

harp.

Hope and resilience
in climate change
education

(Climate change) Emotions in Education

(Part 2/4)

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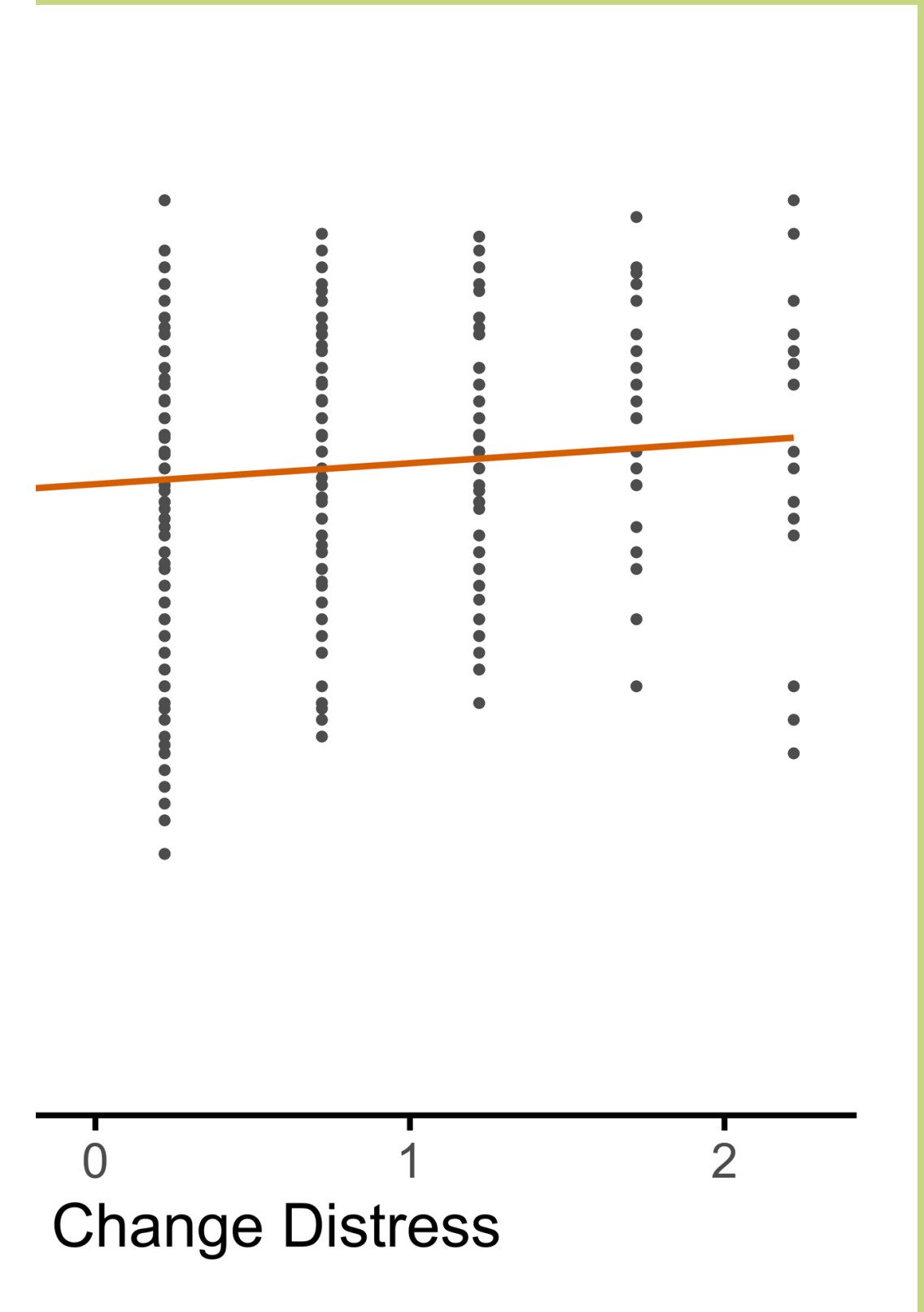
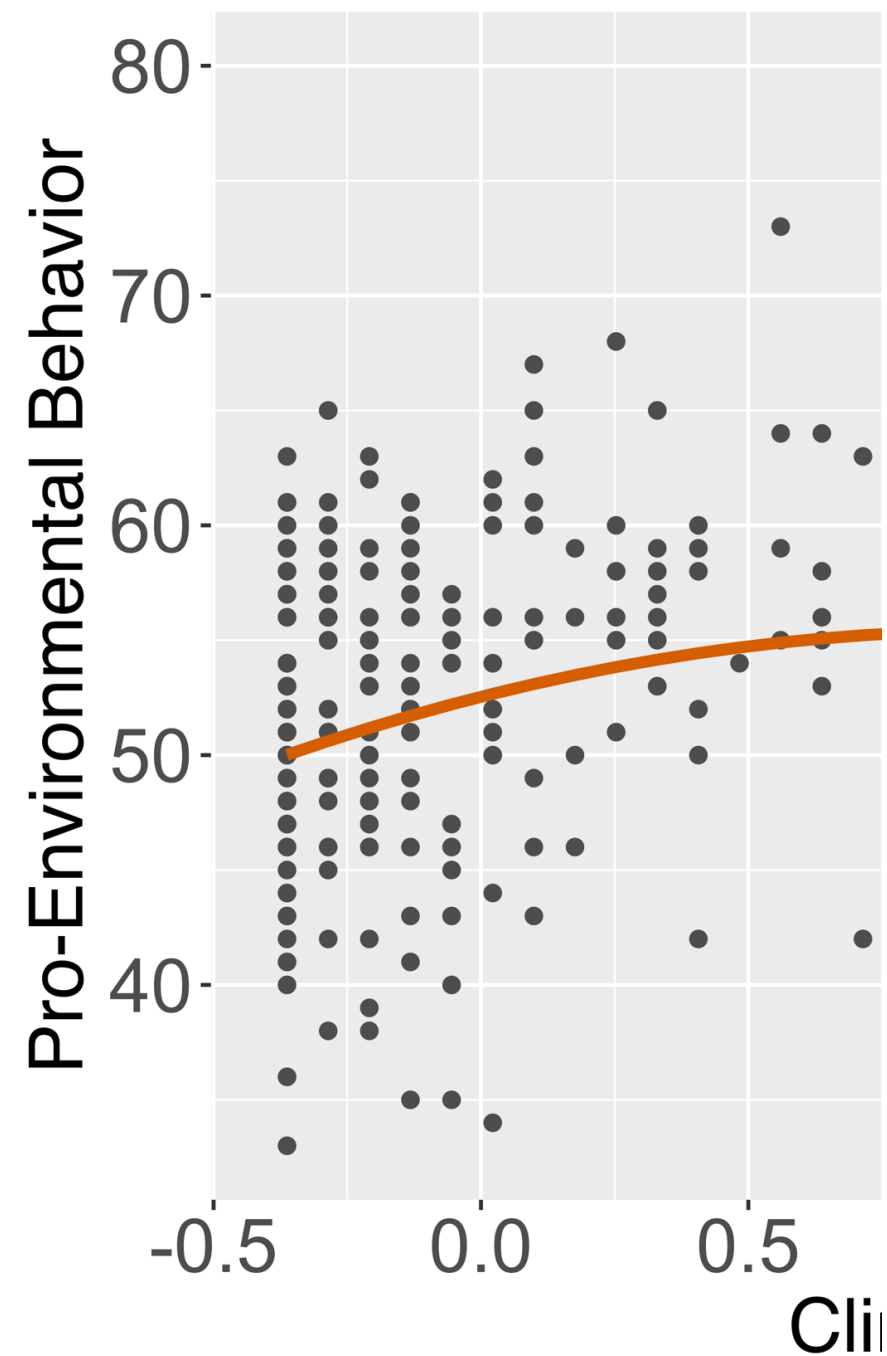
Emotion: Motivation or Eco-Paralysis?

