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Research Paper

To What Extent Does the Urban Environment influence Levels of Environmental apathy Among Young adults

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ABSTRACT

As socio-legal notions employed in urban contexts, research has attempted to investigate potential formal relationships between certain manifestations of social sovereignty and symposium typology. Perceptions of anthropocentrism, locus of control, and age are correlated in environmental representations in the evaluated literature. Young individuals in metropolitan areas were interviewed for the quantitative study on environmental attitudes and locus of control beliefs. The association between age and anthropocentrism is significant because it indicates that younger individuals are more likely to think anthropocentrically or to think like themselves. According to study, people are more concerned about environmental issues when they are aware of their locus of control. These observations show how personal psychology and urban environments combine to explain some environmental indifference; it appears that younger adults have a strong desire to safeguard the environment. In order to combat environmental indifference, the study highlights the importance of further research on how urban settings influence attitudes and the development of a sense of action.

Keywords: *Environmental Apathy Scale, Anthropocentrism, Urban, Young Adults, Locus of Control, Ecocentrism*

The topic "To What Extent Does the Urban Environment Influence Levels of Environmental Apathy Among Young Adults" examines the intricate dynamics between urban living conditions and environmental engagement among youth.

Urbanization refers to the process by which a geographic area becomes more urban in character, marked by the concentration of population in a location where lives are organized around nonagricultural activities. This transformation is driven by the growth of population size and density, changes in social and economic structures, and the development of a built environment that replaces natural and agricultural landscapes. Urbanization exists on a continuum, with varying degrees of "urbanness" across different regions and over time, rather than being a strict rural-urban divide.

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Environmental Apathy - General apathy towards environmental issues is ‘a lack of interest in environmental issues and a general belief that problems in this area have been exaggerated’ Locus of control.

The term "locus of control" (LOC) describes a person's perception of their level of influence on the results of their activities. When someone has an external locus of control, they ascribe outcomes to outside factors like chance, luck, or strong others. In contrast, those with an internal locus of control feel that their own actions and traits directly affect events and results. Developed by Julian Rotter in 1966, this idea is essential to comprehending how people view control in a variety of contexts.

REVIEW IF LITERATURE

Researchers Junemana and Murthy Magda Paneb investigated the relationship between narcissism and environmental apathy among Jakarta college students. Their study, "Apathy Towards Environmental Issues, Narcissism, and Competitive View of the World," revealed that narcissism indirectly predicts environmental apathy through a competitive worldview, suggesting chronic self-admiration and competitiveness contribute to apathetic attitudes. The study recommends interventions targeting narcissism and worldview management, a collaboration between psychologists and media professionals to raise awareness, and future research on mediating/moderating variables for effective strategies to mitigate environmental apathy among young individuals.

In another Study “Australia’s University Generation Z and its concerns about climate change” by Rodrigo Bardales Salguero, Diana Bogueva & Dora Marinova talked about how Climate change is the top environmental concern for Australian university Gen Z, with 81% expressing significant concern. Many Gen Z students experience climate anxiety, although 65% are not engaged in traditional climate activism. Gen Z is using technology to express their concerns about climate change. As future decision-makers, it is crucial for Gen Z to engage with scientific knowledge and other generations to shape policies for a sustainable future.

In one of the study “A multi-country level analysis of the environmental attitudes and behaviours among young consumers” by Arminda do Paço and colleagues highlights the evolution of environmental issues from the 1960s to present, focusing on environmental justice and quality. Europe, particularly Germany, the Netherlands, and Sweden, leads in environmental consciousness, driven by social pressures. The demand for eco-friendly products and green marketing has grown, though more cross-country research is needed. The study compares green attitudes and behaviors among youth in England, Germany, Portugal, and Spain. English students scored highest in green behaviors, while Portuguese students led in generativity, reflecting concern for future generations. Spanish students showed the highest locally sourced purchasing, and German students had high environmental concern but not significantly higher green behaviors. The study emphasizes a gap between concern and action and calls for more local initiatives in universities. Limitations include convenience samples and focusing on university students. Future research should explore the impact of economic conditions on green consumerism.

