

RESEARCH ON THE ATTITUDE TOWARDS THE CLIMATE CRISIS AMONG UKRAINIAN PSYCHOLOGISTS, TEACHERS, MEDICAL AND SOCIAL WORKERS

*Short report
July 2021*



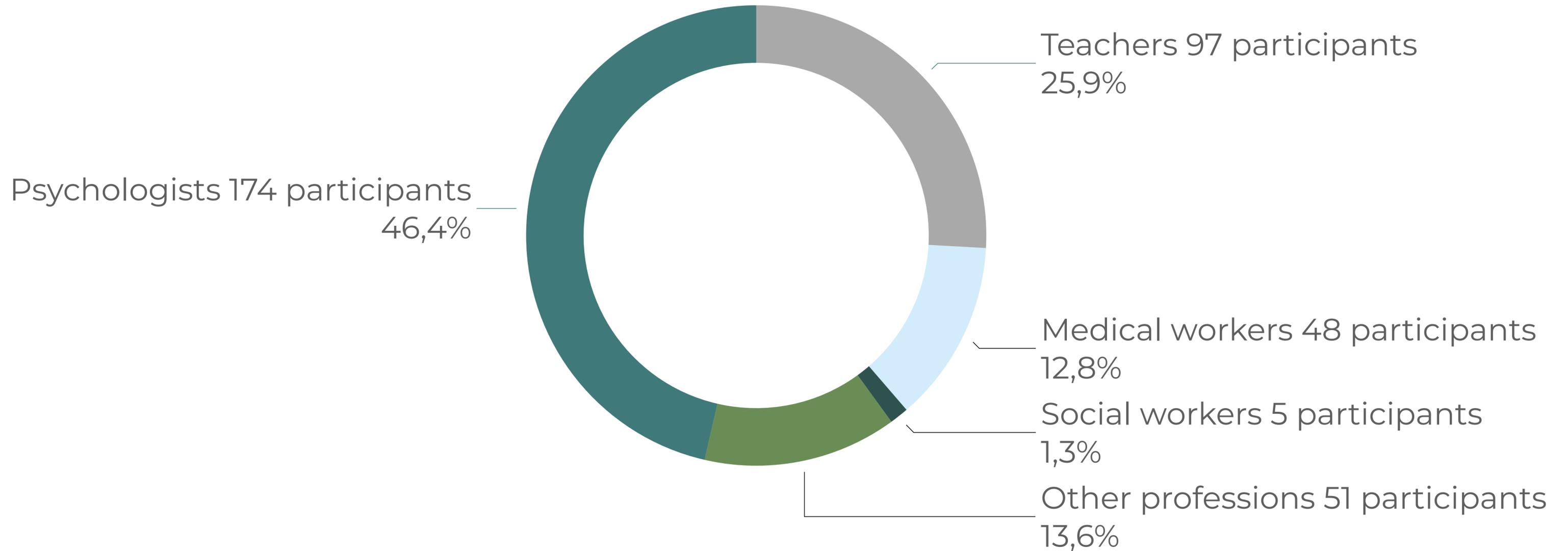
Viktoriiia Gorbunova, Vitalii Klymchuk, Valeriia Palii,
Juliia Tkachenko and Kateryna Shkuropat

