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IMPACT OF NEW ECOLOGICAL PARADIGM ON ECOLOGICAL ANXIETY AND ECOLOGICAL GRIEF. MEDIATING ROLE OF CLIMATE CHANGE WORRY AMONG YOUNG ADULTS

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Abstract

The purpose of this study was to investigate the relationship between environmental beliefs, as assessed using the New Ecological Paradigm (NEP), and ecological anxiety and ecological grief in young adults, with climate change worry serving as a possible mediator. A correlational research design was employed. The convenient sample of 400 participants aged between 18 and 40 years was drawn. The new ecological paradigm scale, the ecological grief scale, the Hogo-Eco Anxiety Scale, and the Climate Change Worry Scale were used to measure the study variables. The results of correlational analysis revealed a significant negative relationship between the ecological paradigm and ecological grief, ecological anxiety, and climate change worry. Regarding the effect of NEP, dealing with climate change worries partially mediated the connection between NEP and ecological anxiety, but not with ecological grief, as indicated by mediation analysis. These findings highlight the psychological stress that can be experienced with the rise of environmental awareness among young adults, underscoring the need for climate-related mental support interventions, as well as sustainability education.

INTRODUCTION

Climate change has become one of the most serious challenges the global community is facing, having an impact not only on the environment but also on the mental wellbeing of people. As more people and households become aware of the concept of ecological degradation, they tend to start viewing climate change with increasing concern, which can consequently transform their perspectives and actions. This study examines how the new ecological paradigm has been influencing ecological anxiety and ecological grief. The New Environmental Paradigm (NEP) represents a significant shift in attitude towards the environment, as it seeks to understand the broader relationships between people and nature. The NEP was introduced in 1978 and contradicts anthropocentric positions, promoting ecological consciousness and sustainable operations, which have become increasingly relevant in the face of climate change and environmental degradation (Celik, 2023).

Recent studies have uncovered various psychological mechanisms that underpin concern about climate change, particularly in risk perceptions and media exposure. These studies also reveal a strong link between media exposure and risk perception, with increased negativity affecting pro-environmental behavioral intentions, moderated by efficacy beliefs (Paek & Hove, 2024). Notably, the increased focus on various forms of media, including social media and newspapers, has significantly enhanced public awareness of climate change. As risk perception and knowledge rise, so does knowledge acquisition (Tang et al., 2025). Additionally, climate anxiety, a prevalent emotional response, is characterized by multidimensional feelings of stress and concern, particularly among younger adults and socioeconomically disadvantaged individuals (Google.com & Das, 2024; Barroso et al., 2024). This fear is not only individual but also societal and political, necessitating community development and adaptive coping skills to mitigate its consequences (Barroso et al., 2024; Kaznacheev, 2024).

NEW ECOLOGICAL PARADIGM, CLIMATE CHANGE WORRY, AND ECOLOGICAL ANXIETY

The connection between climate change concern and the new ecological paradigm is complex, as it combines psychological issues and the consequences of human behavior. Anxiety about climate change, which may be expressed as eco-anxiety, can contribute to environmentally active behavior on the one hand, but result in eco-paralysis, where people feel stuck and lack the energy to act on the other (Innocenti et al., 2023). Research has shown that eco-anxiety is affected strongly by emotion regulation and that people who lack control over their emotions

are likely to worry more about it in the future, which worsens eco-anxiety(Orrù et al., 2024). However, it is important to note that this is not a one-way street. With the right interventions and support, individuals can harness their anxiety as a source of productive behavior, rather than allowing themselves to be paralyzed. Moreover, education is of great significance in mitigating these impacts because educated individuals can utilize their anxiety as a source of productive behavior, rather than allowing it to paralyze them (Innocenti et al., 2023). The new ecological paradigm emphasizes the need to shift away from profit maximization and toward a well-being-oriented world, suggesting that concerns about mental health resulting from climate change can lead to a more sustainable and active society (Baccarani et al., 2021). Therefore, climate change anxiety needs to be addressed and managed to facilitate effective coping with environmental issues.

