

# Climate emotions

A national survey of the emotions evoked by climate change and their impacts on sustainable lifestyles

Summary of key findings

# Background

The way the year 2018 affected the societal discussion around the issue of climate change was significant in many respects. August 2018 saw the beginning of the Fridays for Future school strike for climate movement, initiated by the Swedish climate activist Greta Thunberg. The movement became a global phenomenon and has remained active. The report of the Intergovernmental Panel on Climate Change, the IPCC Special Report on Global Warming of 1.5 °C, published in October 2018, gave rise to a wide global debate on the threat scenarios caused by the changing climate and the roles and responsibilities of those in society fighting it. One issue that emerged increasingly often in the widening debate, fuelled by these factors and many others, was the fear and concerns about the impacts of climate change on mental health. The term “climate anxiety” became a discernible part of the discussion about climate change issues.

In the autumn of the same year, Sitra’s Sustainable everyday life team also recognised how common the term had become in climate change-related discussion. However, when the phenomenon was examined more closely, it soon became clear that in spite of its name, the term climate anxiety referred not only to the feeling of anxiety, but to a wide spectrum of different difficult emotions that climate change evokes in people. Since only a relatively few studies had been carried out on climate anxiety in Finland by autumn 2018, Sitra felt that the theme required closer study. Instead of a survey focusing on anxiety alone, the purpose of the Climate emotions survey was to establish a broad-based snapshot of the variety of emotions climate change evokes in Finnish people.

# How was the survey implemented?

The Climate emotions survey was carried out as a quantitative questionnaire study in May and June 2019, in the same way as Sitra's Resource-wise citizen survey a few years earlier.

The objective of the survey was to map out what kinds of emotions climate change evokes in Finnish people and what kinds of impacts these emotions have on things such as practising sustainable lifestyles, mental and physical well-being and the capacity to study or work. The survey questions were designed in such a manner that they would respond to the goals described above. In planning the questions, Sitra's Sustainable everyday life team was provided with important expert assistance by post-doctoral researcher Panu Pihkala and climate change psychologist Kirsti M. Jylhä.

The practical implementation of the survey was the work of Kantar TNS, which disseminated the survey to TNS Gallup's Forum panel with some 40,000 registered respondents. Responses were received from 2,070 Forum respondents, who represented Finnish citizens over the age of 15. The survey included 26 multiple-choice questions, and it took approximately 12 minutes to answer them. The confidence interval of the overall results of the survey was  $\pm 2.2$  percentage points at 50% confidence level and 1.3 percentage points at 10% or 90% confidence level (95% confidence interval). The data was adjusted according to the gender, age and area of residence to correspond with the demographics of the sample population.

# Subject areas of the survey

## Perceived happiness, an assessment of the future, the observation of emotions related to climate change in oneself and others

- Perceived happiness
- How people see the future
- What emotions people have seen climate change evoke in others
- What emotions people have felt climate change evoke in themselves
- How strong the emotions felt have been
- How often people feel the emotion
- How the emotions people have felt have affected their will to act to mitigate climate change

## Concern and anxiety about climate change and their impacts

- How concerned people are about climate change
- How accurately the word anxiety describes how people feel about climate change
- How people feel the various impacts of climate change themselves
- How adversely the emotions evoked by climate change have affected people's capacity to work or to study

## Feeling difficult climate emotions and managing them in different ways

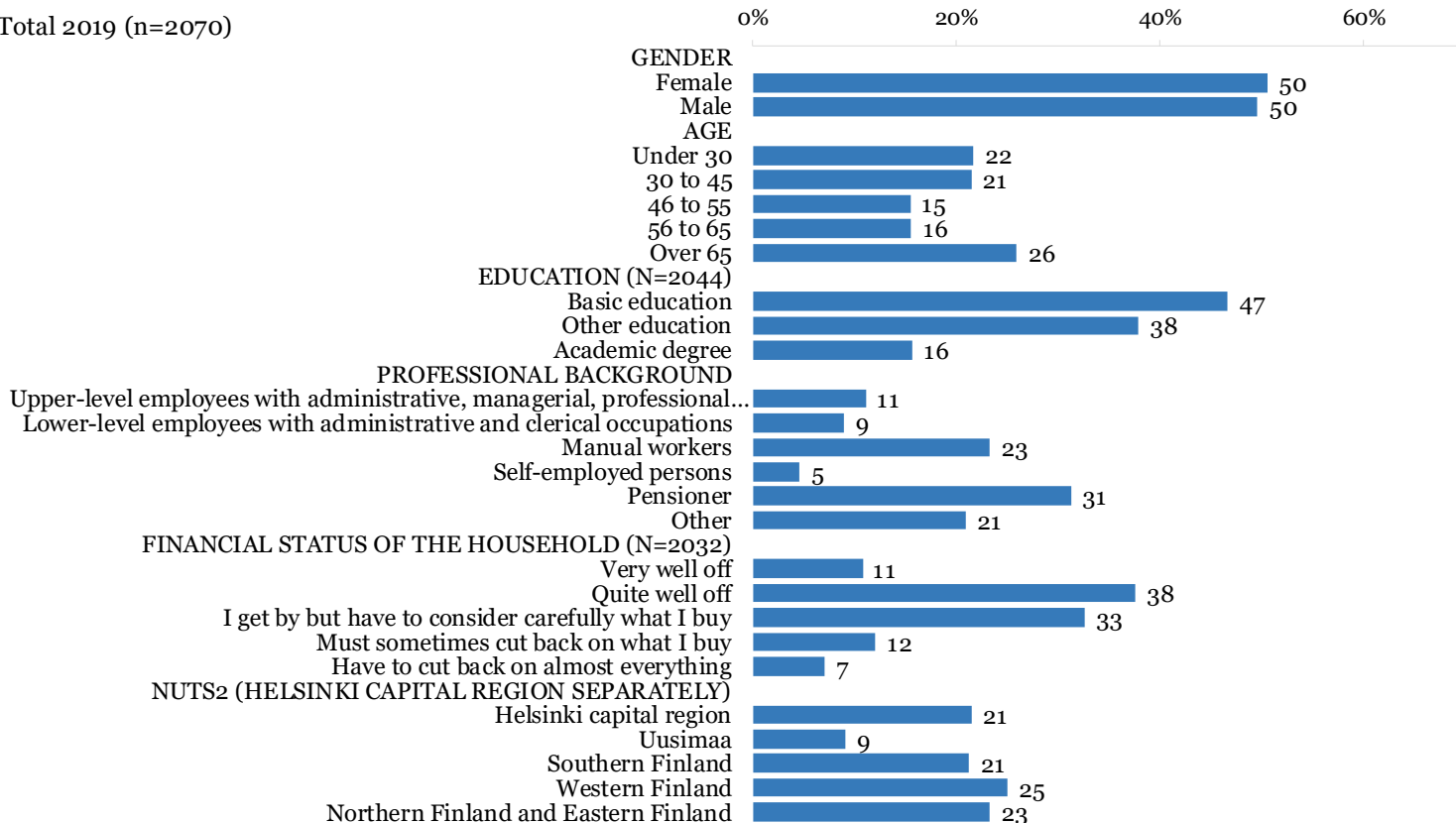
- Whether people have felt climate emotions such as anxiety, anger, fear, etc.
- What kinds of factors have caused difficult climate emotions
- What methods have helped people manage the difficult emotions evoked by climate change
- The importance of various methods
- Whether people feel that there are enough methods available for managing emotions evoked by climate change
- Whether people would like to participate in informal peer-support groups

