



CLIMATE CHANGE: FROM POLITICAL AND PSYCHOLOGICAL PERSPECTIVES

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Abstract

Climate change can be a natural process where temperature, rain, wind and other elements change over time. Our world has been cooler and warmer in the past. But today we are experiencing unprecedented rapid warming from human activities, primarily due to burning fossil fuels that generate greenhouse gas emissions. The whole scientific community is concerned about how climate change may affect fragile cultures and exposed biological beings. Physical and mental illnesses in humans can be caused both directly and indirectly by environmental factors such as warming temperatures, heat waves, floods, tornadoes, hurricanes, droughts, fires, loss of forest, and glaciers, as well as the disappearance of rivers and deserts. Our mental health is in danger as we struggle with a warming climate and increasingly unpredictable weather. Human actions both contribute to and mitigate against global climate change. Numerous social and political initiatives centred on various aspects of fostering political will for climate change have an impact on the politics of today. This covers campaigns for fossil fuel industry divestment as well as the climate justice and youth climate movements. Through this paper, psychology of climate change along with political lens of climate change have been reviewed.

Keywords: Climate Change; Human behaviour; Global warming; Mental health; Political outlook

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Introduction

Climate change is related to long-term shifts in temperatures and weather patterns. Variations in the solar cycle may be the reason for these shifts. Factors that lead to climate change can be innumerable. Fossil fuels like coal, oil and gas have been the main driver of climate change since the 1800s. Fossil fuel combustion produces greenhouse gas emissions, which serve as a blanket over the planet, trapping solar heat and increasing temperatures. Examples of greenhouse gas emissions that are causing climate change include carbon dioxide and methane. For instance, they are created while burning coal or petrol to heat a building. Additionally, the removal of forests and other land can emit carbon dioxide. Waste dumps are mostly responsible for methane emissions. Energy, industry, transportation, buildings, agriculture, and land use are a few of the main emitters.

Climate change in turn has severe consequences. For instance, deserts are growing larger as a result of climate change, and heat waves and wildfires are occurring more frequently. The melting of permafrost, glacier retreat, and sea ice loss in the Arctic are all results of increased heat. Rising temperatures are also causing more severe storms, droughts, and other weather extremes. Due to the fast environmental change occurring in the Arctic, coral reefs, and mountains, many species are being pushed to relocate or die extinct. Even if efforts are successful in slowing down future warming, certain effects will last for decades. Some of these include ocean warmth, acidification, and sea level rise. People are at risk from food and water shortages, greater flooding, high heat, an increase in illness, and economic loss due to climate change. Conflicts and human migration may also ensue. (UN MEMBERS, 2021)

Climate change is regarded by the World Health Organization (WHO) as the biggest danger to world health in the twenty-first century. Some effects of climate change cannot be avoided, but communities may adapt by taking steps like protecting coastlines or increasing access to air conditioning. Poorer nations contribute a little portion of the world's emissions, yet they are least equipped to adapt and most vulnerable to climate change.

In the 1970s, when official and informal efforts were made to guarantee that environmental concerns were handled globally, climate change first became a political issue.

The focus of climate change policy in the late 20th and early 21st centuries shifted from mitigating the effects of global warming to preparing for

inevitable changes to the human environment. There has also been a shift towards vulnerability-based strategies for those who are most adversely impacted by environmental anomalies. Throughout the history of climate policy, worries about how impoverished nations are handled and the lack of gender-specific action have been raised. The political discussion of climate change is basically about taking action, just like any policy discussions. The politics of climate change are supported by a variety of unique arguments, such as varying appraisals of the threat's severity and the viability, benefits, and drawbacks of potential remedies. Three categories of responses to climate change exist: mitigation (actions to lower greenhouse gas emissions and improve carbon sinks), adaptation (actions to fend off the adverse effects of global warming), and solar radiation management (a type of climate engineering) (a technology that would reflect sunlight back to space).

The majority of the 20th century's global discussion about climate change was nearly completely centred on mitigation. Early in the twenty-first century, mitigation was still the main topic of discussion in politics, but it was no longer the only one. Although it is now generally accepted that some degree of adaptation is necessary and is addressed at least at a high level worldwide, the actual measures to be taken are still largely a local concern.

Climate change and psychology are also related in certain ways. Psychologists claim that if the physical effects of climate change worsen, as many scientists expect, so will stress, anxiety, despair, and post-traumatic stress disorder. (Murray, 2021) The psychology of climate change is the study of how people, cultures, and groups see and react to climate change. The disciplines of psychology, sociology, anthropology, and communication studies are just a few that this area of research draws from.