The connection between ecological anxiety and worry about climate change is becoming an active issue in the areas of mental health, especially amid the growing climate distress levels. The prevalent concern in climate change change has also been revealed to correlate with numerous mental health outcomes, which include higher psychological stress, anxiety, and depression symptoms(Cosh et al., 2024)(Cosh et al., 2024). The given phenomenon is especially significant from the perspective of populations in the Global North, as climate-related awareness and education are more prevalent there (Butler, 2025). On the other hand, people in the Global South tend to have fewer eco-anxiety concerns, as many do not recognize the anthropogenic character of climate change, given the more pressing issues affecting their lives (Butler, 2025). Moreover, eco-anxiety has been associated with the development of negative sentiments towards having children in women, meaning its widespread nature in determining outcomes of individual and social choices(ÖZKAN et al., 2024). Overall, eco-anxiety reflects a complex interplay between climate change awareness and mental health, necessitating urgent and targeted interventions and policy responses(Hickman, 2024).

NEW ECOLOGICAL PARADIGM, CLIMATE CHANGE WORRY, AND ECOLOGICAL GRIEF

Climate concern and ecological grief are both correlated and difficult to define in their mutual relationship due to a range of emotional outcomes associated with environmental loss and climate change. Due to direct exposure or reporting on climate-disaster-related events, ecological fear and helplessness, known as eco-anxiety, contribute to the perception of future despair at personal, community, and global levels. Eco-anxiety is a psychological response to

the threat of climate change, characterized by feelings of fear, helplessness, and worry about the future (Rajamani & Iyer, 2024). People may show anxiety in different forms, activism or avoidance is also possible, and may be especially acute in vulnerable groups like the youth and indigenous communities(Rai, 2023). Ecological grief, on the other hand, encompasses the grief associated with the loss of ecosystems, wild animals, and cultural affiliation to nature, primarily caused by physical environmental changes (Markkula et al., 2024; Shujaat, 2024). The study has shown that there is a high correlation between eco-anxiety and eco-grief, meaning that an increased level of anxiety related to climate concerns can enhance eco-grief or good feelings, thus leading to a positive attitude towards the environment and the readiness to give form to it through emotion(Rai, 2023; Shujaat, 2024). These two phenomena have highlighted the psychological effects of climate change, and practical coping skills and mental health care are needed to respond to these combined emotional experiences(Pihkala, 2024; Rai, 2023).

The following hypotheses were formulated for the current research.

1. There would be a significant relationship in the ecological paradigm, climate change worry, ecological anxiety, and ecological belief among adults.
2. Climate Change Worry would mediate the relationship between the New Ecological Paradigm and Ecological Grief among Young adults
3. Climate Change Worry Mediates the relationship between New Ecological Paradigm and Ecological anxiety among Young adults

METHOD

PARTICIPANTS AND PROCEDURE

The target population for this research consisted of young adults. The sample size for this study is 400 participants, chosen to provide adequate statistical power and ensure representation of the adult population. The participants' ages ranged from 18 to 40 years. A majority (48%) were between the ages of 26 and 32 years, followed by 43% aged 18 to 25, and 9% aged 33 to 40. In terms of gender, the sample included more females (62.5%) than males (37.5%). Regarding education, most participants held a Bachelor's degree (72.8%), followed by those with an MPhil (21.5%), and a smaller proportion had completed a PhD (5.8%). Participants primarily resided in urban areas (69.3%), while 30.8% came from rural backgrounds. Employment status revealed that 41.3% were students, 21.3% were unemployed, 19.8% were business owners, and 17.8% were employed. When asked about family environment, 46.8% described it as formal, 29% as conservative, and 24.3% as

informal. The majority (61%) reported having good family relationships, while 39% described their family relationships as poor. A non-probability convenience sampling technique was used to draw the sample.