## Attitude towards climate change, feeling positive climate emotions and their impacts

- Climate change claims
- Whether people have felt positive climate emotions
- What kinds of factors have evoked positive climate emotions
- Whether people have taken active steps to mitigate climate change in their everyday lives
- What kinds of steps people have taken in their everyday lives to mitigate climate change
- Whether people are working in a job that causes emissions that contribute to climate change
- Whether people are working in a job that involves influencing related to climate change

# Structure of data 2019 (1/2)

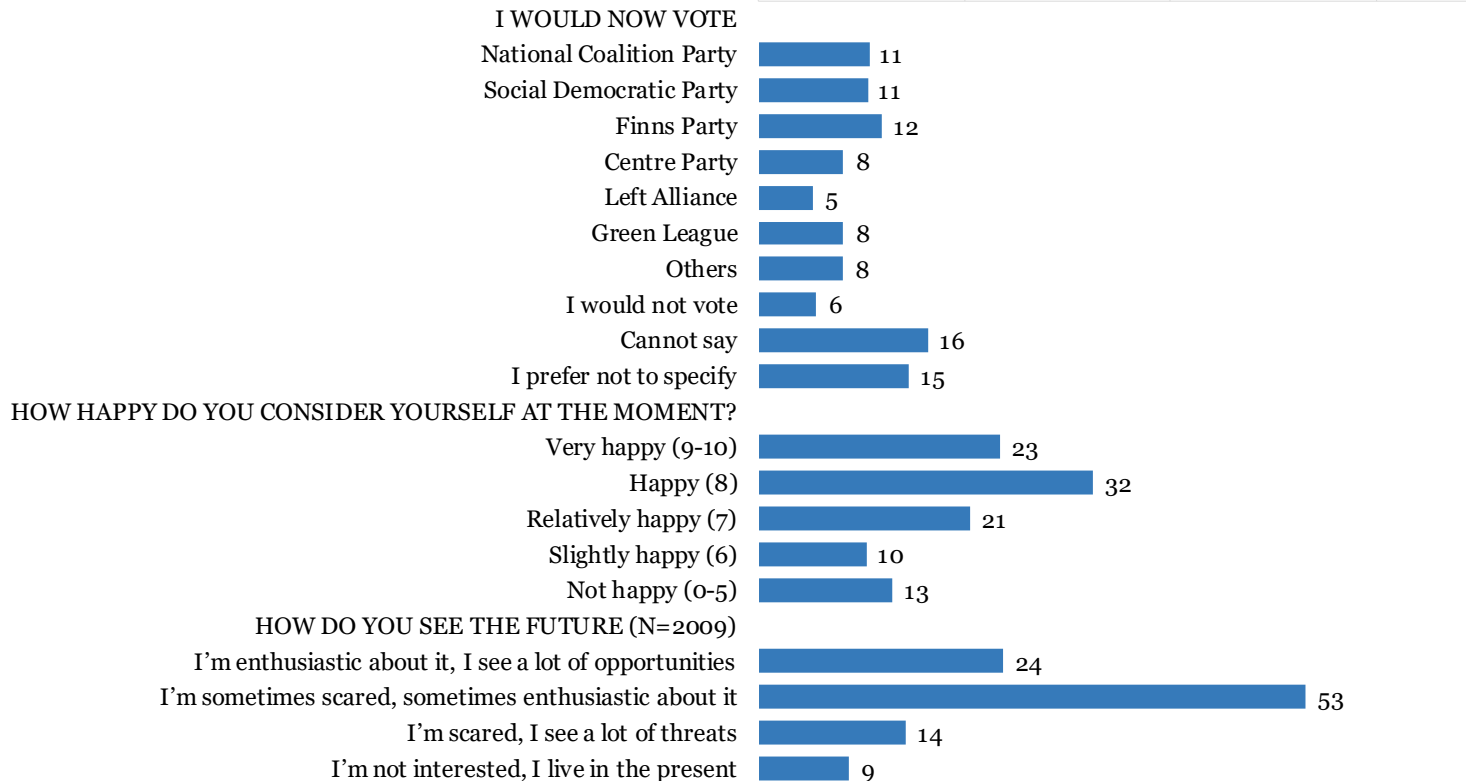
Total 2019 (n=2070)



# Structure of data 2019 (2/2)

Total 2019 (n=2070)