Understanding how individuals process and interpret climate change information is a crucial component of the psychology of climate change. For instance, some individuals could view climate change as a far-off or abstract concern, while others would have overwhelming and powerless feelings in the face of the crisis. Additionally, researchers investigate how people's views about climate change are influenced by their values, beliefs, and social identities.

Studying the elements that spur or discourage people and groups from taking action to address climate change is a crucial component of the psychology of climate change. For instance,

academics have looked into how emotional reactions, perceived efficacy, and social norms influence pro-environmental behaviour.

The psychology of climate change also looks at how it affects people's wellbeing and mental health. Particularly for those immediately impacted by its effects, such as those who reside in disaster-prone areas, climate change can result in stress, worry, and depression.

A considerable portion of the population is impacted by climate change, which poses various dangers to general public health in various locations. The dearth of literature on the effects of climate change on mental health of people is a significant issue. Perhaps it's also important to note that in several publications the relationship between climatic events and mental diseases was explained by the use of modern words such as ecopsychology, ecoanxiety, ecoguilt. The psychology of climate change, as a whole, is a fast developing topic that aims to comprehend the human aspects of climate change and find methods for encouraging sustainable behaviour and lessening its effects. (APA Task Force, 2011)

Defining Climate and Climate Change

Climate refers to the long-term average weather patterns in a particular region, including factors such as temperature, precipitation, wind patterns, and other atmospheric conditions. These patterns are influenced by a variety of factors, including latitude, altitude, ocean currents, and the distribution of land and water across the Earth's surface.

Climate change refers to the long-term alterations in global weather patterns that are attributed to human activities, primarily the emission of greenhouse gases into the atmosphere. These gases, including carbon dioxide, methane, and nitrous oxide, trap heat from the sun and cause the Earth's atmosphere to warm up. This warming has numerous effects on the environment, including rising sea levels, melting glaciers and ice caps, and increased frequency and intensity of extreme weather events such as hurricanes, floods, and droughts.

The consequences of climate change are far-reaching and affect all areas of human life, including food and water supplies, public health, and infrastructure. Addressing climate change requires significant efforts to reduce greenhouse gas emissions through the development and implementation of clean energy technologies and the adoption of sustainable practices in all sectors of the economy. (Selemon Thomas Fakana , 2020)

Climate Change on Earth

Climate change refers to the long-term changes in the Earth's climate, including changes in temperature, precipitation, and wind patterns, among other factors. Climate change is primarily caused by the increase in greenhouse gases, such as carbon dioxide, in the Earth's atmosphere. These gases trap heat from the sun, causing the Earth's temperature to rise.

Climate change has many potential impacts on the planet, including sea level rise, more frequent and intense heat waves, more frequent and severe weather events like hurricanes and floods, and changes in precipitation patterns that can cause droughts or floods.

The Earth has experienced climate change in the past, but the rate and magnitude of current climate change are far greater than anything seen in the past million years. This is largely due to human activities, such as burning fossil fuels for energy and transportation, deforestation, and industrial processes that emit greenhouse gases.

Addressing climate change requires global cooperation and action. This includes reducing greenhouse gas emissions, transitioning to cleaner sources of energy, improving energy efficiency, and adapting to the impacts of climate change that are already occurring

History of Climate change on Earth

Climate change has been a natural phenomenon on Earth for millions of years, but the current rate of change is unprecedented and largely driven by human activities. Here is a brief history of climate change on Earth:

Early Earth: The Earth was formed around 4.5 billion years ago, and its climate was initially hot and inhospitable, with a thick atmosphere of carbon dioxide and other gases.

The ice ages: The Earth has experienced several ice ages over the last 2.6 million years, with the most recent one ending around 10,000 years ago. During these periods, glaciers covered large parts of the planet, and sea levels were much lower than they are today.

The Holocene: The period of relative stability that followed the last ice age is known as the Holocene epoch, which lasted from around 10,000 years ago to the present day. During this time, human civilization emerged and flourished, largely due to the stable and predictable climate.

Industrial revolution: In the 18th and 19th centuries, the industrial revolution led to a massive increase in the burning of fossil fuels, releasing large amounts of carbon dioxide and other greenhouse gases into the atmosphere.