MEASURES

THE NEW ECOLOGICAL PARADIGM (NEP) SCALE

Dunlap and colleagues initially developed it to assess individuals' views about the relationship between humans and the environment. This scale consists of 15 items and is designed to measure environmental attitudes, ranging from human dominance over nature to concern about ecological limits. Respondents will rate their agreement with each statement on a 5-point Likert scale, with responses ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). The NEP scale has demonstrated good reliability, with a reported Cronbach's alpha of 0.92, indicating high internal consistency (Dunlap et al., 2000).

THE ECOLOGICAL GRIEF SCALE

The scale developed by Higgins et al. (2020) consists of 15 items that assess emotional responses to environmental loss and degradation. The scale has demonstrated high reliability, with a Cronbach's alpha value of 0.89, indicating strong internal consistency. Respondents rate their grief on a Likert scale ranging from 1 (no impact) to 10 (severe impact). In previous studies, it has been widely used, with responses typically ranging between moderate and high levels of ecological grief. Evaluates feelings of loss or grief related to environmental degradation (Higgins, Loring, & Bowman, 2020).

THE HOGG ECO-ANXIETY SCALE

It is a 13-item scale developed to assess the levels of anxiety individuals experience due to environmental concerns and the perceived impact of climate change on the planet. Respondents are asked to rate their agreement with each statement on a 5-point Likert scale, ranging from 1 = Strongly Disagree to 5 = Strongly Agree. The Hogg Eco-Anxiety Scale has demonstrated strong internal consistency, with a reported Cronbach's alpha of 0.94, indicating excellent reliability across its 13 items. Assesses worry or anxiety about climate change and its effects (Hogg, 2019).

THE CLIMATE CHANGE WORRY SCALE (CCWS)

It is a 10-item measure that is intended to capture respondents' psychological responses, such as fear, anxiety, depression, and trauma, associated with climate change. This revised scale has a higher internal consistency ($\alpha = 0.83$) than the earlier version. Respondents will rate

their agreement with each statement on a 5-point Likert scale, with responses ranging from 1 (Strongly Disagree) to 5 (Strongly Agree) (Norgaard, 2009).

RESULTS

TABLE 1: ***DESCRIPTIVE STATISTICS OF STUDY VARIABLES (N= 400)***

Scales	Items	*M*	*SD*	*α*	Range		Skewness
					Potential	Actual	
Reality of Limited Growth	4	8.88	3.53	.80	4-20	3-15	-.17
Anti Anthropocentrism	4	11.93	4.14	.74	4-20	4-20	-.04
Fragility of Nature Balance	3	8.78	3.04	.65	3-15	3-15	-.21
Rejection of Exceptionalism	3	8.80	2.78	.59	3-15	3-15	-.13
Possibility of an Eco-crisis	3	9.03	3.21	.64	3-15	3-15	-.07
New Ecological Paradigm	15	44.47	12.52	.88	15-75	22-74	-.09
Climate Change Worry	10	31.32	7.81	.79	10-50	15-50	.006
Ecological Grief	6	18.63	5.71	.79	6-30	8-30	-.01
Ecological Anxiety	13	39.40	9.11	.78	13-65	19-64	.07

Descriptive statistics were computed for all study variables to assess the distribution, internal consistency, and overall trends in participant responses. Table 1 summarizes the number of items for each scale, mean (*M*), standard deviation (*SD*), Cronbach's alpha (α), potential and actual range, as well as Skewness values. The subscales of the New Ecological Paradigm (NEP) showed acceptable to good internal consistencies, with α values ranging from .59 to .80. Specifically, Reality of Limits to Growth (M = 8.88, SD = 3.53, α = .80) showed moderate levels with slight negative skewness (–.17), indicating that participants slightly leaned toward acknowledging ecological limits. Anti-Anthropocentrism (M = 11.93, SD = 4.14, α = .74) also had acceptable reliability and appeared normally distributed (skewness = –.04). Likewise, Fragility of Nature's Balance (M = 8.78, SD = 3.04, α = .65) and Rejection of Human Exceptionalism (M = 8.80, SD = 2.78, α = .59) showed fair internal consistency and standard distribution patterns. The subscale Possibility of an Eco-Crisis (M = 9.03, SD = 3.21, α = .64) also reflected relatively neutral skewness (–.07). The total NEP score (15 items) had a high internal consistency (α = .88) with a mean of 44.47 (SD = 12.52). The actual score range observed in the sample was from 22 to 74, showing that most participants endorsed a moderate to high pro-environmental worldview (skewness = –.09). Regarding emotional and behavioral dimensions, Climate Change Worry (M = 31.32, SD = 7.81, α = .79) and Ecological Grief (M = 18.63, SD = 5.71, α = .79) were both found to have good reliability.