0% 20% 40% 60%



1 - Key findings: Observation of emotions related to climate change in oneself

## **Observation of emotions related to climate change in oneself – key findings**

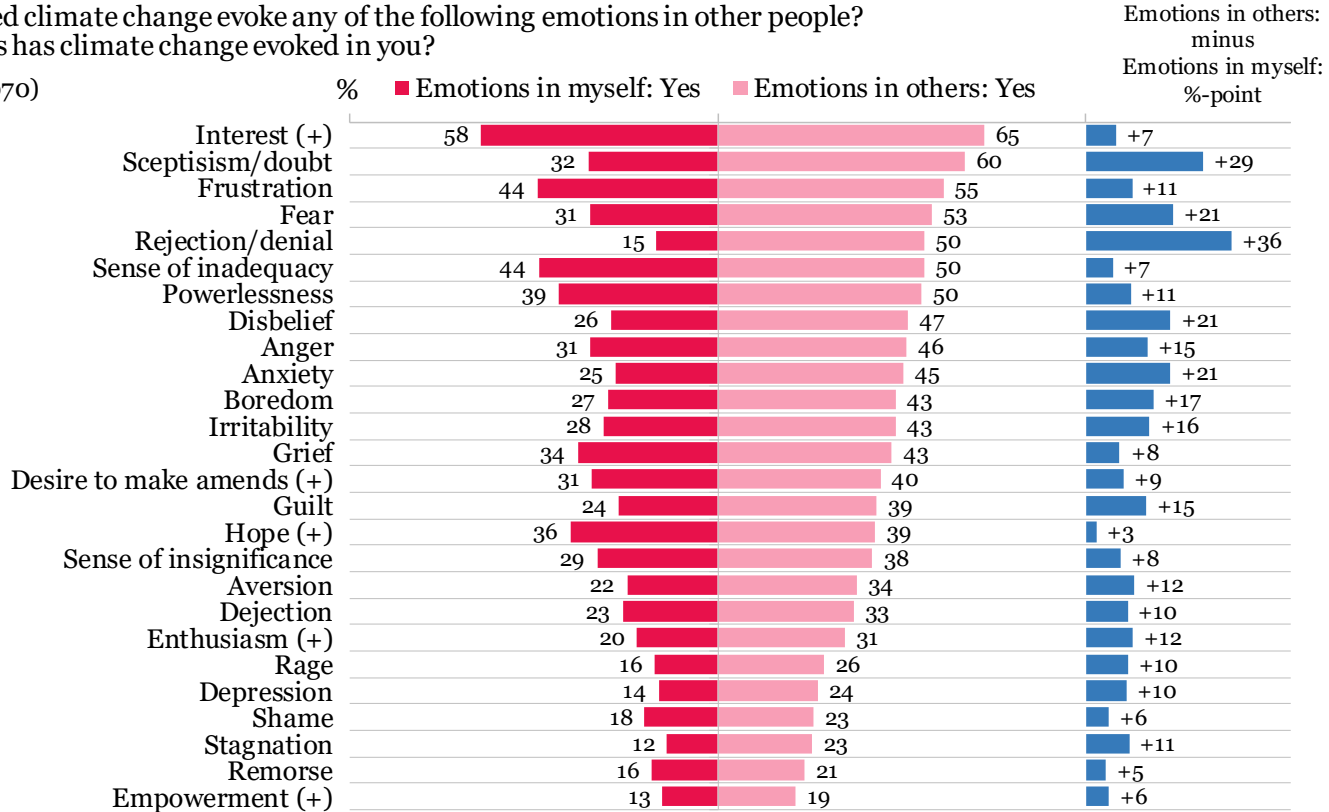
- A majority of respondents estimated that they had shown an interest in climate change issues. Feelings of frustration and a sense of inadequacy were reported by 44% of respondents. The most rarely felt emotions were stagnation (12%), empowerment (13%), depression (14%) or rejection/denial (15%).
- The strongest climate feelings indicated by the respondents were interest, enthusiasm, rage, hope, scepticism/doubt, a sense of inadequacy and anger. The least strong climate emotions were dejection, guilt, shame, remorse, stagnation, depression and fear.
- The respondents revealed that the feelings that most effectively increased their activity to mitigate climate change were interest, enthusiasm, hope, desire to make amends, guilt and fear. The emotions that least increased personal activity were boredom, rejection/denial, scepticism/doubt, disbelief, aversion, frustration and stagnation.



# Emotions evoked by climate change and their observation in other people

Have you noticed climate change evoke any of the following emotions in other people?  
Which emotions has climate change evoked in you?

Total 2019 (n=2070)



# Emotions evoked by climate change in oneself (1/2)

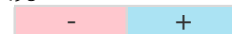
Statistically significant difference  
(95 % Confidence level)

- +

Which emotions has climate change evoked in you? (Yes, %)	Total	Gender		Age					Education		
	Total 2019 (n=2070)	Female (n=1045)	Male (n=1025)	Under 30 (n=449)	30-45 (n=443)	46-55 (n=320)	56-65 (n=322)	Over 65 (n=536)	Basic education (n=951)	Other education (n=773)	Academic degree (n=320)
Interest (+)	58	62	54	49	51	57	63	69	51	61	70
Frustration	44	52	36	40	50	46	47	39	41	49	43
Sense of inadequacy	44	55	33	38	43	49	47	45	40	46	52
Powerlessness	39	47	30	36	39	39	42	39	36	40	43
Hope (+)	36	38	34	34	27	33	35	48	33	38	38
Grief	34	44	24	34	36	36	34	32	32	36	39
Scepticism/doubt	32	28	36	25	33	32	35	34	32	33	27
Fear	31	39	23	37	32	33	28	27	31	32	33
Anger	31	37	25	31	32	39	34	25	31	31	32
Desire to make amends (+)	31	38	23	36	32	30	27	28	27	31	41
Sense of insignificance	29	32	27	30	34	32	27	25	31	29	28
Irritability	28	33	23	28	30	30	30	22	28	28	26
Boredom	27	23	31	27	29	28	28	23	30	24	25
Disbelief	26	27	25	26	25	31	25	25	28	25	21
Anxiety	25	32	18	33	28	26	21	17	25	23	29
Guilt	24	30	18	31	29	25	18	17	22	23	32
Dejection	23	29	17	25	26	24	22	19	23	23	26
Aversion	22	21	24	22	24	21	21	22	24	22	18
Enthusiasm (+)	20	21	18	22	16	17	16	24	19	20	22
Shame	18	22	14	26	20	17	14	12	19	17	19
Remorse	16	21	11	26	20	16	8	10	17	14	20
Rage	16	17	14	21	15	15	17	11	18	14	13
Rejection/denial	15	13	17	19	17	15	11	12	18	13	12
Depression	14	15	14	22	14	15	13	9	16	13	15
Empowerment (+)	13	13	14	18	13	10	11	13	14	12	15
Stagnation	12	14	11	19	15	12	8	8	14	10	12
Other	5	4	7	7	6	5	3	4	7	4	4

