that future studies should also consider other populations to gain a broader perspective. Based on the prior studies of variables like climate change anxiety and pro-environmental behavior, there is a need for cross-cultural studies, especially in the countries that are more vulnerable to natural disasters.

CONCLUSION

A substantial association was found between the key variables in this study regarding pro-environmental behavior as a result of unpredictable climatic changes. The study specifically focused on the roles of the climate change anxiety, self-efficacy, and optimism on pro-environmental behaviour among young adults in Kerala. This was a correlational study that employed descriptive statistics and used a purposive sampling method, including both male and female participants. The study also considered several other socio-demographic factors, which were collected at the beginning of the questionnaire. Data were collected via an online Google Form. The study employed standardized measures for pro-environmental behaviour, climate change anxiety, self-efficacy, and optimism.

From the results obtained through data analysis, it can be concluded that pro-environmental behavior is positively correlated with climate change anxiety, self-efficacy, and optimism. That is, there is a significant relationship between climate change anxiety and pro-environmental behavior, there is a significant relationship between self-efficacy and pro-environmental behavior and there is a significant relationship between optimism and pro-environmental behavior.



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