Skewness for both variables was minimal (0.006 and –.01 respectively), suggesting a normal distribution. In terms of psychological outcomes, Ecological Anxiety (M = 39.40, SD = 9.11, α = .78) showed solid internal consistency. The skewness values (0.07 and 0.006, respectively) again supported the normality of data distribution. Overall, the psychometric properties of all scales were within acceptable limits, and the data distributions appeared relatively normal, making them suitable for further parametric analyses.

TABLE 2: ***CORRELATION MATRIX FOR ALL VARIABLES USED IN THE STUDY (N=400)***

Sr.#	Variables	1	2	3	4	5	6	7	8	9
1	Reality of Limited Growth	-	.65***	.84***	.26***	.81***	.87***	-.24***	-.26***	-.33***
2	Anti Anthropocentrism	-	-	.73***	.33***	.63***	.86***	-.31***	-.33***	-.32***
3	Fragility of Nature Balance	-	-	-	.41***	.79***	.92***	-.27***	-.22***	-.30***
4	Rejection of Exceptionalism	-	-	-	-	.25***	.53***	-.25***	-.27***	-.25***
5	Possibility of an Eco-crisis	-	-	-	-	-	.85***	-.14**	-.20***	-.26***
6	New Ecological Paradigm	-	-	-	-	-	-	-.31***	-.33***	-.36***
7	Climate Change Worry	-	-	-	-	-	-	-	.63***	.52***
8	Ecological Grief	-	-	-	-	-	-	-	-	.62***
9	Ecological Anxiety	-	-	-	-	-	-	-	-	-

***P< .01, ***p< .001*

Table 2 shows a significant negative relationship between the new ecological paradigm and climate change worry, ecological grief, and ecological anxiety.

TABLE 3: ***MEDIATING ROLE OF CLIMATE CHANGE WORRY BETWEEN NEW ECOLOGICAL PARADIGM AND ECO-GRIEF (N = 400)***

Paths	Outcome Value	Predictor Value	β	95%CI	
				LL	UL
a	Ecological Grief	New Ecological Paradigm	**-0.07** ***	-0.10	-0.03
b	Climate Change	New Ecological Paradigm	**-0.20** ***	-0.25	-0.14

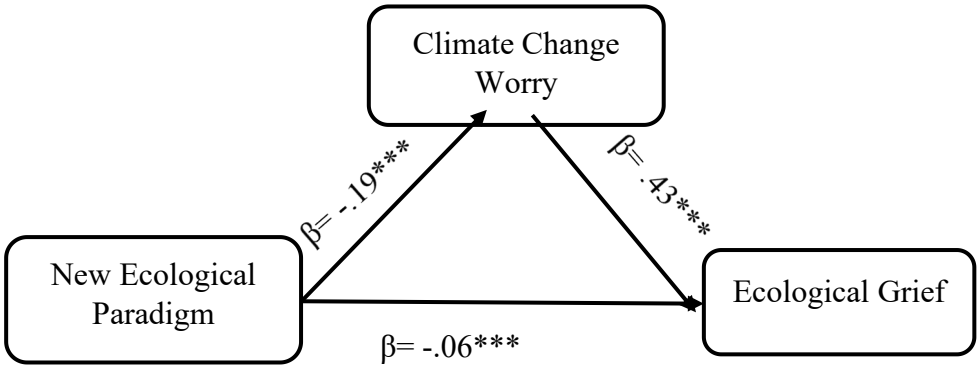
	Worry				
c	Ecological Grief	Climate Change Worry	**0.43**** *	0.37	0.49
d	Ecological Grief	New Ecological Paradigm through Climate Change Worry	**-0.08** ***	-0.11	-0.06