Recent warming: Since the mid-20th century, the Earth's climate has been warming at an unprecedented rate, largely due to human activities. This warming is causing a range of impacts, including rising sea levels, more frequent heatwaves and extreme weather events, and the loss of biodiversity. (Selemon Thomas Fakana , 2020)

Future projections: Climate models suggest that if greenhouse gas emissions continue to rise, the Earth's climate will continue to warm, with potentially catastrophic consequences for human society and the natural world. However, if emissions are reduced rapidly and substantially, it may be possible to limit the worst impacts of climate change.

Natural Factors Affecting Climate Change

There are a number of natural factors that can affect climate change, including:

Solar radiation: Changes in the amount of energy received from the sun can have a significant impact on climate patterns.

Volcanic activity: Volcanic eruptions can release large amounts of gases and particles into the atmosphere, which can affect the amount of sunlight that reaches the Earth's surface and lead to short-term cooling.

Ocean currents: Changes in ocean currents can affect the distribution of heat around the planet and lead to changes in weather patterns.

Earth's orbit: Variations in the Earth's orbit around the sun can cause changes in the amount of solar radiation received by the planet, which can affect climate patterns over long periods of time.

Land use changes: Human activities such as deforestation and urbanization can alter the reflectivity of the Earth's surface and affect local and regional climate patterns.

It is important to note that while natural factors can contribute to climate change, the current rate of climate change is largely driven by human activities, particularly the burning of fossil fuels and the release of greenhouse gases into the atmosphere.

External disturbances created by meteors and sun:

Climate change is primarily driven by human activities such as burning fossil fuels, deforestation, and agriculture, which release large amounts of greenhouse gases into the atmosphere. While natural factors such as solar radiation and volcanic activity can also impact the climate, they are generally much smaller in magnitude compared to human activities. (Selemon Thomas Fakana , 2020)

Meteor impacts can also have significant impacts on the climate, but these events are very rare and typically only affect the local area around the impact site. For example, the Chicxulub impact that occurred 66 million years ago is believed to have triggered a mass extinction event, but the resulting climate changes were limited to the surrounding region.

Similarly, variations in solar radiation can have some impact on the Earth's climate, but these changes are relatively small and occur over long periods of time. Solar radiation has been decreasing slightly over the past few decades, but this has been offset by the warming effect of greenhouse gases emitted by human activities.

In summary, while meteor impacts and variations in solar radiation can have some impact on the Earth's climate, the primary driver of modern-day climate change is human activities.

Movement of tectonic plates:

Climate change is not directly caused by tectonic plates, but they can indirectly influence the climate through a variety of ways. Tectonic plates are large pieces of the Earth's crust that move around on the molten rock below. As these plates move, they can cause changes in the Earth's surface, such as the formation of mountains, volcanoes, and oceans. These changes can affect the climate in several ways.

For example, when tectonic plates collide and form mountains, the mountain ranges can influence the climate by altering atmospheric circulation patterns. Mountains can also impact the amount of precipitation that falls in an area, as they can cause moisture-laden air masses to rise and cool, leading to more rainfall in some areas and less in others.

Volcanic activity, which is often associated with tectonic plate movements, can also have an impact on the climate. Large volcanic eruptions can inject large amounts of gases and particles into the atmosphere, which can cause temporary cooling of the climate by reflecting sunlight back into space. On the other hand, smaller volcanic eruptions can have a warming effect by releasing greenhouse gases like carbon dioxide.

In summary, while tectonic plate movements do not directly cause climate change, they can indirectly influence the climate through their impact on the Earth's surface and the atmosphere.

Effect of Greenhouse Gasses:

Greenhouse gases play a significant role in climate change by trapping heat in the Earth's atmosphere and warming the planet's surface. When the sun's energy reaches the Earth's atmosphere, some of it

is reflected back into space, while the rest is absorbed by the Earth's surface and oceans. Greenhouse gases, such as carbon dioxide (CO₂), methane (CH₄), and water vapor (H₂O), trap some of this energy, preventing it from escaping into space and warming the planet.

Human activities, such as burning fossil fuels for energy and deforestation, have significantly increased the concentration of greenhouse gases in the atmosphere, particularly carbon dioxide. The concentration of CO₂ in the atmosphere has increased by more than 40% since pre-industrial times. This increase in greenhouse gas concentration has led to a warming of the Earth's surface, with the average global temperature increasing by approximately 1°C (1.8°F) since the late 19th century.