# Emotions evoked by climate change in oneself (2/2)

Statistically significant difference  
(95 % Confidence level)



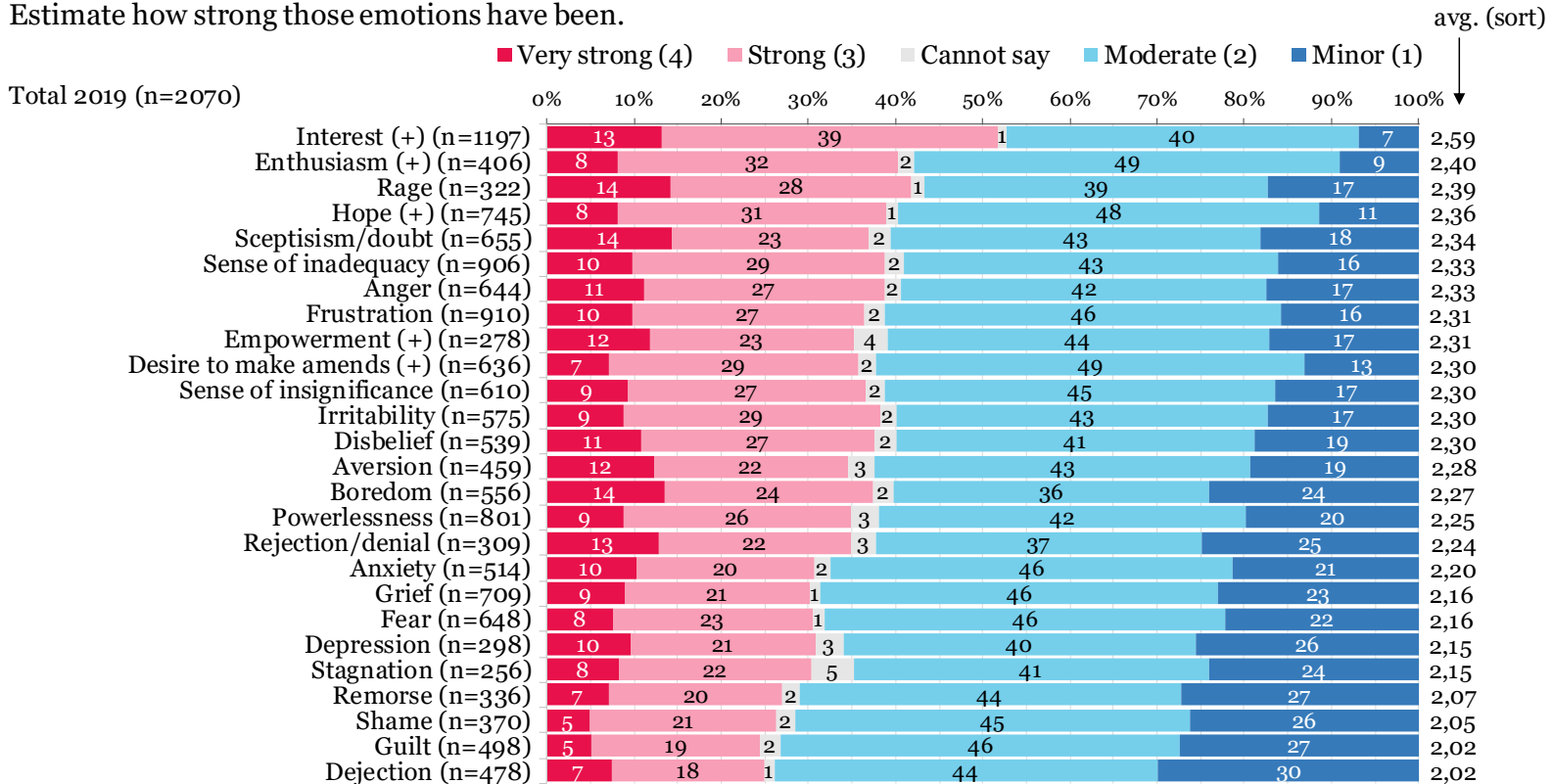
Which emotions has climate change evoked in you? (Yes, %)	Total	Professional background						Financial status of the household					Area (NUTS2, Capital region separately)				
	Total 2019 (n=2070)	Upper-level employees (n=231)*	Lower-level employees (n=183)**	Manual workers (n=482)	Self-employed persons (n=95)	Pensioner (n=646)	Other (n=433)	Very well off (n=220)	Quite well off (n=762)	I get by but have to consider carefully what I buy (n=662)	Must sometimes cut back on what I buy (n=245)	Have to cut back on almost everything (n=144)	Helsinki capital region (n=444)	Uusimaa (n=186)	Southern Finland (n=440)	Western Finland (n=518)	Northern Finland and Eastern Finland (n=482)
Interest (+)	58	57	58	53	61	65	52	64	61	56	50	54	64	63	60	53	54
Frustration	44	41	46	45	49	42	46	38	43	45	47	53	45	46	45	41	45
Sense of inadequacy	44	44	48	45	46	44	39	39	45	44	45	49	48	46	45	45	37
Powerlessness	39	33	42	40	36	40	38	29	40	38	39	51	44	41	41	34	35
Hope (+)	36	31	40	27	41	45	33	39	40	35	32	22	40	38	33	37	33
Grief	34	33	35	35	37	32	36	29	34	32	40	48	41	34	33	33	30
Scepticism/doubt	32	28	30	38	30	34	24	25	32	34	31	33	26	37	32	32	34
Fear	31	26	37	33	37	27	35	23	31	29	38	43	35	28	33	33	26
Anger	31	28	32	34	37	28	33	25	31	30	37	43	36	33	32	29	26
Desire to make amends (+)	31	30	33	30	28	28	35	36	33	27	30	30	38	37	28	27	28
Sense of insignificance	29	26	31	35	30	26	29	22	29	31	31	34	31	33	30	28	29
Irritability	28	23	25	32	33	24	31	21	28	27	31	40	28	32	30	27	24
Boredom	27	30	23	30	36	24	25	24	25	28	30	33	22	27	26	26	33
Disbelief	26	23	20	29	32	26	25	19	25	28	28	32	23	23	30	25	28
Anxiety	25	19	25	29	21	19	33	21	23	23	30	38	27	29	23	23	24
Guilt	24	25	26	29	20	17	28	22	26	20	28	30	27	28	23	24	21
Dejection	23	18	22	27	20	21	26	18	22	23	26	35	25	28	23	21	22
Aversion	22	17	20	25	23	24	20	16	22	21	24	35	21	21	24	20	24
Enthusiasm (+)	20	21	19	16	22	21	20	21	22	19	15	15	22	18	19	19	20
Shame	18	18	16	21	13	13	22	14	16	17	22	30	19	21	18	17	16
Remorse	16	16	16	21	16	10	20	19	16	15	19	17	15	22	16	16	15
Rage	16	12	9	19	18	14	18	10	14	16	19	26	15	17	17	15	15
Rejection/denial	15	12	10	21	10	13	16	11	14	17	14	19	12	16	15	16	16
Depression	14	11	14	17	15	11	19	8	13	15	16	25	14	16	16	13	15
Empowerment (+)	13	14	11	14	20	13	13	15	14	13	12	14	14	14	12	13	14
Stagnation	12	11	10	17	8	9	15	9	11	12	15	23	11	14	13	12	12
Other	5	5	2	8	4	4	6	4	4	6	7	6	4	6	5	5	6