Translation: Oleksandra Yahodka

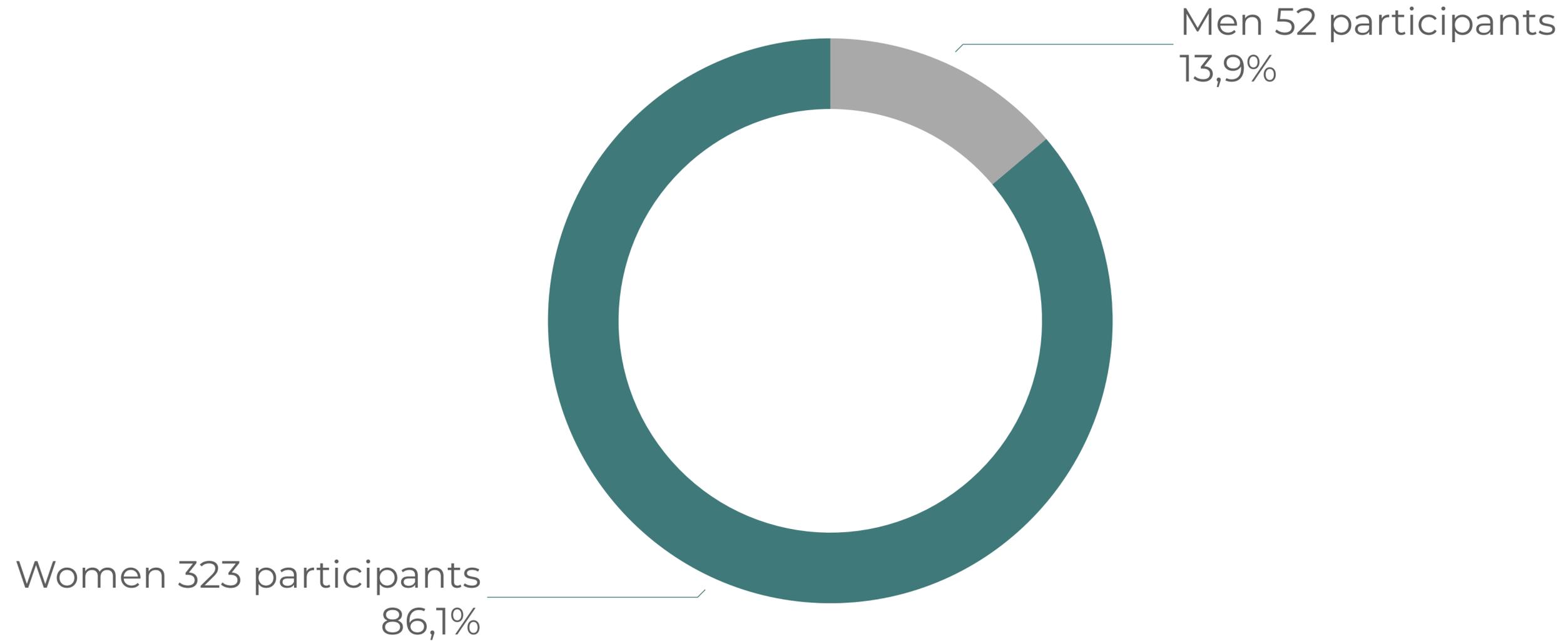


GENERAL INFORMATION ABOUT PARTICIPANTS

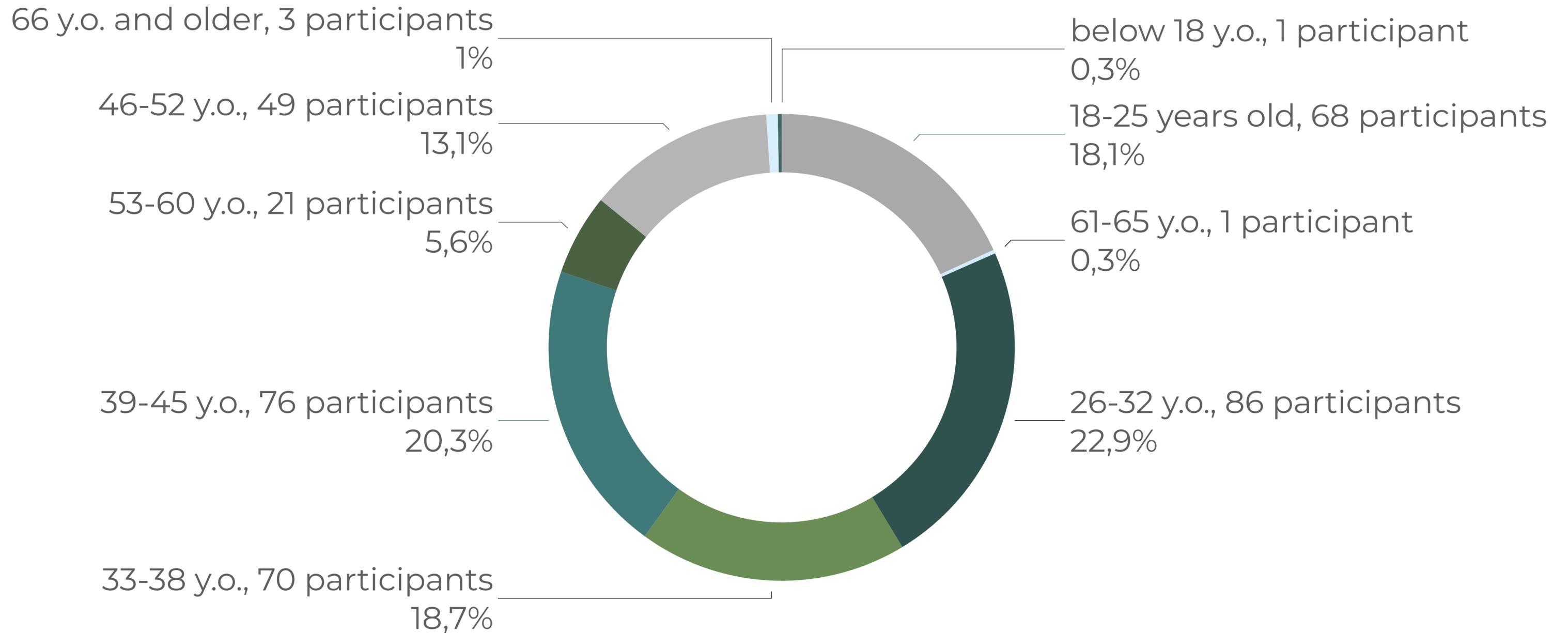
The research involved 375 people, including:

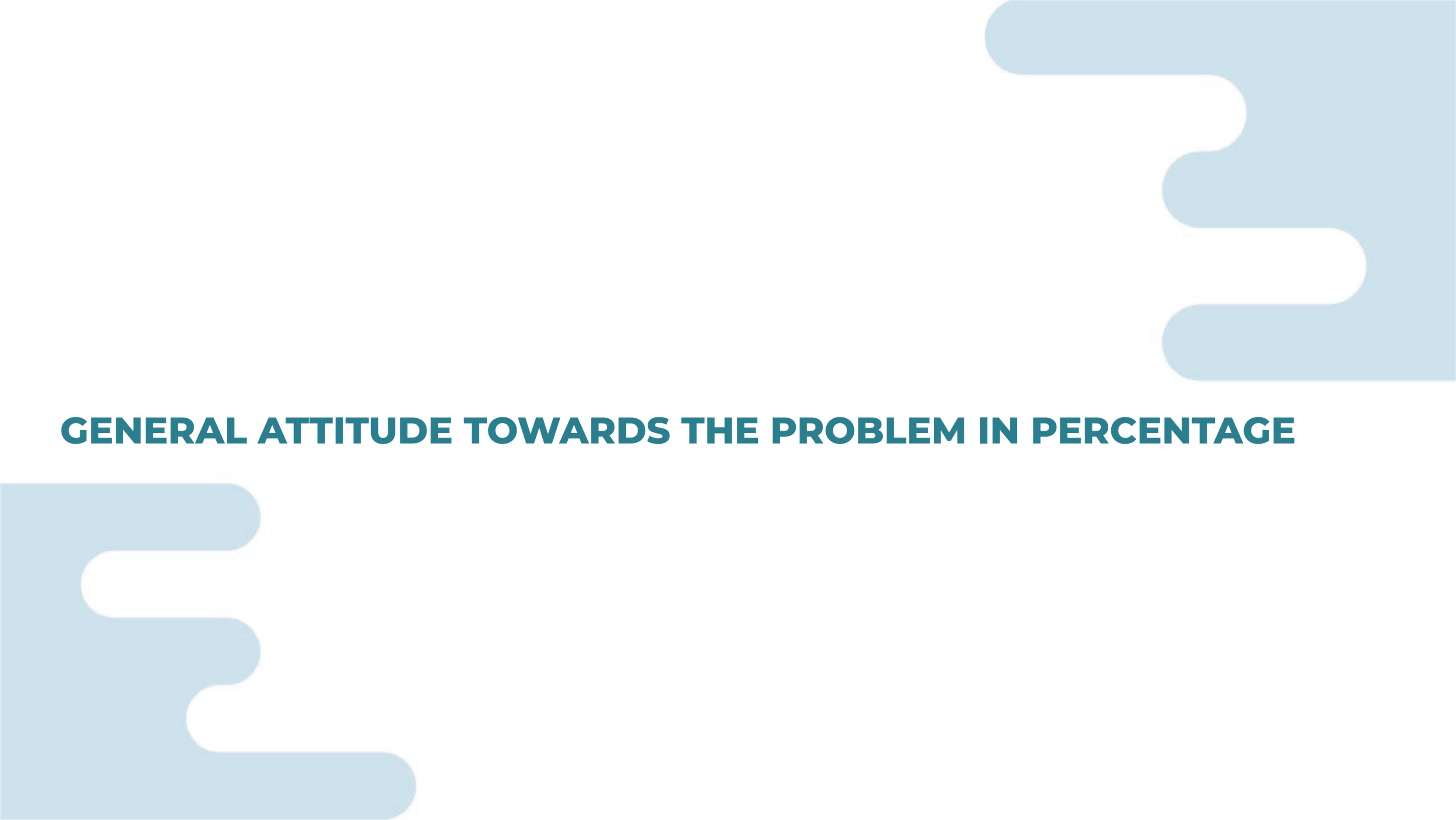


The research involved 375 people, including:



Age breakdown of research participants:

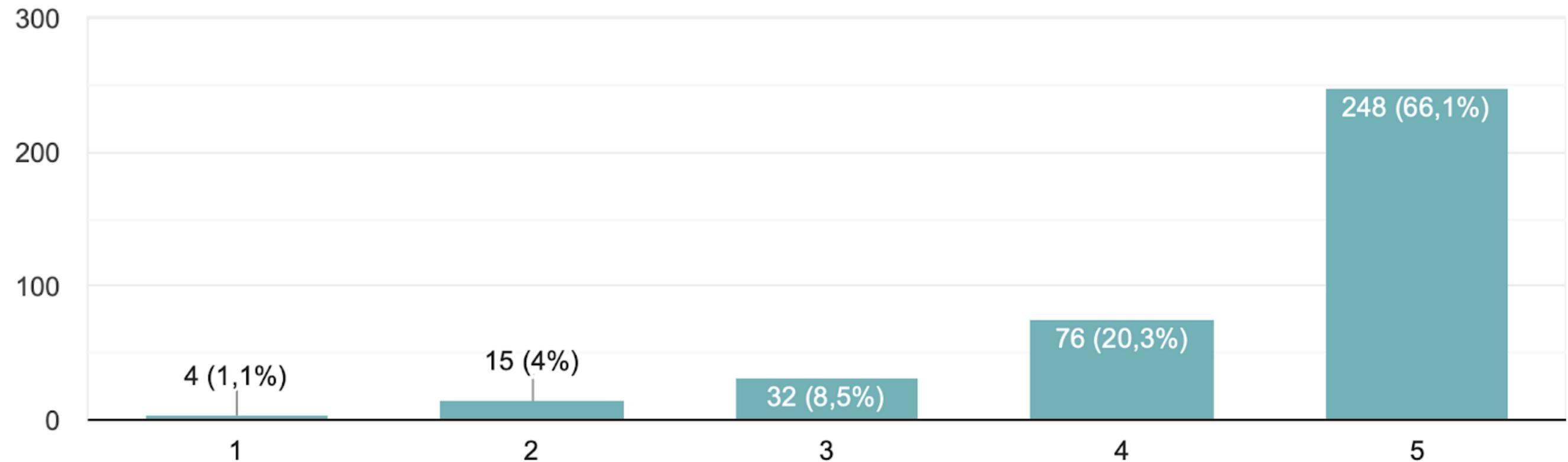




GENERAL ATTITUDE TOWARDS THE PROBLEM IN PERCENTAGE

Do you believe in the problem of climate change?