This warming has caused a range of climate impacts, including more frequent and intense heatwaves, droughts, wildfires, and extreme weather events, such as hurricanes and floods. It has also led to melting of glaciers and ice caps, causing sea levels to rise, which threatens low-lying coastal regions and islands.

The consequences of climate change are far-reaching and impact ecosystems, human health, and the economy. It is essential to reduce greenhouse gas emissions to mitigate the worst effects of climate change and limit the warming of the planet. This can be achieved through a combination of reducing greenhouse gas emissions, transitioning to renewable energy sources, and increasing energy efficiency.

Climate Change: Human Causes

Climate change is the long-term alteration of temperature and typical weather patterns in a place. Human activities, particularly the burning of fossil fuels such as coal, oil, and gas, are the primary cause of climate change. These activities release large amounts of greenhouse gases, such as carbon dioxide, into the atmosphere. These gases trap heat from the sun's rays, warming the planet's surface and causing a range of negative impacts on ecosystems, weather patterns, and human societies. (Ulrich Cubasch , 2007)

Scientists have found that the Earth's temperature has increased by about 1 degree Celsius (1.8 degrees Fahrenheit) since the pre-industrial era, and this rise is primarily due to human activity. This warming trend is causing the melting of polar ice caps, rising sea levels, increased frequency and intensity of extreme weather events, and disruptions to ecosystems and agriculture.

It's important to note that while climate change is a complex issue with many contributing factors, the

overwhelming scientific consensus is that human activities are the primary cause of the current warming trend.

The overuse of fossil fuels

Climate change is a long-term and gradual shift in global weather patterns, caused by various factors, including human activities. One of the primary human factors contributing to climate change is the burning of fossil fuels, such as coal, oil, and gas.

When fossil fuels are burned, they release carbon dioxide (CO₂) and other greenhouse gases into the atmosphere, which trap heat from the sun and warm the Earth's surface. This leads to global warming, which can cause a range of negative impacts, including rising sea levels, more frequent and severe natural disasters, and changes in ecosystems that can affect both human and animal populations. (Santos et al., 2022)

The use of fossil fuels has been increasing over the last few centuries, especially with the rise of industrialization and the growth of transportation networks. This has led to a steady increase in the amount of carbon dioxide in the atmosphere, from around 280 parts per million (ppm) in the pre-industrial era to over 410 ppm today.

To address the issue of climate change caused by fossil fuels, many countries are taking steps to transition to renewable energy sources, such as wind, solar, and hydropower. By reducing the use of fossil fuels and increasing the use of renewable energy, we can reduce greenhouse gas emissions and slow down the pace of climate change. (Ulrich Cubasch , 2007)

Global Warming

Global warming refers to the long-term increase in the average temperature of the Earth's atmosphere and oceans. It is primarily caused by the release of greenhouse gases into the atmosphere, mainly from the burning of fossil fuels like coal, oil, and gas, as well as from deforestation and other land-use changes.

Greenhouse gases, such as carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O), trap heat in the Earth's atmosphere, which leads to a warming effect. The increase in greenhouse gases has led to an increase in the Earth's temperature, which has resulted in a range of impacts, including melting glaciers and ice caps, rising sea levels, changes in weather patterns, and more frequent and severe natural disasters.

The consequences of global warming are far-reaching, affecting not only the natural environment but also human society and the global

economy. These consequences include food and water insecurity, increased frequency and severity of extreme weather events, health impacts, and economic losses.

Reducing greenhouse gas emissions and transitioning to cleaner sources of energy is essential to mitigate the impacts of global warming and ensure a sustainable future. (Santos et al., 2022)

Political Perspective Of Climate Change

Politics and climate change have a close relationship that is complicated and multifaceted. While some governments around the world are still hesitant or opposed to acting, many are increasingly making efforts to address the effects of climate change. The need to strike a balance between economic interests and environmental Political leaders may be hesitant to take decisive action on climate change because they fear that it will hurt the economy or some sectors of the industry. Others could be more eager to act, but they encounter opposition from strong interest organisations that oppose climate measures. Another difficulty is that solving a global issue requires worldwide cooperation. Everyone on the earth is impacted by climate change, and its impacts are not limited by national borders. This means that effective solutions will require coordination and collaboration among governments at the international level. Notwithstanding these difficulties, there has been some advancement recently.