Feeling anxious and being engaged in a warming world: climate anxiety and adolescents' pro-environmental behavior

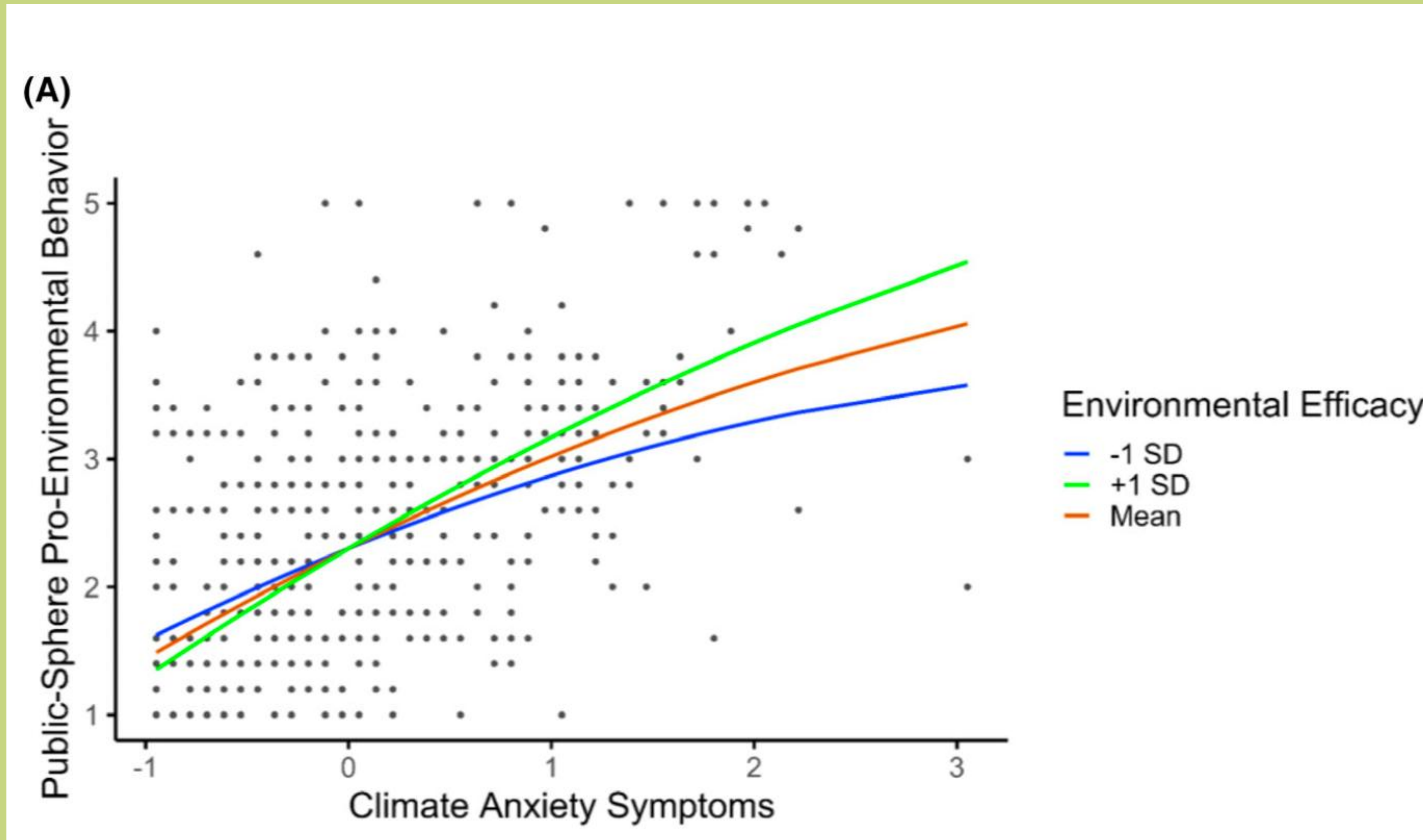
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Background: Climate anxiety is increasingly prevalent among adolescents worldwide. Are climate-anxious adolescents prone to engage in pro-environmental behavior? Or might the association between climate anxiety and pro-environmental be curvilinear, such that high levels of climate anxiety become 'paralyzing'? And do these associations depend on whether adolescents believe that, with effort, the worst impacts of climate change can still be prevented? **Methods:** We addressed these questions in three studies (two preregistered; combined $N = 2,211$), conducted across two countries. We used cross-sectional and longitudinal methods, and various measures of climate anxiety and pro-environmental behavior. We performed Bayesian regression analyses comparing two models that tested competing hypotheses. The first model included a linear effect of climate anxiety on pro-environmental behavior, and the second model included both a linear and a curvilinear (i.e. inverted U-shaped) effect of climate anxiety on pro-environmental behavior. Next, we added environmental efficacy to the best fitting model and explored its moderating effects. **Results:** Adolescents reported low-to-moderate levels of climate anxiety. Across the board, we found evidence for a small, positive, and mostly linear (rather than curvilinear) association between climate anxiety and pro-environmental behavior. While Study 1 supported a curvilinear association (Bayes Factor (BF) = 18.87), Studies 2 and 3 mostly supported a linear model (BFs range 6.86–12.71), except for weak support (BF = 1.62) for a curvilinear association between climate anxiety symptoms and public sphere pro-environmental behavior. Adolescents' environmental efficacy moderated this link for public sphere (e.g. activism), but not private sphere (e.g. recycling), pro-environmental behavior. **Conclusions:** Climate-anxious adolescents are prone to engage in pro-environmental behavior. We found limited evidence for 'eco-paralysis' (i.e. a passive state of pro-environmental behavioral stasis) at high levels of climate anxiety. Our results are consistent with the possibility that supporting adolescents' environmental efficacy will help climate-anxious adolescents engage in public sphere pro-environmental behavior. **Keywords:** Climate anxiety; adolescents; pro-environmental behavior; environmental efficacy.



Role of efficacy



Role of collective action and hope

Article

Learning from Young People Engaged in Climate Activism: The Potential of Collectivizing Despair and Hope

Karen Nairn¹

Abstract

Hope takes on particular significance at this historical moment, which is defined by the prospect of a climate-altered future. Young people (aged 18–29) from climate action groups in New Zealand were interviewed about how they perceived the future. Deploying a unique combination of conceptual tools and in-depth analysis of a small set of interviews, I explore young New Zealanders' complex relationships with despair and hope. Paulo Freire claimed his despair as a young man 'educated' what emerged as hope. I extend Freire's concept in two ways by considering: (a) how hope might also 'educate' despair and (b) how hope and despair might operate at a collective level, drawing on Rosemary Randall's psychotherapeutic analysis of societal responses to climate change. Participants identified collective processes as generating hope. Collectivizing hope and despair is important so that young people do not feel climate change is only their burden to solve.

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