

An Approach for Reliably Transforming Habits Towards Environmental Sustainability Behaviors Among Young Adults

Authors : Dike Felix Okechukwu

Abstract : Studies and reports from authoritative sources such as the Intergovernmental Panel on Climate Change (IPCC) have stated that to effectively solve environmental sustainability challenges such as pollution, inappropriate waste disposal, and unsustainable consumption, there is a need for more research to seek solutions towards environmentally sustainable behavior. However, literature thus far reports only sporadic developments of TL in Environmental Sustainability because there are scarce reports showing the reliable process(es) to produce TL - for sustainability projects or otherwise. Nonetheless, a recently published article demonstrates how TL can be used to help young adults gain transformed mindsets and habits toward environmental sustainability behaviors and practices. This study, however, does not demonstrate, on a repeated basis, the dependability of the method or reliability of the procedures in using its proposed methodology to help young adults achieve transformed habits towards environmental sustainability behaviors, especially in diverse contexts. In this study, it is demonstrated, through repeated measures, a reliable process that can be used to achieve transformations in habits and mindsets toward environmental sustainability behaviors. To achieve this, the design adopted is multiple case studies and a thematic analysis techniques. Five cases in diverse contexts were used to analyze pieces of evidence of Transformative Learning Outcomes toward environmentally sustainable behaviors. Results from the study offer fresh perspectives on a reliable methodology that can be adopted to achieve Transformations in Habits and mindsets toward environmental sustainability behaviors.

Keywords : environmental sustainability, transformative learning, behaviour, learning, education

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