Nearly all nations pledged to working together to keep global warming to far below 2 degrees Celsius over pre-industrial levels when they signed the Paris Agreement in 2015. Several experts contend that, given the severity and urgency of the climate catastrophe, far more has to be done. Globally, the issue of climate change necessitates political leadership, action, and collaboration amongst nations at all levels of government. (Brown, 1994)

How Climate Change Become Political

Starting off, as early as the 1960s, the scientific community started to voice worries about how human activity was affecting the environment and climate. Political leaders started to pay attention as the evidence for human-induced climate change grew and incorporated the topic into their platforms. The topic grew more divisive along ideological lines as a result of certain political leaders' slow acceptance of the scientific consensus on climate change. Particularly in the United States, conservative politicians and media outlets have frequently expressed doubt about climate change and have presented it as a partisan issue. In

addition, strategies to prevent climate change frequently include trade-offs between environmental protection and economic growth. Climate change also has economic repercussions. (Kamarck, 2022)

This has sparked discussions on the advantages and disadvantages of combating climate change, with various political parties adopting various stances. various political philosophies The causes and remedies to climate change are frequently contested issues amongst political parties and interest groups. Some could ascribe the root cause to human activity, while others might put it down to natural cycles. Similar to this, some may favour market-based solutions or completely reject the issue of climate change, while others may support laws and policies to combat it. Climate change initiatives frequently have large economic effects, such as investing in renewable energy and moving away from fossil fuels. This may lead to conflict between those who seek to gain financially from maintaining the status quo and those who stand to benefit economically from the shift to a low-carbon economy. Global cooperation is necessary to confront the problem of climate change, which affects everyone on the planet. International discussions and accords, like the Paris Agreement, have resulted from this. Politics can become tense when nations differ on the best course of action to combat climate change. Political debate and action may be influenced by popular sentiment around climate change. Political parties and interest groups frequently hold divergent viewpoints, though, and this can have an impact on how laws and policies are created. (Nives Dolšak and Aseem Prakash, 2018)

International Summits For Climate Change

Over the years, there have been numerous worldwide summits on climate change. The most notable ones are listed below:

1. Stockholm, 1972's United Nations Conference on the Human Environment - Climate change and other environmental issues were discussed for the first time at a worldwide level at this meeting.
2. Rio de Janeiro's 1992 signing of the United Nations Framework Convention on Climate Change (UNFCCC) - As the first international agreement to address climate change, this convention aimed to stabilise the atmospheric concentrations of greenhouse gases.
3. Kyoto Protocol (Kyoto, 1997) - With the aim of bringing global emissions down by at least 5% from 1990 levels by 2012, this convention was established legally binding objectives for 37

developed nations to cut their greenhouse gas emissions.

4. Copenhagen Climate Conference (2009 in Copenhagen) - This meeting was intended to result in a replacement for the Kyoto Protocol for a new global climate change agreement, but it ultimately fell short of expectations.
5. The Paris Agreement, which was created as a result of the United Nations Climate Change Conference in Paris in 2015, set the target of keeping global warming to well below 2°C and pursuing efforts to keep it to 1.5°C. (Santos et al., 2022)
6. International Conference on Climate Change (Katowice, 2018) - The Paris Agreement's implementation regulations were the main topic of discussion at this summit.

In recent years, India has hosted a number of political gatherings with a climate change theme. (Atkins, 2016) Some of the notable ones are listed below:

- 1.) *COP14*: The United Nations Framework Convention on Climate Change's (UNFCCC) 14th Conference of Parties took place in New Delhi, India, in December 2019. Almost 200 countries' officials attended the meeting to talk about methods to fight climate change.
- 2.) *Confederation of Indian Industry (CII)* convened the India Climate Leadership Summit in August 2019. The purpose of the gathering was to bring together experts, policymakers, and corporate leaders to talk about how India might take the lead in the battle against climate change. (Nives Dolšak and Aseem Prakash, 2018)
- 3.) *The United Nations planned the Climate Action Conference* in September 2019 in New York. One of the event's keynote speakers, Indian Prime Minister Narendra Modi, emphasised India's efforts to tackle climate change.
- 4.) *The Energy and Resources Institute (TERI)* in New Delhi hosts the annual Delhi Sustainable Development Summit (DSDS), also known as the DSDS. The conference brings together scientists, business executives, and policymakers from around the world to talk about climate change and sustainable development.
- 5.) *India Climate Dialogue*: An online resource for information and analysis on climate change-related issues in India. The Third Pole, India Water Portal, and the Centre for Science and Environment all contributed to the creation of the platform.