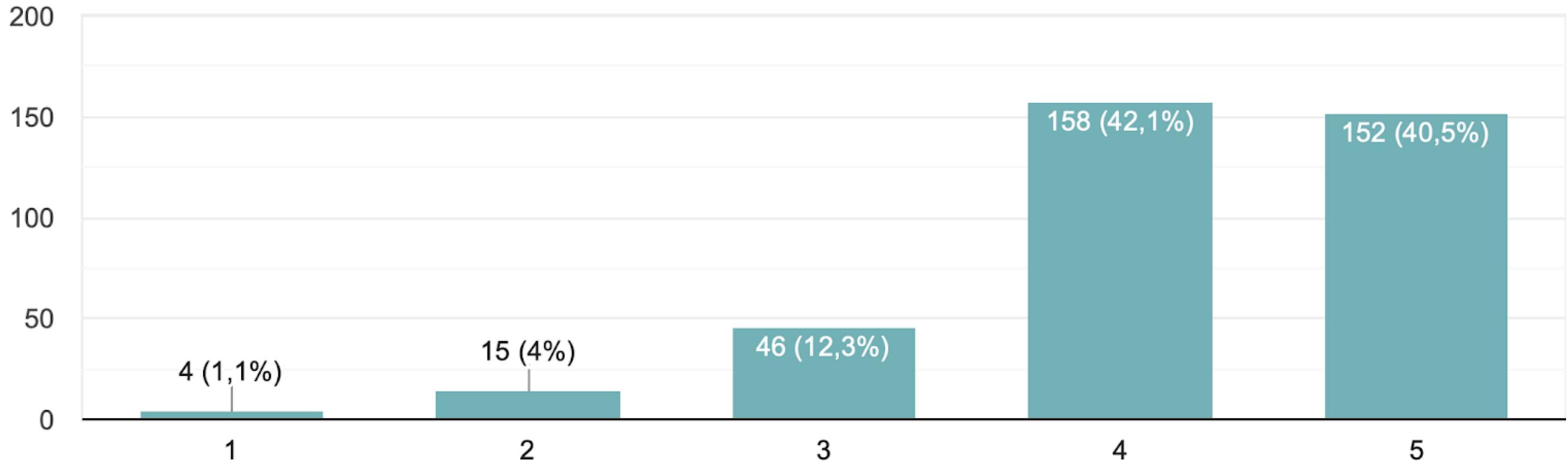
375 answers



1 – Do not believe in it at all
5 – Convinced about it

How strongly do you feel that the climate change has begun?

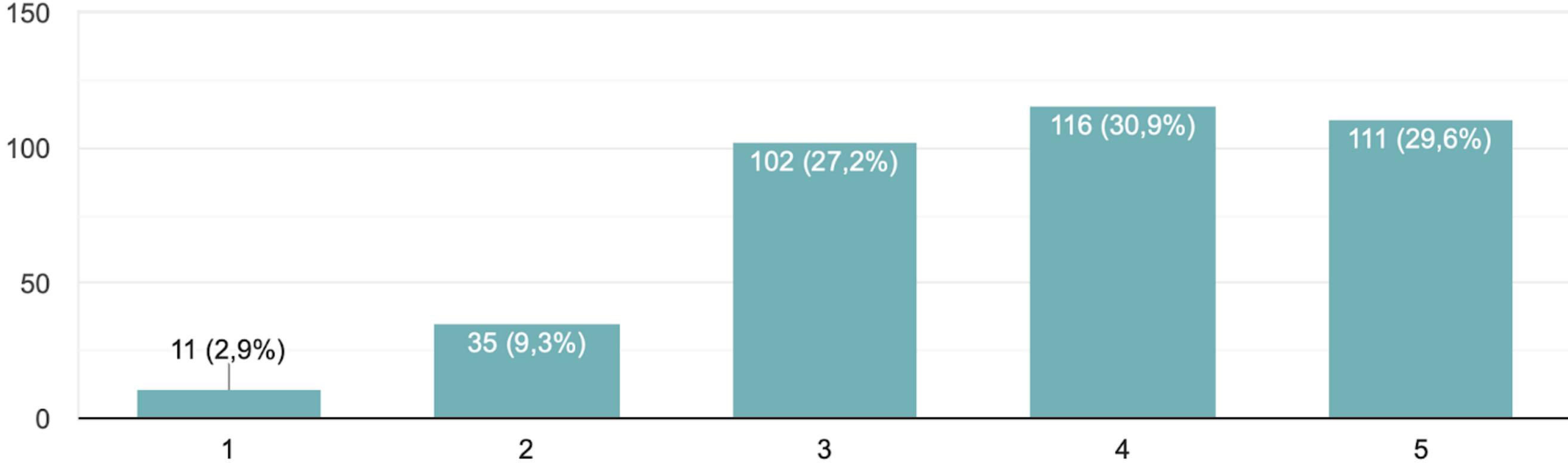
375 answers



1 – Do not feel any changes
5 – I feel a significant change

How concerned are you about climate change?