\* Upper-level employees with administrative, managerial, professional and related occupations

\*\* Lower-level employees with administrative and clerical occupations

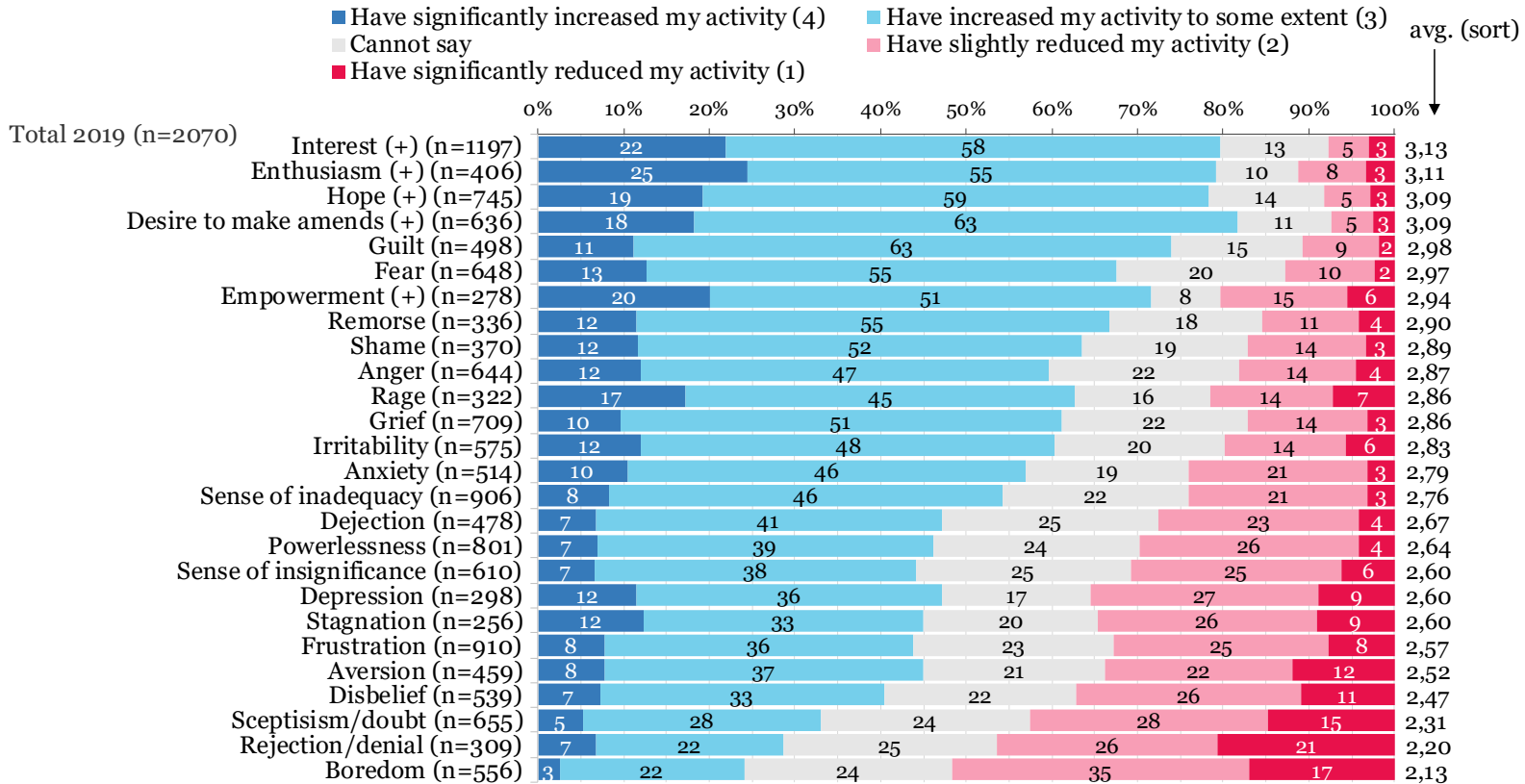
# The strength of the emotions evoked by climate change in oneself

Estimate how strong those emotions have been.



# The emotions felt and their impact on taking active steps to mitigate climate change

Estimate the impact of the emotions you have felt on how active measures you have taken for climate change mitigation.