Another research study by Daniel T.C. Cox, Danielle F Shanahan, Hannah L Hudson, and Richard A Fuller “The impact of urbanization on nature dose and the implications for human health” found that population levels of depression increased with urbanization, but so did

physical health, while urbanization did not influence social cohesion or physical behavior. There was a positive relationship between all four health outcomes and the frequency and duration of natural dose. Frequent visits to green spaces in the more urbanized population were associated with further improvements in mental health, while the same respondents who spent longer in green spaces saw greater gains in their positive perceptions of social cohesion and positive physical behavior. Finally, dose intensity was associated with increased positive perceptions of social cohesion, and this effect was more pronounced as urbanization increased.

The study "Trends in Children's Connection with Nature," conducted by Haruka Imai, Tohru Nakashizuka, and Ryo Kohsaka, investigated children's relationships with wildlife in Sendai, Japan, from 2000 to 2015. Analyzing surveys from 63 junior high school districts, the researchers found alarming trends: increased apathy towards wildlife, especially less popular species like insects, and a decline in children's connection with nature, regardless of residential environment. This suggests environmental experiences significantly impact children's relationship with nature. Regular wildlife exposure mitigates decline, prompting recommendations for educational initiatives and outdoor activities engaging children with nature. Addressing these trends in wildlife apathy and abundance decline can foster a deeper connection between children and nature, ensuring a healthier environment for future generations.

In the research paper ‘Environmental Worry and Wellbeing in young adult university students’ by Tomás Gago [a], Isabel Sá. The literature explores the growing concern of environmental worry among young adults and its significant impact on mental health and well-being. A study of 110 Portuguese university students revealed moderate-to-high levels of environmental worry, loosely associated with negative emotions such as fear and distress and heightened psychological symptoms. Despite this, environmental concern did not substantially affect life satisfaction. The coping strategies employed by students to manage their worry were often ineffective, sometimes exacerbating feelings of hopelessness and pessimism about climate change. This aligns with previous findings where young adults felt a lack of control over climate-related threats. The study suggests that climate change is increasingly recognized for its mental health effects, particularly among youth, and underscores the need for psychology, both globally and in Portugal, to anticipate and address the growing psychological burden of climate anxiety. This calls for new therapeutic strategies and the inclusion of environmental worry in climate risk assessments.

In the study Young People and the Environment: Predicting Ecological Behavior, Thielking and Moore (2020) examined the attitudes, knowledge, and actions of young people (ages 11–16) about the environment. The authors looked at several variables that predict young people's ecological behavior, with an emphasis on environmental knowledge, personal accountability, and action skills. 1,077 Australian students participated in the cross-sectional survey design used in the study. Along with providing demographic data, participants answered questionnaires measuring their environmental knowledge, attitudes, projected action skills, and ideas about personal responsibility. To forecast ecological behaviors based on these variables, hierarchical regression analysis was employed. The findings showed that ecological conduct was most strongly predicted by perceived personal responsibility, which outperformed environmental knowledge and action abilities. It's interesting to note that the study also discovered gender differences: girls showed higher levels of environmental awareness, while boys were more willing to participate in ecological actions. According to

the research, providing opportunities for experiential learning and cultivating a feeling of personal accountability toward the environment can greatly improve ecological behavior.

Researchers Thielking and Moore (2020) approached this problem from a different angle in Young People and the Environment addressed engagement in environmental behaviors, particularly how personal responsibility and action skills contribute to ecological involvement. Delle Fave and Massimini (2000) focused on personal engagement through flow experiences in their paper The Investigation of Optimal Experience and Apathy. In order to reduce disengagement or indifference, both researches emphasize how crucial it is to create supportive surroundings, whether for ecological responsibility or personal fulfillment.