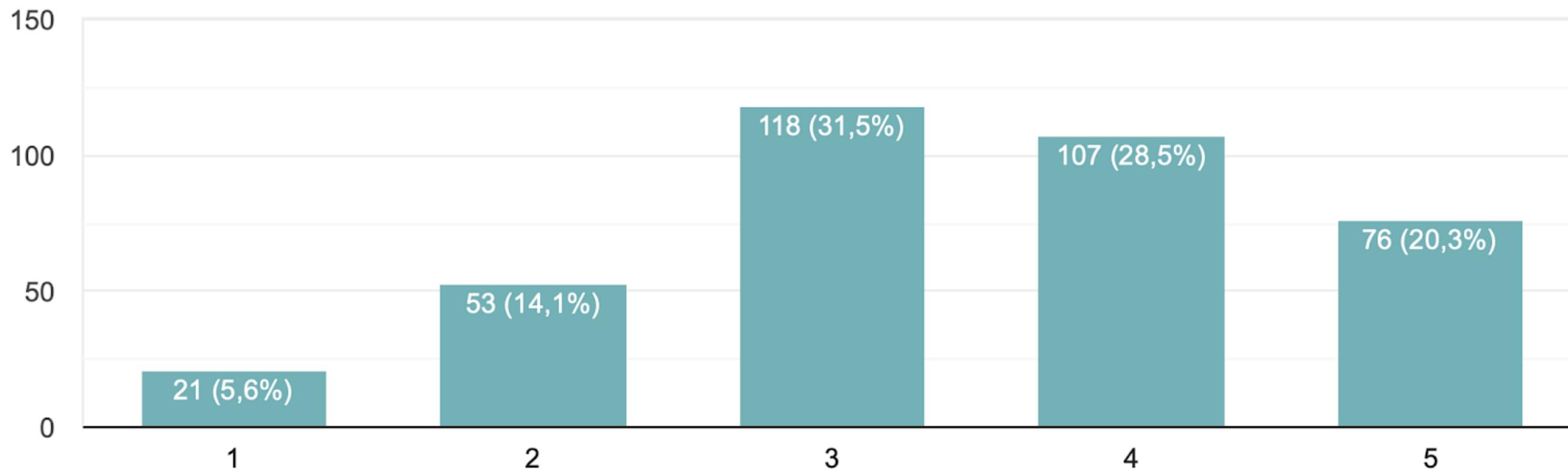
375 answers



1 – I do not care
5 – I am seriously concerned

Do you notice any influence the climate change has on your mental and physical health and that of those who are close to you?

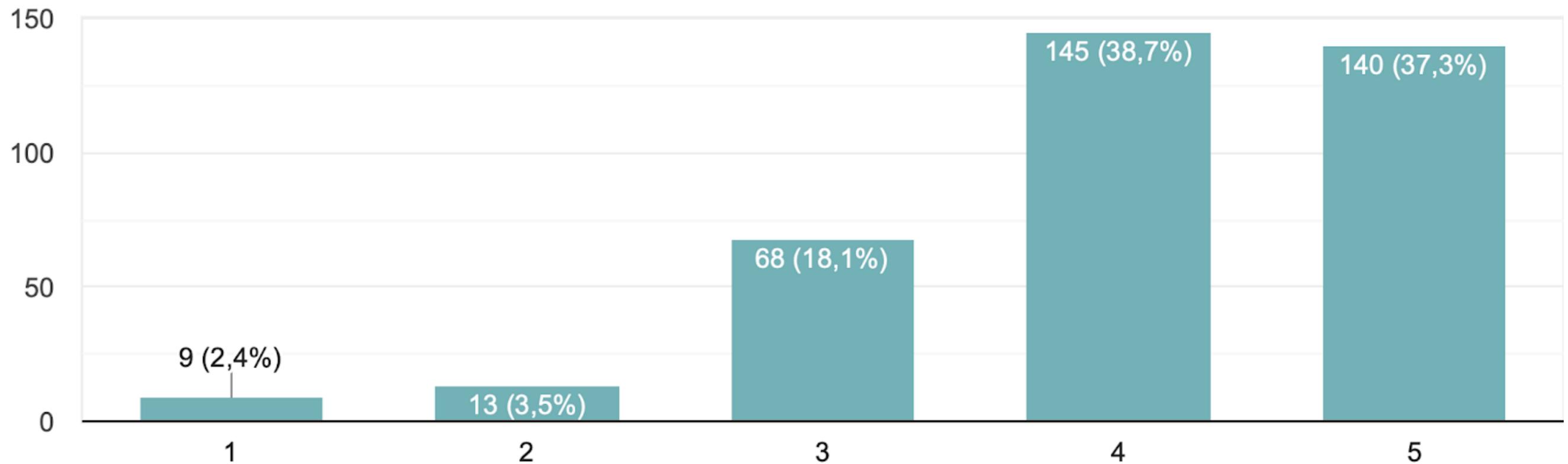
375 answers



1 – There is no influence at all
5 – It has a strong influence

How ready are you to change your behavior to prevent the climate crisis?

375 answers

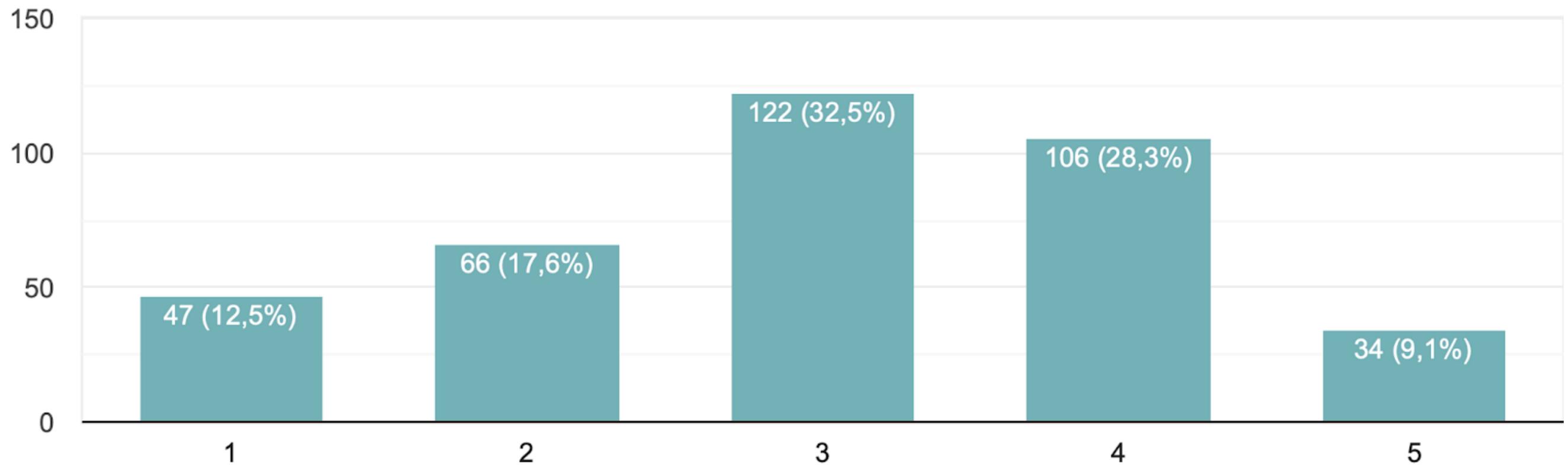


1 – I do not want to change anything

5 – There is a certain readiness for a significant change

Have you already started doing something to prevent the climate crisis?