****p< .001.*

In this analysis, the resResearch will examine the role of Climate Change Worry in an intermediate position in the relationship between the New Ecological Paradigm (NEP) and Ecological grief. In Step 1, the NEP negatively predicts ecological grief (b = -0.26, p < .001), indicating that the more a person agrees with the NEP that they can recognize the seriousness of environmental problems, the less anxious they become. As the Climate Change Worry is added in Step 2, it positively predicted ecological anxiety (β= 0.43; p < .001), whereas the direct relationship between NEP and ecological grief also became weaker (beta = -0.06; p < .001), suggesting that Climate Change Worry is part of the mediating role on the connection between NEP and ecological grief. When Climate Change Worry is added to the model, there is a significant increase, with 42% of the variance in ecological grief being explained (R^2 = .42), as opposed to only 9% previously in Step 1. Overall, the findings suggest that NEP can reduce anxiety levels. However, climate change awareness causes its rise, and these issues are intricately linked, with environmental beliefs being a key variable influencing anxiety levels, and worry acting as a partial mediator.

FIGURE 1

Schematic Presentation of the Mediating Role of Climate Change Worry between the New Ecological Paradigm and Ecological Grief



The figure shows that there is a significant effect of Climate Change Worry as a mediator in the relationship between New Ecological Paradigm (NEP) and Ecological Grief. Particularly, NEP is significantly negatively related to Climate Change Worry (Path A: 95% CI = -0.25 to -0.13), indicating that a stronger pro-environmental ideology is associated with lower levels

of worry about Climate Change. Ecological Grief is, in its turn, positively predicted by Climate Change Worry (Path B: 0.45***, 95% CI = 0.37 to 0.48), so that worry is linked with more grief about the ecological loss. The direct influence of NEP is Ecological Grief is -0.06*** (CI = -0.10 to -0.03), and the indirect influence of NEP through worry is - 0.08*** (CI = -0.11 to -0.03); hence the full influence of NEP on Ecological Grief is - 0.15*** (CI = -0.19 to -0.10). These results affirm that a significant partial mediation effect is present.