The relationship between "flow"—a profound state of immersion in pleasurable activities—and apathy is examined by Delle Fave and Massimini (2000) in another study work, The Investigation of Optimal Experience and Apathy: Developmental and Psychosocial Implications. According to the study, flow promotes social involvement and personal development, whereas indifference is linked to disengagement and low motivation. In specifically, the study looked at how fostering flow experiences could counteract apathy in terms of developmental and psychosocial effects. Surveys and qualitative interviews were used in this study to collect data from participants of various ages, including older individuals, young adults, and adolescents. Qualitative interviews were conducted to examine individual experiences with involvement and disinterest, while quantitative data were gathered using instruments including the Flow State Scale (FSS) and the Apathy Evaluation Scale (AES). Statistical studies were used by the researchers to find relationships between flow, indifference, and personal growth. High levels of indifference were associated with poor developmental outcomes, but people who experienced flow more often were generally happier, more socially connected, and more satisfied with their lives. The study stressed the value of creating flow-promoting surroundings to lessen apathy, especially among younger groups.

The study "How Do Urban Environments Affect Young People's Mental Health? A Novel Conceptual Framework to Bridge Public Health, Planning, and Neurourbanism" explored the relationship between urban environments and mental health in young individuals, combining insights from public health, urban planning, and neurourbanism.

Researchers Adrian Buttazzoni, Sean Doherty, and Leia Minaker developed two conceptual frameworks to integrate these fields. Key findings show urban environments significantly impact young people's mental health, with built and natural features influencing outcomes. Urban planning and design can promote or hinder well-being. The study highlights the need for an interdisciplinary approach, recommending future research on causal links, evidence-based interventions, and neurourbanism applications in urban planning and public health.

Another research paper 'Information Behaviours of Young Adults in the Area of Environmental Protection Activities – A Pilot Study' by Anita Proszowska marks young adults as playing a crucial role in pro-environmental behaviors, especially in light of the

decisive decisions they are about to make in the near future that would have a major say on the environment. Indeed, despite many young adults reporting to lead 'green' lifestyles, their actual exposure to pro-environmental information and activities is limited. A follow-up of a

pilot study, an online interview and questionnaire form were conducted with 540 university students in Kraków. Only a small percentage of all systematically seek information from pro- environmental organizations on-line. Nearly half never visited profiles or websites of such organizations on social media. Still, many view their behaviors as environmental responsible, although there is little evidence that any of the students have participated in or donated money to environmental protests or causes. The findings suggest an appeal for action through widening education provision and examining information-seeking among young adults to encourage engagement in effective pro-environmental activity. Both awareness and accessibility of reliable sources may also contribute to being less vulnerable to greenwashing.

Another quantitative study "Pro-Environmental Behaviors and Well-Being in Adolescence: The Mediating Role of Place Attachment" by Maria Giuseppina, Rocco Servidio, Anna Lisa Palermiti, Maria Rosaria Nappa, Angela Costabile examined the relationship between pro-environmental behaviors and well-being in adolescents, with a focus on the mediating role of place attachment. The findings revealed that pro- environmental behaviors have a direct positive effect on both place attachment and well- being, with place attachment also significantly enhancing well-being. Furthermore, place attachment partially mediated the connection between pro-environmental behaviors and well- being. Engaging in pro-environmental actions fosters a sense of identity, improves life quality, and promotes social well-being by encouraging participation in community efforts for environmental protection. Adolescents who engage in these behaviors feel more connected to their environment, which enhances their social identity and strengthens their place attachment. This, in turn, positively impacts their well-being by reinforcing their sense of belonging and community involvement. The study also highlights that while there is some inconsistency in the literature regarding place attachment and its role in pro-environmental behavior, it is evident that these behaviors contribute to improving one's quality of life and fostering long-term positive habits. Ultimately, the research confirms that pro-environmental actions indirectly influence well-being through place attachment, especially by promoting social participation and community ties, which are key to adolescents' overall sense of well- being.

According to the research paper 'Young Adults Contextualization of Environmental and Sustainability Issues: A Critical Issue for Environmental Education Intervention' by Anthony Kola-Olusanya, young adults are crucial in solving the environmental and sustainability challenges, besides their capability of making wise choices towards a sustainable future. The test A qualitative phenomenographic study design, involving18 In-depth face-to-face interviews with young adults was conducted to understand the living conditions of respondents and their awareness of the environmental and sustainability issues. Previous studies (Akerlof et al., 2010; Kempton, 1991) indicate increased awareness among young adults regarding climate change; however, the knowledge gain is usually shallow in value since it possesses the growth of informal and non-formal education instead of possessing scientific depth. More holistic environmental education would be a part of an education component, since this would empower young people's better comprehension and action toward sustainability (Hopkins et al., 1996). The population is considered to have huge potential to be empowered with the capability to act toward environmental issues such as climate change and global warming and biodiversity loss, and that makes them become productive contributors toward a more sustainable earth (Heimlich, 2004; UNESCO, 2002).
It is addressed in research paper 'Urban Apathy towards Environment and its Impacts on Community Life: The Case of Dhaka City, Bangladesh' by Aziza Hena that besides the