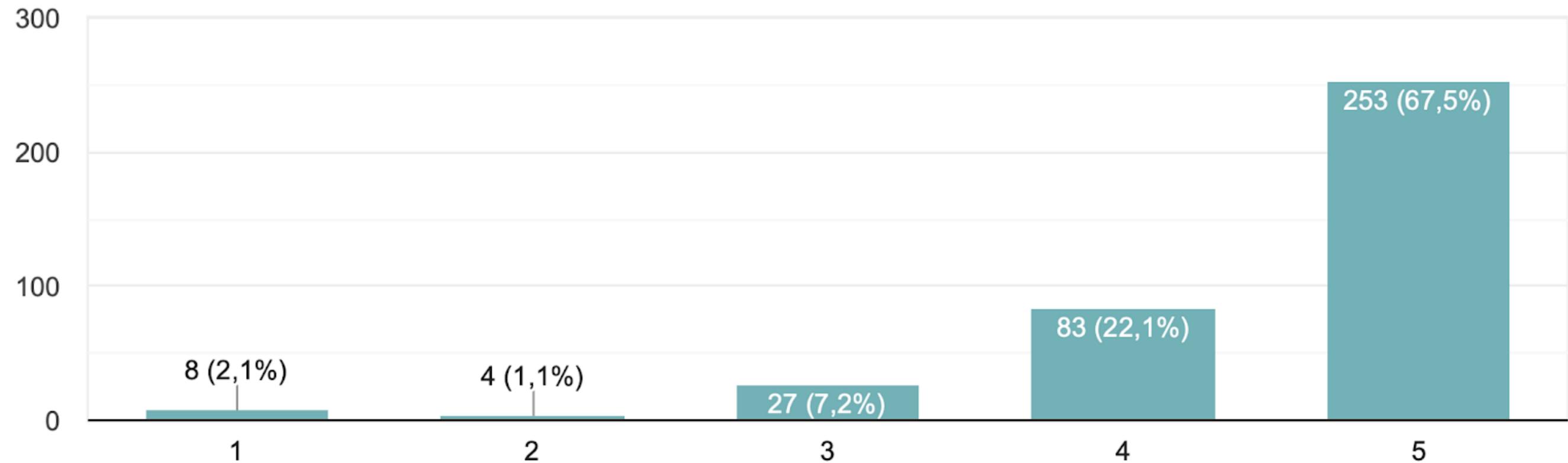
375 answers



1 – I do not do anything
5 – I am actively participating

How strongly do you associate climate change with the human activity on the planet?

375 answers



1 – These are not connected

5 – There exists an obvious connection

Please indicate the reasons that you think are holding you back from the change in your behavior/bigger change in your behavior to preserve climate (please select all suitable answers)

38 participants

I do not understand how changes in my behavior can influence the way problems related to climate change are being solved

10,1%

12 participants

I do not really believe in climate change, I think the problem is exaggerated

3,2%

8 participants

I do not understand why I have to change something if other people do not do that

2,1%

261 participants

It is difficult to do something when the state and local government do not create proper conditions (for example, for sorting out waste or energy efficiency)

69,6%

97 participants

Such changes require financial, time, and other resources that I cannot afford right now

25,9%

33 participants

I do not think the changes in behavior that scientists and politicians are demanding from common people will really affect something

8,8%

40 participants

If I changed my behavior, I would have to give up on many things that are important to me, and it would reduce the quality of my life

10,7%

114 participants

I do not see what else I can do to save the climate other than that what I already do

30,4%

Apart from this, we received the following answers:



I am not fully aware of all the actions that can be taken to influence climate change.



It is difficult to create a team that engages in effective activities.



Insufficient public awareness, there are no public events that draw on specific facts that would appeal to everyone, like, for example, fire drill.



It is necessary to organize creative promotional activities so that people themselves would be willing to change their behavior, “without extra tension”.



I do not know what kind of behavior a person should have in order to prevent climate change.



Individual behavior affects the situation much less than the behavior of global companies. Shifting the responsibility to the individual partially releases such companies from liability, and they do not take appropriate measures to reduce the impact of their production on climate change. I do not like it at all.

**Please indicate what would motivate you personally to change your behavior/
have a bigger change in behavior to preserve climate
(please select all suitable answers)**

more information to better understand what is happening

160 participants 42,7%

an explanation on how my specific actions influence the climate and what
changes in my behavior would affect the quality of my life, the life of my
family, community

214 participants 57,1%

a public commitment to specific actions (for example, in one of the social
networks or among colleagues)

87 participants 23,2%

teaming up with like-minded people for joint actions

128 participants 34,1%

creating a specific step-by-step plan on what and how to do

209 participants 55,7%

feedback on what short-term and long-term effect my actions have

155 participants 41,3%

positive example from others

153 participants 40,8%

some kind of gamification of the process, maybe some competition with
colleagues or rewards for the most effective behavior

63 participants 16,8%

Apart from this, we received the following answers:



Fines for non-compliance similar to Singapore – \$ 500 for a discarded paper on the street.



Support from local government.



Mandatory state programs.



Fewer politicized advocacy studies and questionnaires, more scientific information on ecology and climatology on the planet.