2 - Key findings: Concern  
related to climate change  
and its impacts

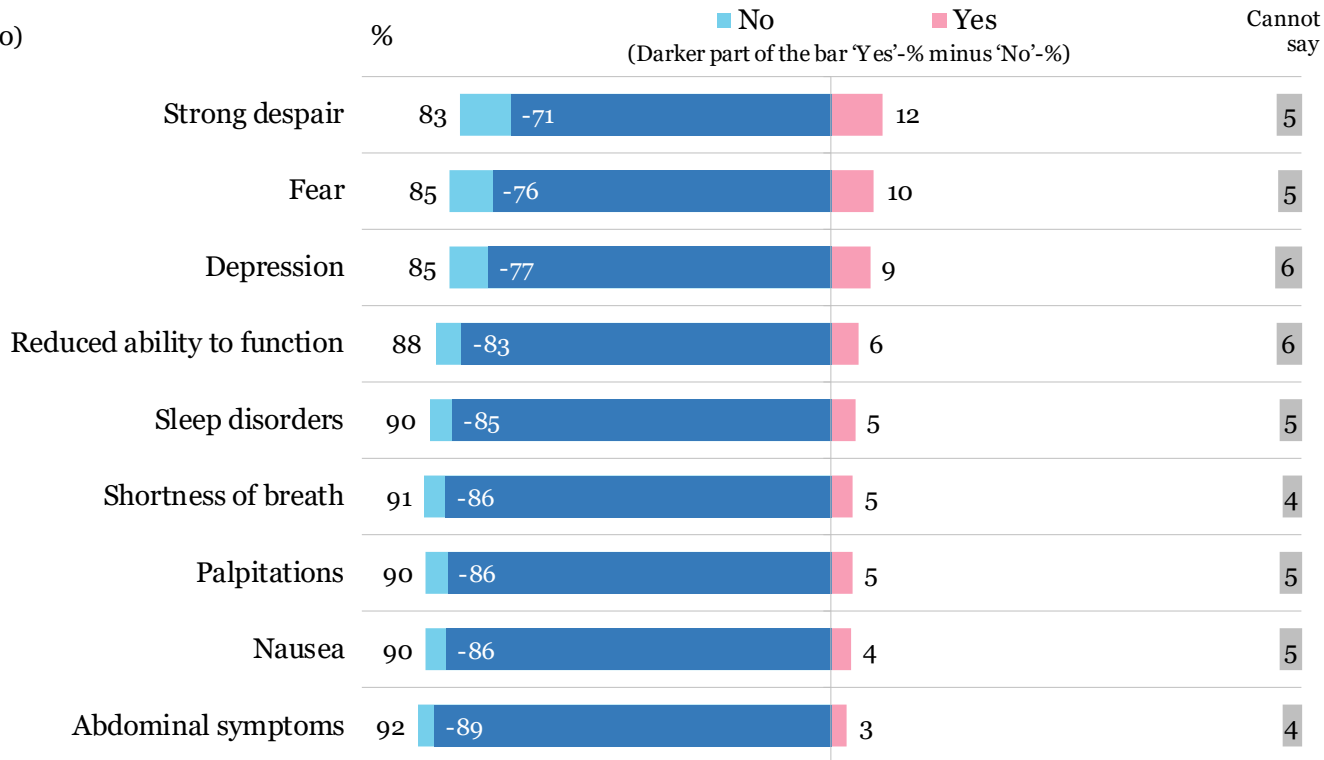
# Concern about climate change and the impacts of that concern – key findings

- More than half of the respondents (58%) are concerned about climate change. Women and those with an academic degree were concerned more often than others.
- Only a very few respondents reported any tangible impacts caused by climate change in themselves. If they did feel any impacts, the most common emotions causing them were despair (12%), fear (10%) and depression (9%). Only a very few people have experienced physical symptoms, such as abdominal discomfort (3%) or nausea (4%).
- Only 6% of the respondents estimated that the emotions evoked by climate change have adversely affected their capacity to work or to study. Those under the age of 30 had clearly felt adverse effects more often than others

# Feeling of various impacts of climate change in oneself

In your opinion, which of the following impacts have you felt as a result of climate change?

Total 2019 (n=2070)