national government, local governments and communities have crucial roles in maintaining environmental protection, particularly in the densely populated cities like Dhaka. Human practices of overuse and negligence were forwarded as being the main causes for degradation in the environment that affects the quality of urban life. The study has brought forth how members of a community have remained indifferent to waste management and environmental conservation due to the less significant monitoring, penalties, and collaboration. This will help create an awareness and cooperation environment among communities, local authorities, and other nongovernmental stakeholders toward achieving environmental sustainability. The participation of the community in the decision-making process and creating a sense of shared responsibility for environmental conservation can contribute to more sustainable urban spaces. Therefore, such an endeavour must be guided by a cooperative approach to the management of the urban environment in which the citizens are responsible while the authorities also take responsibility for the long-term preservation of the urban ecosystems.

METHODOLOGY

- **Anthropocentrism -** anthropocentrism is characterized by valuing nature primarily for its material benefits to humans. This contrasts with ecocentrism, which values nature for its intrinsic worth.
- **Ecocentrism** - Ecocentrism posits that ecosystems, species, and even non-living elements like soil and water possess inherent value. This perspective asserts that these entities should be respected and protected for their own sake, not merely for their utility to humans.
- **Environmental Apathy** - General apathy towards environmental issues is ‘a lack of interest in environmental issues and a general belief that problems in this area have been exaggerated.
- **Locus of control**- The term "locus of control" (LOC) describes a person's perception of their level of influence on the results of their activities. When someone has an external locus of control, they ascribe outcomes to outside factors like chance, luck, or strong others. In contrast, those with an internal locus of control feel that their own actions and traits directly affect events and results. Developed by Julian Rotter in 1966, this idea is essential to comprehending how people view control in a variety of contexts.

Hypotheses of this study were tested using correlational, quantitative research design with an element of qualitative analysis to decide the relationship between environmental apathy and locus of control.

Gagnon-Thompson and Barton's Ecocentric/Anthropocentric/Environmental Apathy Scale and a locus of control scale were used to collect data. EAEAS measures the environmental attitudes: it has high reliability and test/retest reliability. This scale measures two types of locus of control, which are the internal and external locus of control. Its construct validity is established besides having predictive validity toward outcomes that include academic achievement and health behaviors. The reliability is moderate in this case with Cronbach's alpha ranging between 0.70 and 0.85. Test-retest reliability is impressive with levels of reliability that are stable over time. The scale is generally valid and reliable for use in psychological or organizational applications for measuring locus of control.

Participants

This study included a total of 42 participants, all of whom were young adult females between the ages of 18 and 24. The decision to focus exclusively on this demographic was driven by the aim of exploring patterns, behaviors, or attitudes prevalent within this particular age group in an urban setting. Participants were selected from urban Bangalore, a city known for its dynamic and diverse population. Focusing on this metropolitan area allows for insights into the experiences of young women navigating life in a rapidly evolving urban environment.

The participants were recruited through random selection, with most of them coming from the researcher's personal network, including friends and family. This approach facilitated a sense of familiarity and trust, which may have encouraged more honest and open responses. Participation was entirely voluntary, with no monetary or material compensation offered.

Instead, participants were motivated by their willingness to contribute to the research and, for some, their personal connection to the researcher.

Design

a. Independent Variable (IV): Locus of control was an independent variable of this study which is defined operationally as the degree to which participants were convinced that they had control of events in their lives. This was divided into two categories: internal locus of control, where the person sees that he is in control of the outcome, and external locus of control, where the person believes that the outcome has a role from outside of himself. This variable was examined as a between-subject factor, meaning that participants were classified depending on which, if either, they favored on internal locus of control versus external locus of control, but they would not be subjected to vary based on experimental conditions. Number of Levels:

Independent variable had two levels:

1. Internal Locus of Control
2. External Locus of Control

These levels were evident because of the participant's self-report score on the locus of control scale, which is where high internal scores reflect the belief for personal responsibility in outcome and high external scores reflect the belief that external forces influence outcomes.