TABLE 4: ***MEDIATING ROLE OF CLIMATE CHANGE WORRY BETWEEN NEW ECOLOGICAL PARADIGM AND ECO-ANXIETY (N = 400)***

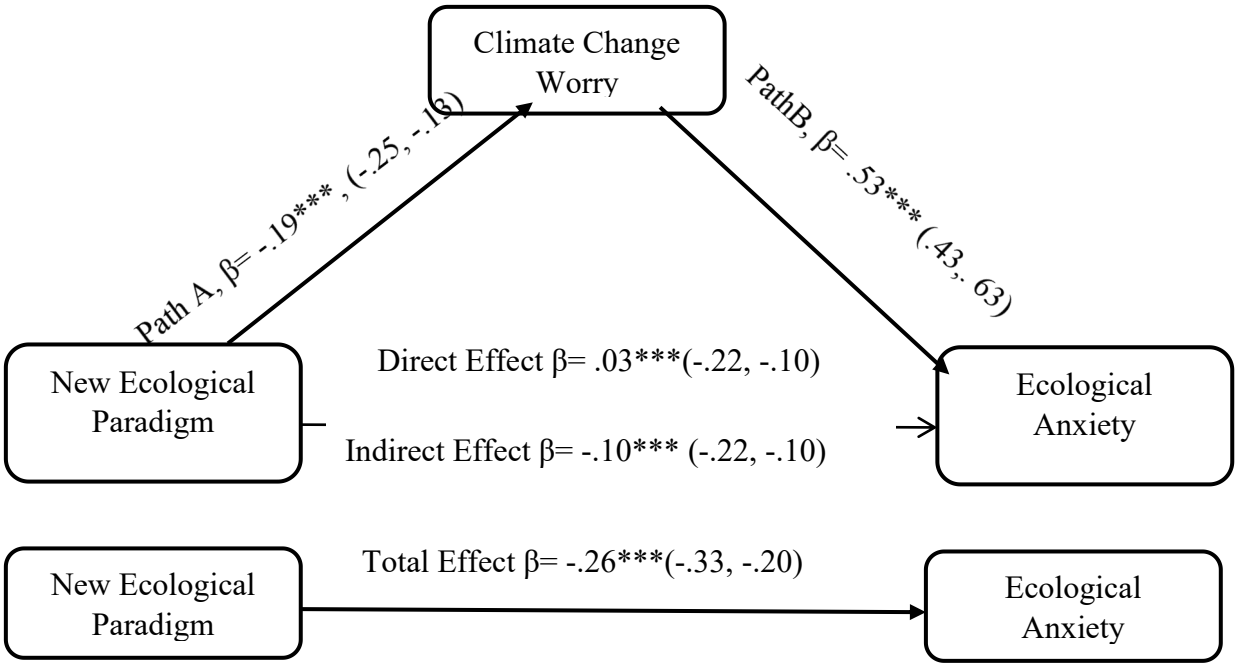
Paths	Outcome Value	Predictor Value	β	95%CI	
				LL	UL
a	Ecological Anxiety	New Ecological Paradigm	-0.16 ***	-0.22	-0.10
b	Climate Change Worry	New Ecological Paradigm	-0.20 ***	-0.25	-0.14
c	Ecological Anxiety	Climate Change Worry	0.53 ***	0.44	0.63
d	Ecological Anxiety	New Ecological Paradigm through Climate Change Worry	-0.10 ***	-0.15	-0.07

**p< .05. **p< .01. ***p< .001.*

The current analysis examines the role of the New Ecological Paradigm (NEP) and Climate Change Worry, focusing on two regression steps and their impact on Ecological Anxiety. Negative predictive results of NEP in Step 1 (-0.26, $p < .001$) indicate that the stronger people's belief in environmental protection, the lower their anxiety levels. At Step 2, ecological anxiety is positively related to Climate Change Worry ($\beta = 0.53$, $p < .001$), indicating that increased worry about climate change is associated with increased anxiety. The impact of NEP on ecological anxiety decreases marginally (based on 95% CI [-0.18; -0.14], $p < .001$), indicating that Climate Change Worry partially mediates the connection between NEP and anxiety, but the underlying effect of NEP still occurs substantially. The increase in the explanatory power of the model is 9 to 13 percent (R^2), confirming that Climate Change Worry contributes to the prediction of ecological anxiety. In general, the findings suggest that the NEP alleviates anxiety and that worry about climate change contributes to this effect, serving as a partial mediator of the relationship between ecological beliefs and anxiety.

FIGURE 2

Schematic Presentation of the Mediating Role of Climate Change Worry between the New Ecological Paradigm and Ecological Anxiety



The figure shows the mediator Aspect of Climate Change Worry linking the New Ecological Paradigm (NEP) and Ecological Anxiety. Once again, NEP exhibits important and destructive forecasting of Climate Change Worry (Path A: 0.19***, 95% CI = -0.25 to -0.15), and Climate Change Worry constructs a positive forecasting of Ecological Anxiety (Path B: 0.53***, 95% CI = 0.43 to 0.63). The direct impact of NEP on Ecological Anxiety is not very strong but still significant (beta = -0.03***, CI = -0.22 to -0.10), whereas the indirect impact is more substantial and higher (beta = -0.10***, CI = -0.22 to -0.10) through worry. The sum of the results is 0.26 (CI 0.33-0.20). It is possible to say that Climate Change Worry is a significant mediator between ecological grief and anxiety, and the mediating effect is more substantial than ecological grief.