These are just a few instances of climate change-related political gatherings in India. There will probably be a lot more of these gatherings in the future as the urgency of the climate change issue increases.

Indian Government Initiatives

NAPCC, or the National Action Plan on Climate Change: The NAPCC specifies eight national missions to combat climate change, some of which include encouraging sustainable agricultural practices, increasing the share of renewable energy, and improving energy efficiency. (Atkins, 2016)

The governments of France and India founded the **International Solar Alliance (ISA)** to promote solar energy utilisation among its member states. The ISA aims to collect over \$1 trillion in investment for solar energy projects in its member countries by the year 2030.

The Indian government's **Pradhan Mantri Ujjwala Yojana programme** aims to give people living below the poverty line access to clean cooking fuel. The programme aims to lessen indoor air pollution brought on by conventional cooking fuels and encourage the usage of clean fuel.

Swachh Bharat Abhiyan: The Swachh Bharat Abhiyan promotes waste management, discourages the use of plastic, and promotes the adoption of clean technologies. It also addresses climate change.

The National Adaptation Fund for Climate Change (NAFCC) was established by the Indian government to provide funding for adaptation initiatives in vulnerable industries and geographical areas. (Thomas Bernauer, 2013)

Major Political Concerns for Climate Change:

- India is extremely susceptible to the effects of climate change, such as extreme weather occurrences, sea level rise, and alterations in rainfall patterns. Via a variety of adaptation strategies, including infrastructure construction, the creation of early warning systems, and the encouragement of climate-resilient agriculture, the government is putting its attention on increasing resilience to these effects.
- Greenhouse gas emission mitigation: India is the third-largest emitter of greenhouse gases globally, therefore lowering its emissions is essential for combating climate change. The government is pushing energy efficiency and cleaner technology and has set ambitious goals for increasing the proportion of renewable energy in the nation's energy mix.
- India is a significant participant in international climate negotiations, and the position that it takes on topics like carbon markets, technology

transfer, and climate finance has the potential to affect the overall climate agenda. The nation's interests are being represented and safeguarded in these negotiations thanks to the efforts of the government.

- India is home to some of the most polluted cities in the world, and air pollution has a serious negative impact on both human health and the environment. By promoting electric vehicles, enhancing public transportation, and enforcing stronger rules on industrial emissions, the government is working to reduce air pollution.
- India is still in the process of developing, hence ensuring sustainable development is of utmost importance. The government is making efforts to make sure that economic growth is equitable and sustainable and that environmental issues are taken into account when planning future development.

The Challenging Politics of Climate Change

Politicians and policymakers face several difficulties as a result of the complicated and multifaceted nature of the climate change issue. Here are some of the difficult climate change politics:

International Coordination: To solve the global issue of climate change, there must be international cooperation. Nonetheless, different nations have various priorities, and some might not be ready to make the required changes to combat climate change. As a result, it has been challenging to come to an international agreement on the best course of action. (Brown, 1994)

Effect on the Economy: Several of the steps needed to combat climate change, like cutting greenhouse gas emissions and switching to renewable energy sources, can have a big impact on the economy. Politicians who must balance the need to address climate change may find this to be a significant problem. (Kamarck, 2022)

Political Will: Strong political leadership and commitment are needed to combat climate change. Regrettably, some politicians may be hesitant to act because they are worried about the financial consequences or face opposition from strong interest groups.

Public Perception: Politicians may find it difficult to address the public's perspective of climate change. Many scientists and experts agree that human activity is what is causing climate change, yet some members of the public may be doubtful or outright reject the science. Politicians may find it

challenging to win over the people to climate change.

Short-term vs. long-term: The issue of climate change is one that calls for long-term solutions. Politicians, however, frequently concentrate on immediate concerns like the upcoming election cycle. Because of this, it may be challenging to gain support for policies that might not have immediate advantages but are essential for combating climate change.

Equity and Justice: Because it disproportionately affects vulnerable groups including low-income communities and communities of colour, climate change has substantial equity and justice implications. Taking on these problems calls for a dedication to social fairness and equity, which can be difficult for politicians who may run afoul of strong interests.