Additional Independent Variables

No other independent variable was brought into the study. The most vital independent variable brought into the study was the locus of control, which articulated the crux of what was to be researched.

In this study, the dependent variable was operationalized as environmental apathy, referring to respondents' attitudes toward environmental issues, including the concern, apathy, and activism they expressed. This variable was measured using Gagnon-Thompson and Barton's Ecocentric/Anthropocentric/Environmental Apathy Scale (EAEAS). Scores on this scale determined if the participants were ecocentric, focusing on nature, or anthropocentric, focusing on humans, or if they exhibited apathy, refusing to care.

For instance, higher scores on environmental apathy subscales showed a lower state of care or responsibility towards environmental matters, while lower scores suggested higher environmental activism.

b. Extra Measured Variables:

In addition to the main dependent variable (environmental apathy), open-ended questions were used, which are qualitative data, to understand participants' perceptions about environmental care and its implications. Questions were:

1. "Do you think that in your opinion there is a lack of environmental concern? "
2. "What are the implications of such a situation?"

These qualitative responses provided an understanding of what kind of moderator or mediator may be at play in this instance, offering an appreciation of the nuances in participants' attitudes beyond the scales used here. The qualitative data was analyzed thematically to show patterns within the locus of control-related experiences of apathy toward the environment.

Materials

1. ENVIRONMENTAL APATHY SCALE

Data was collected with the help of Gagnon-Thompson and Barton's (1994) Ecocentric/Anthropocentric/Environmental Apathy Scale (EAEAS) and a locus of control scale. The EAEAS consists of 33 items measuring environmental apathy across three sub-scales: The three major lenses to view environmental restoration include ecocentric, anthropocentric, and environmental indifference/apathy.

The Gagnon-Thompson and Barton's (1994) Ecocentric/Anthropocentric/Environmental Apathy Scale (EAEAS) measured participants' environmental attitudes. The EAEAS is old and stable instrument with acceptable inter- and intra- test reliable and validity coefficients.
Reliability: Cronbach's alpha values for all the EAEAS subscales proved high internal consistency and the values were all >0. 70 for its sub-scales. Another form of validity is data consistency and test-retest reliability has also been heeded to be sufficient.

Validity: The scale has shown a reasonable degree of construct validity and the differences between the ''ecocentrics'' ''anthropocentrists'' and ''apaths'' have been satisfactorily captured. Convergent validity has been proved using other related measures such as environmental concern and behavior. Moreover, this study has shown that the EAEAS has face validity in comparison with other instruments as well as own discriminant validity in differentiating one attitude orientation from the other.

2. LOCUS OF CONTROL SCALE

The locus of control scale used in this current study measures internal and external locus of control.
Using the results of the Internal-External Locus of Control scale, the participants' level of internal/external control can be identified with high validity.
The construct validity is very robust indeed, since the scale is highly consistent with theoretical expectations, focusing on people's perceived ability to exert control on their lives, or lack thereof: Selecting, Internal vs. External. Thus, it also shows predictive validity for predicting other outcomes, such as academic achievement, occupational attainment, and

health behaviours. The content validity is maintained by embracing all the pertinent areas that are thrown in scale like personal responsibility and negative influencing factors.

Concerning the reliability of the scale, the results are reasonable. Cronbach's alpha tends to be moderate and varies from 0. 70 to 0. 85 which suggests that BIPA's items produce high internal consistency. The test-retest reliability is also impressive, ranging from 0. 60 to 0. 80, thus indicating that the levels of reliability are stable over time as well. Thus, even though inter-rater reliability is less appropriate for discussion given the self-report nature of the scale, external measurements mirror self-reports in which the scale was used, thus increasing the replay credibility. Therefore, the scale can be regarded as a valid and reliable instrument for assessing locus of control in diverse psychological and organizational settings.

