

Il giornalino del Centro Nanà

Climate change and eco-anxiety

Federica Amboni

Nowadays the climate change issue is widely addressed worldwide by every kind of media and it is now clear that we are dealing with the great looming tragedy of our century. The negative effects of climate change are often defined as “global” and that is right because they impact the whole world and often they affect areas far away from their source. The consequences of climate change are various and very numerous: high temperature, droughts, floods, rising sea-levels, and loss of biodiversity. As it concerns the last effect, data collected by the scientists show that if we don't decrease the level of emissions, the 15% of plant and animal communities will be extinct by 2100.



This set of things is currently having unexpected effects on the psychological well-being of people, mostly on the younger generation: the American Psychological Association describes this eco-anxiety as “chronic fear of an environmental catastrophe”. , many are experiencing an anxiety deep rooted in the fear that the ecological foundations of existence are about to collapse.

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The effects of the climate change on our mental health have been studied since 2010, and although many scholars underline that eco-anxiety is not yet considered a recognized anxiety disorder, but rather an understandable reaction to the severity of the ecological crisis, there are clear cases in which eco-anxiety is so strong that it is necessary mental health support. Scientific studies concerning eco-anxiety in adults are on the rise, but very little is known about how young people and children can manage the awareness of climate change: they are growing up in a world where the public discourse and media are dominated by uncertain apocalyptic messages. A statistical survey conducted in Australia on 600 children between 10 -14 years old revealed that 44% believe the world will collapse before they grow old.



Reality is very scary since the psychologists don't yet have clear knowledge of this particular form of anxiety therefore they can't give clear answers to those experiencing this uneasiness. It is clear that the best answer to this problem would be to eliminate it at its source by helping the earth to be healthy again.