DISCUSSION

The current study focused on investigating the relationship between the new ecological paradigm, climate change worry, eco-anxiety, and eco-grief. The study further focused on exploring the mediating role of climate change worry in the relationship between ecological paradigm, ecological anxiety, and ecological grief. Different demographic variables, including age, qualification, occupation, marital status, family structure, and residence, were also examined in the results.

The results in Table 2 support the first hypothesis of the study that all study variables are significantly correlated. The findings clearly show that climate change worry has a positive relationship with Ecological Anxiety and ecological grief. These findings are similar to those of previous research, as Arya and colleagues (2024) found that Climate change worry has a positive relationship with eco-anxiety and ecological grief. These mental health issues lead to disturbances in cognition, social behavior, and overall wellbeing in adults (Arya et al., 2024). Lykins and colleagues systematically reviewed the quantitative studies on ecological anxiety and ecological grief, as well as their relationship with climate change worry. The results showed that ecological anxiety, ecological grief, and climate change worry have a negative relationship with each other and are associated with other mental health outcomes like depression and anxiety (Lykins et al., 2023). In the Pakistani context, where increasingly intense weather phenomena such as floods, droughts, and heatwaves are becoming more prevalent, these seemingly obvious environmental changes can evoke a profound sense of helplessness, fear, and grief. In Pakistan, concerns about climate change are closely related to actual environmental deterioration, which in turn translates to psychological distress. Most adults, especially those in rural areas, have experienced some of the impacts of climate change on their livelihoods (e.g., agricultural losses), which adds to their emotional reaction. Moreover, the emotional impacts of climate change might not be practically handled in a developing nation such as Pakistan, where a lack of financial resources to help relieve climate change mental issues exists and will therefore result in increased anxiety and grief.

The results mentioned above clearly show a negative relationship between climate change worry and the new ecological paradigm. These findings are consistent with those of research conducted by numerous researchers. Research conducted in 2023 by Tranic and colleagues examines how climate change influences tourists' attitudes toward ecotourism, guided by the New Ecological Paradigm. It points out that people who worry about climate change are more inclined to follow the New Ecological Paradigm, which shapes their views on the environment. The study also highlights that when a person is committed to the environment, they feel that it matters greatly in linking these beliefs with their actions (Tarinc et al., 2023). At the same time, another study was conducted to investigate attitudes toward sustainable behavior in correlation with the new ecological paradigm and pro-environmental behavior. The results showed that egoistic and pessimistic views of the new ecological paradigm had a significant impact on climate change worry and sustainable environmental behavior (Ganser & Reich, 2023). Adults with a high NEP are more likely to recognize the

ecological limits and the crisis, which in turn heightens their fear of climate change. The relationship between a high ecological worldview and greater worry may be further enhanced in a developing nation like Pakistan, where climate change is being felt and is a more pressing concern. In addition, the NEP may fuel concerns about urgency and environmental degradation, which subsequently contribute to greater worry.