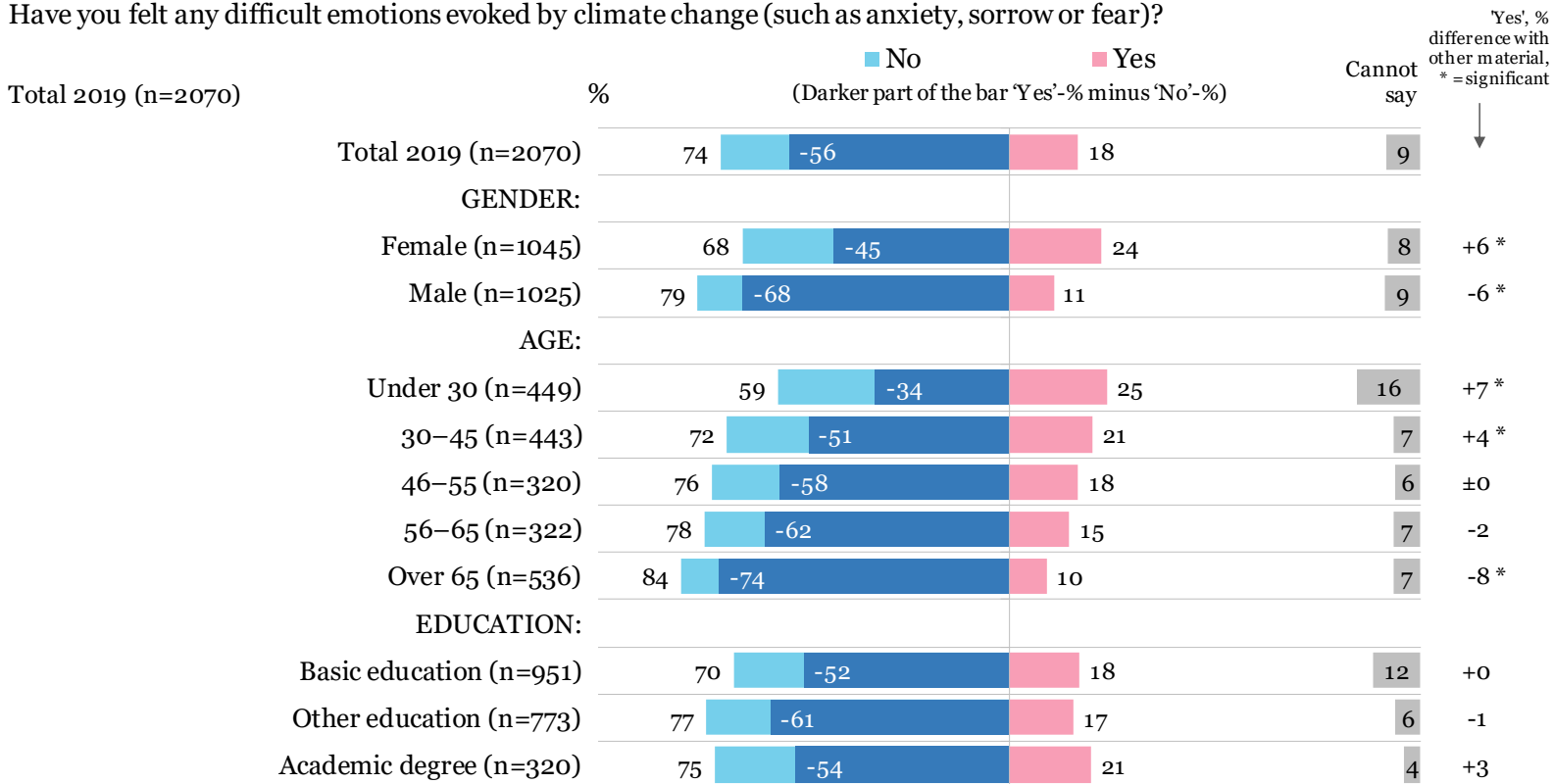
3 - Key findings: Feeling  
difficult climate emotions  
and managing them in  
different ways

# Feeling difficult climate emotions and managing them in different ways – key findings

- Less than one fifth (18%) of respondents over the age of 15 said that they had felt difficult emotions evoked by climate change, while as many as 74% had not experienced any difficult emotions. People who felt positive emotions more often than others included women, people under the age of 46, manual workers, unemployed people (group “others”) and those who feel that they struggle to make ends meet.
- The factors that most often evoked difficult climate emotions were the news (64%), politics (52%), examples of other people’s behaviour in regard to climate change (48%), documentary films and series (47%) and the weather (46%). The factor that evoked difficult climate emotions the least was the content of school or other educational institution curricula (8%).
- Practising an environmentally friendly lifestyle (80%) and being out in nature (75%) are estimated to help the most in managing the difficult emotions evoked by climate change. These were followed by talking about the topic (58%), acquiring information and learning more about the topic (56%), exercise and sport (53%), spending time with pets/animals (51%) and music, art and other cultural activities (50%).

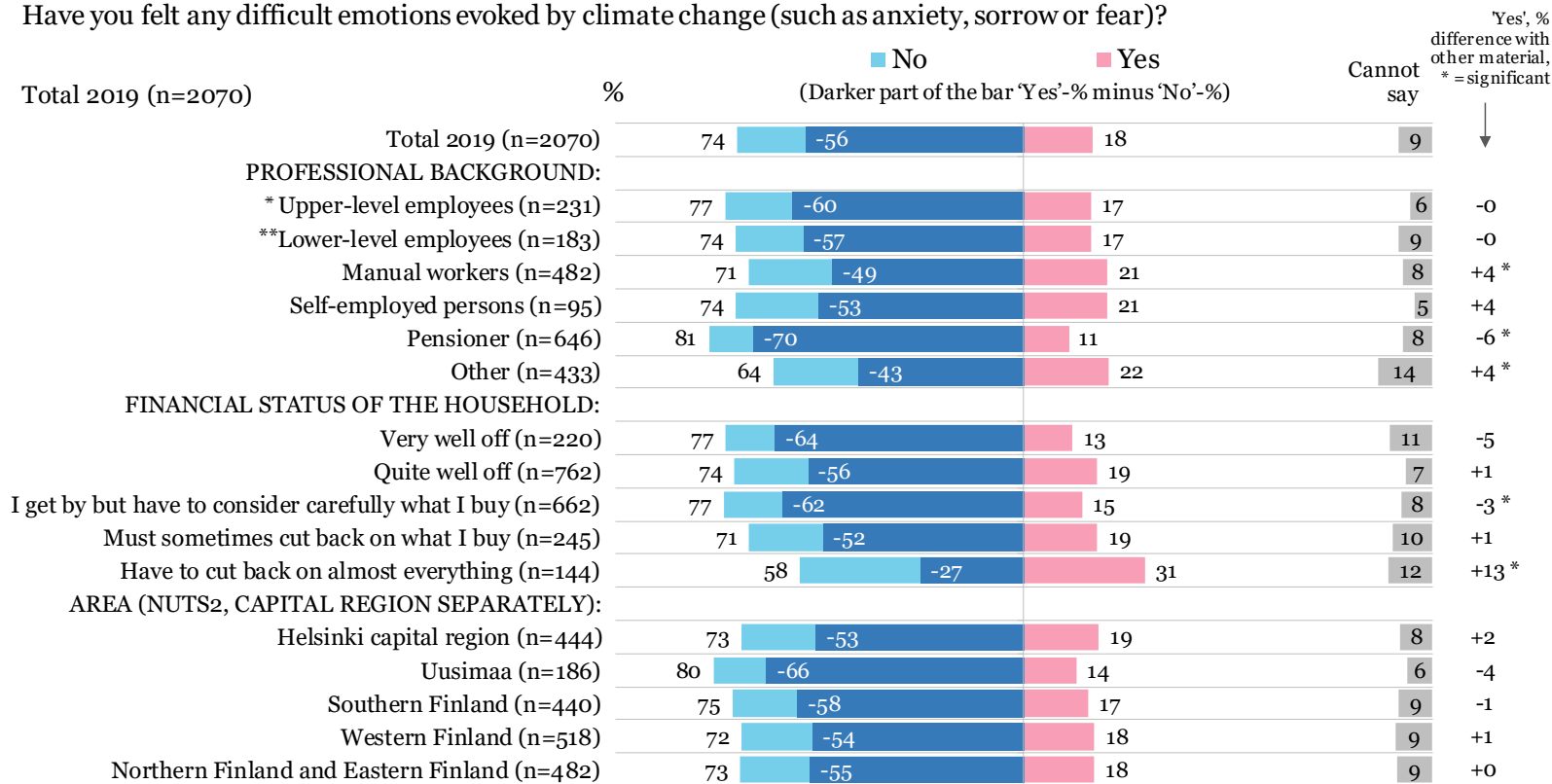
# Feeling difficult emotions evoked by climate change (1/2)

