

# Eco-Anxiety in Global Perspectives: From Awareness to Anxiety - The Emotional Cost of Climate Change

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**Abstract:** *This research examines eco-anxiety as a growing psychological response to climate change across diverse global populations. Defined as the distress caused by awareness of environmental degradation and climate threats, eco-anxiety manifests differently across cultures, age groups, and socioeconomic contexts. Through a systematic review of current literature and analysis of primary research using established measurement scales, this study explores the prevalence, determinants, and consequences of eco-anxiety from a global perspective. The research identifies significant disparities in how eco-anxiety is experienced, with higher rates among women, young people, and individuals in climate-vulnerable regions. Results indicate that while moderate eco-anxiety can motivate pro-environmental behaviors, severe manifestations may impair psychological functioning. The study's significance lies in its integration of diverse global perspectives on eco-anxiety, providing a foundation for culturally-sensitive interventions. This research contributes to the growing field of climate psychology by illuminating the complex interplay between ecological awareness, mental health, and adaptive responses across different global contexts.*

**Keywords:** eco-anxiety, climate anxiety, global mental health, environmental psychology, climate change perception, cultural differences, psychological impact, adaptation strategies