The results further supported the hypothesis that climate change worry mediates the relationship between ecological beliefs and ecological grief and anxiety among adults. The findings revealed that a mediation of climate change worry occurs between the new ecological paradigm and ecological grief among our sample. These findings are consistent with those of recent research. A study conducted in China, involving 515 Mandarin-speaking Chinese nationals, assessed the impact of the new ecological paradigm on climate change worry. The Multigroup path analysis revealed that individuals with a weak anthropocentric view and a strong eccentric view of the new ecological paradigm had a higher risk associated with worry about global warming or climate change (Xue et al., 2016). A literature review of five key studies conducted by Anchu Sharma in 2024 revealed that climate change worry leads to ecological anxiety and ecological grief, accompanied by feelings of hopelessness, guilt, and existential dread. It also seemed that those people who have faced ecological anxiety lead to impairments of daily life (Sharma, 2024). Likewise, previous research has shown that Ecological anxiety typically arises from awareness of ecological change, whereas ecological grief involves sadness over changes in the ecosystem. This means that both ecological grief and ecological anxiety were increased in individuals affected by vulnerable outcomes, leading to adverse health outcomes, such as climate change worry (Rai, 2023). Another study confirmed our findings, which was conducted in 25 European countries with more than 52,000 participants, linking it to ecological anxiety. The results indicated that eco-anxiety is linked to climate change worry. Individuals with poor self-rated health tend to have lower life satisfaction and increased eco-anxiety (Niedzweidz & Katikireddi, 2023). The concept that Climate Change Worry mediates the connection between the New Ecological Paradigm and Ecological Grief among young people is acceptable in the Pakistani context, as environmental concern is becoming a significant issue among young people in Pakistan. Youth are experiencing the consequences of climate change firsthand, which leads to a growing climate of concern due to extreme weather, floods, and droughts. This apprehension, based on the broader New Ecological Paradigm (which emphasizes the interdependence between nature and humans), has the potential to result in

ecological grief. Pakistani young people, especially those in rural and disaster-prone regions, may be distressed about the degradation of the natural environment, and this concern could intensify their emotional response to environmental issues, thereby moderating the relationship between the ecological worldview and grief.

LIMITATIONS AND SUGGESTIONS

Although this study contributes to proper research on the interconnection of the New Ecological Paradigm (NEP), climate change concerns, and emotional responses, including ecological anxiety and grief, some limitations must be considered. To begin with, a correlational study constrains the ability to make any causal inferences. Despite the variety of connections between the identified variables, further study through a longitudinal or experimental approach would enhance the understanding of cause-and-effect relationships concerning NEP, climate change concerns, and psychological outcomes. Second, the sample was selected from a specific geographic area; therefore, the results may not be representative of the entire population or those from diverse backgrounds. Sampling extension by encouraging representatives from heterogeneous regions and cultures would also contribute to a broader perspective on the relationship between attitudes towards the environment and its impact on the emotional experiences of climate change. Third, the research was conducted on self-report measures, which can be biased by the socially desirable factor or a misinterpreted self-view. Future research may expand to include more objective metrics or qualitative data collection, such as interviews, to gain a deeper understanding of the emotional and behavioral reactions of participants to climate change.

CONCLUSION

This research highlights the correlation between environmental beliefs and emotional reactions, as well as their relationship to climate change concern, among young adults. It shows that the New Ecological Paradigm, although it results in pro-environmental behavior, is also a cause of ecological perception anxiety and sadness. Climate change concern is of considerable mediating value, adding to the emotional distress associated with environmental issues.

IMPLICATIONS

The implications of this study are significant for both the psychological and environmental domains. Since the New Ecological Paradigm (NEP) was discovered to play a significant role in the development of ecological anxiety and grief, mental health specialists must discuss the emotional outcomes of environmental awareness. Future studies are needed to identify the

contributions of other potential mediators and moderators, such as personal coping skills or exposure to climate-related media, which may influence the relationship between environmental beliefs and emotional distress. Additionally, interventions to mitigate ecological grief and anxiety in young adults could be developed, focusing on cultivating adaptive coping skills that strike a balance between emotional coping and a pro-environmental attitude. Researchers, such as those concerned about climate change, recommend that heightened environmental concern is not only a factor that facilitates pro-environmental behavior but also a factor that can lead to emotional distress. Thus, interventions should be developed to assist young adults in learning how to cope with ecological grief and anxiety, as well as the advancement of adaptive coping skills. When teaching the subject of climate change, it is essential to combine emotional support with the provision of knowledge to prevent people from being overwhelmed by the harshness of the problems. The emotional complexity surrounding climate change and the importance of pro-environmental behaviors should be discussed to help young people understand their sense of agency in the climate change campaign, while also highlighting the positive impact of their actions, which can help them feel empowered. The cognitive and emotional aspects of climate change must be addressed to instill a more productive and able younger generation.

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