Creation of conditions by the state. For example, I am ready to sort garbage, however, there are no tanks for this. Or, there are very few containers to recycle batteries.

Please indicate emotions that would stimulate you personally to change behavior/have a bigger behavioral change to preserve climate (please select all suitable answers)

76 participants

guilt for the harm I (other people, community, country) inflict upon the climate and the environment with my actions

20,3%

43 participants

anger directed at other people (communities, countries) because of the damage they cause to the climate and the environment with their actions

11,5%

251 participants

pride that my actions (the actions of other people, communities, countries) change the situation for the better and contribute to climate and environment preservation

66,9%

207 participants

fear for my own future, the future of children, descendants that can be scary because of the harm that individuals (communities, countries) inflict upon the climate and the environment

55,2%

236 participants

joy of involvement in joint activities with like-minded people directed at climate and the environment preservation

62,9%

Apart from this, we received the following answers:



Awareness that the problem is exaggerated and related to political speculation.



I do not think I can be manipulated that easily.



Pleasure seeing that states and corporations are the ones held accountable, and not citizens who decide nothing.



Feeling protected from the actions of local government.

What are the results of the statistical analysis?

Methodology:

T-test, Cohen's d coefficient, correlation analysis, factor analysis, cluster analysis

The higher the level of disbelief in climate change and the opinion that the problem is exaggerated, the lower the level of

- concern related to the problem
- the feeling of the fact that the climate is changing
- the understanding that this affects physical and mental health
- awareness that human factor has a significant influence on climate change

Participants who reported to have taken measures to prevent the climate crisis choose to

- team up with like-minded people
- receive feedback for their actions
- be motivated by experiencing joy because of involvement
- focus on the positive example of others
- be motivated by the creation of a specific action plan

The higher the level of readiness to action

- the less frequently the participants chose the option “the changes in behavior that scientists and politicians are demanding from common people will really affect something”
- the fewer there were refusals to denote emotions that would stimulate change (denial that a person can be influenced to change)

What are the prejudices against behavioral change?



It is difficult to do something when the state and local government do not create proper conditions (for example, for sorting out waste or energy efficiency).



Such changes require financial, time, and other resources that I cannot afford right now.

What motivates towards change?



creating a specific step-by-step plan on what and how to do



feedback on what short-term and long-term effect the actions have



a public commitment to specific actions (for example, in one of the social networks or among colleagues)



positive example of others



teaming up with like-minded people for joint actions



an explanation on how my specific actions influence the climate and what changes in my behavior would affect the quality of my life, the life of my family, community



some kind of gamification of the process, maybe some competition with colleagues or rewards for the most effective behavior

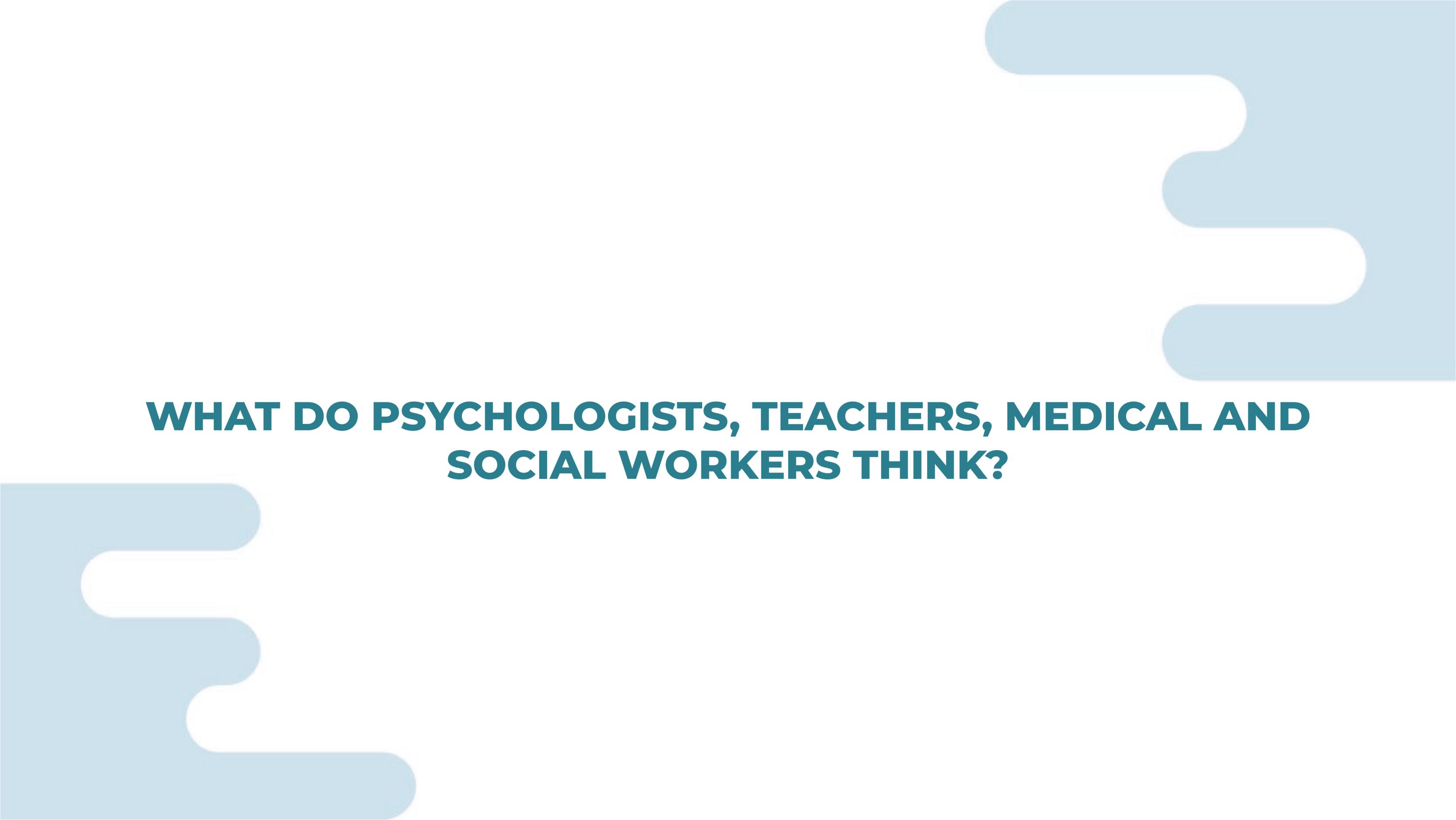
What emotions motivate towards change?