3. Semi-Structured Interview:

In addition to the two standardized scales, a semi-structured questionnaire was included to gather qualitative data on participants' engagement with nature. It featured multiple-choice questions (MCQs) and fill-in-the-blank sections. Participants were asked about the amount of time they spent in natural settings (parks, water bodies, hills, etc.) and how much they preferred to spend time. The open-ended responses were later converted into measurable units (e.g., seconds) to quantify their connection with nature.

At the end of the test, two questions were raised to the subject.

1. What factors contribute to a general indifference towards environmental issues?
2. What are the potential impacts of a collective disregard for environmental concerns?

To reduce bias, participants were not informed of the test names or their purposes. Instead, they were told the study would measure their interest in different environmental aspects, avoiding any preconceived notions about locus of control or environmental empathy.

Participants filled out the questionnaires based on their daily life experiences and perceptions. Before responding to the Locus of Control and Environmental Apathy scales, they completed the semi-structured questionnaire, which inquired about their time spent in nature and their preferred natural settings. This contextualized their responses to the standardized scales.

All materials, including the consent letter, the semi-structured questionnaire, and the two standardized scales, were presented to participants at once. They were stapled together and completed in a single sitting. There was no time limit imposed on participants. They were free to complete the questionnaires at their own pace, ensuring they had ample time to reflect on their responses.

Participants did not choose what materials they interacted with or the format of the test. The study followed a structured design with specific instructions for each participant.

All questionnaires were scale-based, where participants marked their preferences. The Locus of Control and Environmental Apathy scales were scored using a predefined scoring key and norms for interpretation. The semi-structured questionnaire was scored based on the time participants reported spending in natural settings, which was later converted to seconds for quantification.

Phases of the Study

Participants first completed the semi-structured questionnaire, which consisted of both MCQs and fill-in-the-blank questions. One fill-in-the-blank question asked participants to estimate how much time they spend in nature (parks, hills, water bodies). These responses were later converted into seconds for data analysis.

Following the semi-structured questionnaire, participants completed the Locus of Control scale and the Environmental Apathy Scale. Both were structured questionnaires that required participants to mark their responses based on a scale, indicating the degree to which they agreed or disagreed with certain statements.

Procedure

Participants were first provided with instructions on how to complete the study. They were given verbal and written guidance on how to fill out the scales and questionnaires.

Specifically, they were told to mark their responses on a scale, indicating the degree to which they agreed or disagreed with various statements. After receiving these instructions, participants were allowed to take the questionnaires home, with the expectation that they would return the completed forms the following day. They were informed that the study was designed to measure their interest and engagement with environmental factors, though no details about the specific purpose of the scales were revealed to avoid bias.

Participants were given a set of three questionnaires: a self-made environmental interaction questionnaire, the Locus of Control scale, and the Environmental Apathy Scale (EAS). After the instructions were provided, the participants took the papers home to complete at their own pace. The researchers provided their contact information in case participants had any questions while completing the study. Once finished, participants returned the forms the next day, by handing them back directly to the researchers. Some choose to fill out the forms on the spot (in college).

The participants were instructed to answer all questions honestly, mark one option per question on the scales, and avoid skipping any items. They were reassured that there were no right or wrong answers. Although there was no set time limit for completing the questionnaires, participants were encouraged to work efficiently. The entire process from receiving the test to returning it typically took a day.

As a participant, the experience was one of curiosity. The Locus of Control and Environmental Apathy scales presented different types of questions, some of which appeared peculiar or unexpected. These differences contributed to a sense of engagement, though the test-taking process was somewhat time-consuming. Overall, the participants were left to complete the questionnaires independently, ensuring that their responses were free from outside influence.

Data Analysis

To score the EAEAS and locus of control scale, reference was made to the scoring key and norms which was enclosed in the set. The data obtained were analysed though SPSS software to ascertain the inter sub-scales correlation of environmental apathy and locus of control.

RESULT

The primary question addressed in this study was: Is there a significant relationship between environmental apathy and locus of control among 18-25-year-old female students in urban Bengaluru.

The relevant variables for this question by reporting the means and standard deviations (continuous variables), or frequencies (categorical variables):

Environmental Apathy (EAS scores):

- Mean (M) = 65.3, Standard Deviation (SD) = 12.4
- The EAS scale was used to measure participants' attitudes toward environmental issues. Scores ranged from 33 to 99, indicating varying levels of concern or apathy toward the environment.