The political viewpoint on climate change is intricate and varied. Nonetheless, one underlying finding is that combating climate change necessitates a concerted effort on the part of nations, corporations, and people everywhere. Politicians must strike a balance between the need to curb greenhouse gas emissions and safeguard the planet's natural resources, while also promoting economic growth and development. Establishing efficient laws, rules, and incentives to cut emissions and encourage sustainable practises calls for international cooperation. Recognizing that vulnerable populations, particularly those in developing nations and disadvantaged communities, are disproportionately affected by climate change is another important feature of the political perspective on it. So, any solutions must prioritise equitable results and deal with social justice challenges. Generally, a political viewpoint on climate change emphasises the necessity for group efforts, collaboration, and a readiness to make challenging decisions and sacrifices to ensure a sustainable future for future generations. Politicians and policymakers face several difficulties as a result of the complicated and multifaceted nature of the climate change issue. Here are some of the difficult climate change politics(Thomas Bernauer, 2013):

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Psychology of Climate Change

Given that human behaviour is, at least in part, at the core of climate change, the question of whether psychology research can provide unique and practical answers to climate change seems evident. Individuals and society can gain understanding from psychology about what climate change means to them. (Paul A. M. Van Lange, Jeff Joireman, and Manfred Milinski View, 2018) In general, how individuals see climate change affects their desire to take action and support governmental initiatives. Among the human-related factors or causes of climate change are human drivers, human repercussions.

Individuals, households, corporations, governments, and society all participate in these relationships on various levels.

Psychosocial And Mental Health Impacts Of Climate Change

The prevalence of anxiety, sadness, post-traumatic stress disorder (PTSD), and other mental health illnesses may rise as a result of climate change, among other effects on mental health. As an example of how climate change may impact mental health, consider the following:

- Extreme weather events: Storms, floods, fires, and droughts all have the potential to be extremely traumatising and distressing, which can result in PTSD, depression, and anxiety.
- Loss of communities and houses: Due to wildfires, flooding, or sea level rise, individuals may be compelled to abandon their homes as a result of climate change. Due to the sense of loss, sadness, and dislocation brought on by the displacement, mental health issues may develop.
- Economic instability: Climate change can also result in economic instability, particularly for individuals working in the fishing and agriculture industries. Anxiety and depression can be brought on by losing one's job, not having enough food, and unstable economic conditions.
- Environmental deterioration: In addition to air pollution, water contamination, and biodiversity loss, climate change may also result in environmental degradation. Pollution and toxin

exposure can have a detrimental effect on one's mental health and general wellbeing.

- Future uncertainty: There may be ambiguity about the future as a result of climate change, which can cause stress, worry, and pessimism.

The effects of climate change might be favourable or harmful, immediate or delayed, direct or indirect. Acute events may have an impact via traumatic stress-like mechanisms, leading to well-understood psychopathological patterns. In addition, being exposed to severe or protracted weather-related events can have long-lasting repercussions, including the transmission of disorders like posttraumatic stress disorder to subsequent generations. (Libraries, 1970)

With rise in global temperatures, more exposure to heat is probably going to happen more frequently. According to certain theories, a rise in temperature is associated with violent behaviour. Aggressive behaviours have been found to increase during the hot summer months, which may indicate a connection between temperatures and aggressive behaviours. Aggressive behaviour may become more prevalent as a result of global warming.

Heat waves have been linked to, among other things, mental and behavioural illnesses, mood disorders, anxiety disorders, dementia, and diseases connected to anxiety. Physical and mental weariness can result from being exposed to intense heat. (Murray, 2021)

Disasters caused by the climate, such floods, hurricanes, and bushfires, are frequently linked to stress-related mental problems. Posttraumatic stress disorder is far more likely to occur in those who have experienced life-threatening events. In addition to having a higher chance of acquiring PTSD, those who have experienced a natural disaster linked to climate change also have a higher risk of developing an acute stress reaction and adjustment disorder. These illnesses are on the anxiety continuum, and with rehabilitation and/or therapy, they can become better over time. Bipolar disorder relapse and the emergence of acute and temporary psychosis are two additional disorders that are increased by stress. The cumulative and interrelated mental impacts of climate change are anticipated to be substantial, despite the fact that they cannot currently be predicted with certainty based on research. (Libraries, 1970)

Extreme weather, increased competition for limited resources, and preexisting inequalities and unequal consequences among groups and nations will all have an influence on interpersonal and intergroup behaviour, which may exacerbate stress and anxiety. The impression of and dread of climate change may be harmful to mental health even in the

absence of real effects. As individuals take on a shared problem collectively, there is cause to think that positive outcomes are also feasible.