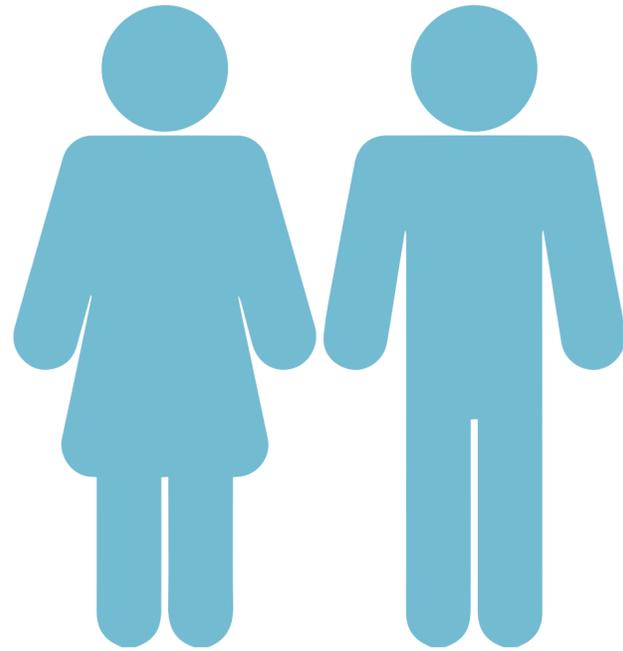
...pride that my actions (the actions of other people, communities, countries) change the situation for the better and contribute to climate and environment preservation...



...joy of involvement in joint activities with like-minded people directed at climate and the environment preservation...



**WHAT DO PSYCHOLOGISTS, TEACHERS, MEDICAL AND
SOCIAL WORKERS THINK?**



women are more aware of the impact of climate change on physical and mental health than men



youth under 25 years:

- is less aware of the climate change (than the groups 26-32, 33-38, 46-52),
- expresses less concern related to the change (than 46-52)
- and gives less credit to the human factor and its influence (than 33-38, 39-45).

Those who believe in climate change and are concerned with the problem do NOT hold the following beliefs



I do not really believe in climate change, I think the problem is exaggerated.



I do not understand how changes in my behavior can influence the way problems related to climate change are being solved.



I do not think the changes in behavior that scientists and politicians are demanding from common people will really affect something.

According to the results of the data clustering, we obtained 3 groups of professionals:

Group 1

**Active and aware
professionals**

135 participants

Group 2

**Ready to action but less
active, require more
information regarding
actions**

164 participants

Group 3

**Professionals that deny
the problem**

25 participants

Group 1.

Active and aware professionals

Participants **33-60 years old**

Majority is women – 92%

Mostly **psychologists and teachers**

Reveal **more interest in the research** (leave contact information more often)

Comparing to the Group 2 “Ready to action but less active, require more information regarding actions”, participants in this Group:

- report a slightly higher level of concern about climate change, feel the change, notice the impact of climate change on mental and physical health, are ready for action
- less frequently (than Group 2) choose statements “Such changes require financial, time, and other resources that I cannot afford right now”, less frequently choose as the motivator “Creating a specific step-by-step plan on what and how to do”.
- more often report being motivated by “Joy of involvement in joint activities with like-minded people directed at climate and the environment preservation”.

Group 2. **Ready to action but less active, require more information regarding actions**

Mostly professionals of **18-38 years old**.

Percentage of men and women roughly corresponds to the distribution of the total sample (**17% and 23%**).

Representatives of all professions with a ratio close to the distribution in the sample.

Interest in the research is close to the average in the sample.

In this group, the level of concern, the sense of climate change and acknowledgement of the impact of the problem on physical and mental health are slightly lower, readiness to action is also slightly lower. Participants more often report financial expenses required for the behavioral change and have higher demand for a specific action plan.

This group is slightly less aware, needs more guidance and information about the types of behavioral changes that are not related to significant financial, time, and other resources.

At the same time, they believe in the problem of climate change, try to take action and possess some readiness to action.

Group 3.

Professionals that deny the problem

The group that deviates the most.

No age tendencies, gender or professional prevalence

The Group is distinguished by low levels of concern about climate change; participants do not believe in the connection between climate change and human activities, have much less belief in the existence of climate change, do not notice the impact of climate change on physical or mental health, fail to act and are not prepared for action.

In comparison to other Groups:

- as obstacles, mention more often the absence of belief that their actions would change something and conviction that that the problem is exaggerated
- as motivators, often add their own answer demanding changes from the state, corporations, etc.
- do not report guilt as a motivator; in general, less often appeal to emotions, more often
- add their own answer demanding action from others, or refuse to respond.



NATIONAL

PSYCHOLOGICAL
ASSOCIATION OF

UKRAINE

**You can find more on
<https://en.npa-ua.org>**