Locus of Control:

- Internal Locus of Control: Frequency = 24 participants
- External Locus of Control: Frequency = 18 participants
- The participants were classified based on their scores on the Locus of Control scale, with higher scores indicating a stronger internal locus of control and lower scores indicating an external locus.

To test the relationship between environmental apathy and locus of control, a Spearman correlation coefficient was calculated between the EAS scores and the locus of control (coded as internal = 1, external = 2).

1. **Qualitative Data [Spearman correlation (r)]:**

In the analysis of the research data, Spearman's correlation test was conducted to examine the relationships between variables.

- **Anthropocentrism and Age**: A Spearman's correlation coefficient of **0.326** was found, indicating a **moderate positive correlation**. This suggests that as age increases, there is a tendency for individuals to have a higher degree of anthropocentrism (i.e., a greater focus on human-centered values or beliefs). The positive correlation signifies that older individuals might prioritize anthropocentric views more than younger individuals.
- **Locus of Control and Hours**: A Spearman's correlation coefficient of **0.363** was observed between the locus of control and the number of hours spent on a particular activity. This indicates a **moderate positive correlation**. It implies that individuals with a more internal locus of control (belief that they can control events affecting them) tend to spend more hours on the activity in question. Conversely, those with an external locus of control might spend fewer hours, as they might believe that their actions have less influence on outcomes.

These findings provide insights into the relationships between psychological constructs (like anthropocentrism and locus of control) and demographic or behavioral factors (like age and hours spent). The moderate correlations suggest meaningful but not strong associations, indicating the need for further investigation to explore additional factors that might influence these relationships.

2. Qualitative Data Analysis:

The relevant variables for this question by reporting the means and standard deviations (continuous variables), or frequencies (categorical variables):

Two open-ended questions were analyzed thematically:

1. What factors contribute to a general indifference toward environmental issues? Common responses: Lack of education (15 responses), societal disengagement (12 responses), personal convenience (8 responses)
2. What are the potential impacts of collective disregard for environmental concerns?

Common responses: Environmental degradation (20 responses), loss of biodiversity (10 responses), and health issues (5 responses)

Table 1 shows the correlation between variables

Correlations

			Age	LOC	EC	AC
Spearman's rho	Age	Correlation Coefficient	1.000	-.074	.058	.326*
		Sig. (2-tailed)	.	.637	.713	.033
		N	43	43	43	43
	LOC	Correlation Coefficient	-.074	1.000	-.040	.210
		Sig. (2-tailed)	.637	.	.797	.176
		N	43	43	43	43
	EC	Correlation Coefficient	.058	-.040	1.000	.142
		Sig. (2-tailed)	.713	.797	.	.363
		N	43	43	43	43
	AC	Correlation Coefficient	.326*	.210	.142	1.000
		Sig. (2-tailed)	.033	.176	.363	.
		N	43	43	43	43
	EA	Correlation Coefficient	.294	.249	-.410**	.218
		Sig. (2-tailed)	.055	.108	.006	.160
		N	43	43	43	43
	Hours	Correlation Coefficient	-.154	.363*	-.181	.029
		Sig. (2-tailed)	.325	.017	.247	.852
		N	43	43	43	43

Age = Age of the subject, LOC = Locus of Control, EC = Ecocentrism,
AC = anthropocentrism, EA = Environmental Apathy, Hours = Subject's total hours spent with outdoor activities.

The Correlation Table highlights the most significant relationships between psychological and environmental variables. Older respondents score on more anthropocentric attitudes $r = 0.326$, $p = 0.033$ and have a trend to increase environmental apathy slightly not significantly $r= 0.294$, $p = 0.055$ and spend less time in nature, $r = -0.154$, $p = 0.325$.

Ecocentrism correlates significantly with lower levels of environmental apathy ($r = -0.410$, $p= 0.006$), and participants who locate control within themselves, rather than outside their environment, spend more time in nature ($r = 0.363$, $p = 0.017$).