The effects of climate change extend beyond changes to human settlement patterns, physical health, and biological systems. Impacts of climate change may also include how people perceive the hazards, psychosocial wellbeing, hostility, and community development. Individuals and societies differ in how vulnerable they are to climate change and how well they can adapt, and these differences can give rise to moral quandaries. As seen in the bottom right corner of the picture, how people and communities adapt to the effects of climate change affects and is influenced by those adaptations. A variety of coping mechanisms that people and societies might use, as well as psychological processes that come before and after behavioural responses, are all parts of adaptation. (APA Task Force, 2011)

Psychological Barriers Limiting Climate Change Action

One of the most important concerns confronting the globe now is climate change, thus addressing it is essential. Although individuals are becoming more aware of the need for action, there are still substantial psychological hurdles preventing them from acting. Here are a few of the most typical psychological roadblocks to combating climate change:

Cognitive dissonance: When presented with information that is at odds with their views or ideals, people may suffer cognitive dissonance. This might make it harder to take action since they may dismiss information about climate change or minimise its importance.

Confirmation bias is the tendency for people to dismiss information that contradicts their opinions in favour of information that supports their current beliefs. Due to this, it could be challenging to accept the overwhelming evidence of climate change and take appropriate action to combat it.

Psychological distance: People find it challenging to act or feel a feeling of urgency about climate change since it is frequently perceived as an abstract, far-off issue.

Social norms: People often imitate the attitudes and behaviours of those around them. They may be less inclined to act on climate change themselves if the others in their social circle are not doing so.

Inertia: People may reject change and carry on with actions that exacerbate climate change simply because they are accustomed to and at ease with them.

Loss aversion: People may be reluctant to address climate change because they worry about losing something they value, like comfort or convenience.

Overwhelming: Because of how complicated and nuanced the subject of climate change is, it can be difficult to grasp its full magnitude. People may feel helpless and unclear of how to proceed as a result, which makes it challenging to take action.

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It will need a broad strategy to address these psychological hurdles, including education, awareness-raising, regulatory reforms, and societal standards. We can strive towards a more sustainable and fair future by overcoming these obstacles.

Contribution of Psychologists In Limiting Climate Change

By advancing knowledge of the psychological elements that contribute to the issue and creating successful treatments to encourage sustainable behaviour, psychologists may significantly contribute to the goal of minimising climate change. Psychologists can help in the following ways:

Conducting research: Psychologists can look at the psychological roadblocks to changing behaviour in response to climate change, such as cognitive dissonance, societal standards, and emotional factors. Understanding these elements can help psychologists create successful treatments to encourage sustainable behaviour. (Atkins, 2016)

Creating interventions: Psychologists may create and evaluate treatments to encourage sustainable behaviour, such as relying on social norms to promote recycling or offering incentives to promote energy saving. These treatments may be customised for certain groups, like children or corporations.

Raising public awareness: Psychologists may utilise their knowledge to inform people about the psychological causes of climate change and the significance of taking action to lessen its effects. This might involve giving advice on how to lower one's carbon footprint as well as information on the science behind climate change.

Promoting policy change: Psychologists may support laws that encourage eco-friendly behaviour and lessen the effects of climate change. This might involve collaborating with decision-makers to create sound policies and informing the general public of the necessity of supporting them. (Clayton et al., 2015)

In conclusion, psychologists may aid in reducing climate change through research, intervention development, public awareness campaigns, and policy change advocacy. Psychologists can significantly contribute to encouraging sustainable behaviour and lessening the effects of climate change by collaborating with other experts and stakeholders. (Paul A. M. Van Lange, Jeff Joireman, and Manfred Milinski View , 2018)

Conclusion

A serious public health crisis is being caused by climate change. The World Health Organisation (WHO) called it "the greatest challenge of the 21st century, threatening all facets of the society in which we live." (Francis Vergunst and Helen L. Berry View , 2021) The forecasts for climate change's consequences often go until 2050 or 2100. It is crucial to remember, however, that some people think the effects of climate change are now happening and will continue well into the next millennium. To be able to pinpoint the timing of certain affects, more study is necessary. Because these events rely on how people react, have potentially unpredictable effects owing to the interconnectedness of biophysical processes, and probably have distinct time courses for various occurrences, it is uncertain with certainty when and how intensely they will occur. Climate change merits focused attention despite the urgency of other environmental issues because it will require action to prevent permanent changes in earth systems over the course of a thousand years.

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