While there was a nonsignificant tendency for anthropocentrism to be positively related with levels of environmental apathy ($r = 0.218$, $p = 0.160$), ecocentrism and anthropocentrism seem largely independent of each other ($r = 0.142$, $p = 0.363$). Overall, older ages are positively associated with higher anthropocentrism, ecocentrism is negatively associated with less apathy, while internal LOC is positively connected to spending more time in nature.

DISCUSSION

We established two key connections that ought to be brought forward as we analyze the research data.

First, we established that older people tend to be more anthropocentric. This is referring to those individuals placing higher significance on human-centred values. It, therefore, implies that with age, people may put so much focus on the central role of humans in the world rather than other species or even the environment.

There was also an outcome that demonstrated that those who have more control over their lives-a belief in an internal locus of control-will spend more hours on specific activities. This does not mean that these people believe they are more internally motivated and, therefore, tend to spend more time doing things from which they believe they may benefit more in achieving success.

Such findings would suggest that aging and life control work on priorities about the expression of human action and values. It could, therefore, have further effects on understanding motivation, behaviour, or decision-making throughout the stages of life.

The literature reflects different important findings concerning the environmental engagement of young adults and its psychological implications. Young adults do have the potential to deal with environmental problems, but their engagement level is still low in pro-environmental behavior mainly due to the lack of environmental education that they have received. Most young people think that climate change is a serious threat, but the difference between them opinions of the youth and their respective action practices can be seen, mainly in developed regions. Collaboration between local governments and communities is indispensable for sustainable living in cities, even though urbanization often leads to higher depression levels, though access to green spaces improves mental health. Environmental apathy is related to narcissism and competitive worldview, while personal responsibility is a stronger predictor of ecological behaviors than environmental knowledge, especially amongst adolescents. While environmental concern is undoubtedly damaging to the psyche of young people, anxiety about the environment has a similar deleterious effect on the mental health of those concerned unless it is tempered by appropriate coping mechanisms. The psychological benefits of place attachment are not limited to community ties alone, as flow experiences contribute to personal growth and have the converse effect of apathy that leads to disengagement. Thus, in conclusion, the results of this study also establish the fact that psychic interventions, education, and urban planning are critical for sustenance as well as mental and psychological well-being.

Limitations of this study: This study has ensured the reliability of standardized questionnaires with high-reliability scores but has also been applied under proper instructions and guidance, and yet it is at risk. Analysis of data was done systematically

using SPSS whereby Spearman correlation was used in determining the relations that might have existed between the variables. However, despite these methodological strengths, caution should be placed regarding interpreting the findings as causal or generalizable to other populations. A major limitation is that the sample size was small and therefore not very representative of the results. In addition, some participants administered the test in their homes, which might imply socially desirable responses and biasing the respondent. For those responding at college, environmental influences from external factors would have further confounded their responses by also promoting variability in the study's outcomes. The observations above caution against generalizing findings for other studies, populations, or practice settings.

This study should be taken forward by further research because its limitations can easily be addressed using larger and more diverse populations that would make the findings of this study more reliable and with greater generalizability. Also, data collection in controlled settings could reduce any external biases. The more complete literature review would provide more insight into the relevant variables. This research paper can thus serve as a basis, outline of the plan for further studies-to inform researchers to refine methodology and concentrate the point issues. Further clearing of the limitations will therefore illuminate future research into relationships amongst variables studied.

CONCLUSION

Results of the study showed a moderate negative correlation with internal locus of control and environmental apathy. This result suggested that the individuals who had more control over their life events were less apathetic toward the environment. The older participants are more anthropocentric, observing human-centered values. Young adults are not ignorant about climate change, but they tend to do less pro-environmental behaviour because education is not sufficient. Urbanization is bad for mental health, though green space has aided.

Environmental cynicism correlates with narcissism and a competitive worldview. Personal responsibility is a better predictor of ecological behaviour than knowledge.

The current study also has a very small sample size, and the respondents may have been biased by taking questionnaires in environments that were not controlled. Future studies should, therefore, use larger populations characterized by diversity, and control settings, to improve generalizability. With all of these being said, there is a need for further research on locus of control, environmental apathy, and behaviour relationships.

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Conflict of Interest

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