Have you felt any difficult emotions evoked by climate change (such as anxiety, sorrow or fear)?



# Feeling difficult emotions evoked by climate change (2/2)

Have you felt any difficult emotions evoked by climate change (such as anxiety, sorrow or fear)?



\* Upper-level employees with administrative, managerial, professional and related occupations

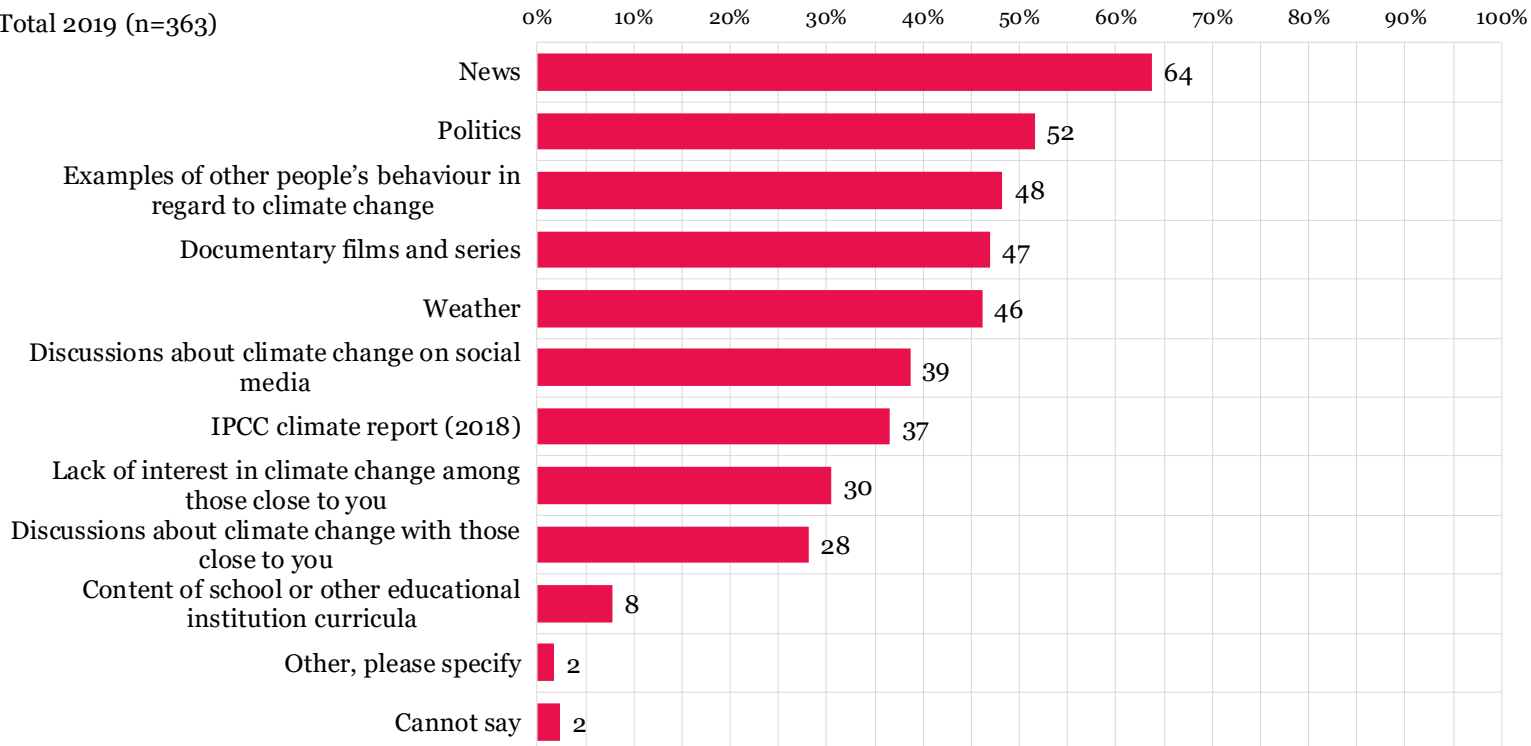
\*\* Lower-level employees with administrative and clerical occupations

# The factors that caused difficult climate emotions

What kinds of factors have evoked difficult climate emotions (such as anxiety, sorrow or fear) in you?

You may choose one or more option(s).

Total 2019 (n=363)



# The factors that caused difficult climate emotions (1/2)

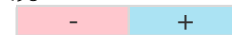
Statistically significant difference  
(95 % Confidence level)



What kinds of factors have evoked difficult climate emotions (such as anxiety, sorrow or fear) in you? You may choose one or more option(s). (n=363)	Total	Gender		Age					Education		
	Total 2019 (n=363)	Female (n=246)	Male (n=117)	Under 30 (n=112)	30-45 (n=94)	46-55 (n=56)	56-65 (n=50)	Over 65 (n=52)	Basic education (n=169)	Other education (n=128)	Academic degree (n=67)
News	64	71	49	56	64	72	76	59	58	67	71
Politics	52	50	55	42	56	62	53	53	44	53	68
Examples of other people's behaviour in regard to climate change	48	50	44	47	50	49	49	47	48	50	48
Documentary films and series	47	52	36	45	47	50	57	39	44	53	44
Weather	46	49	41	41	46	39	58	53	46	48	44
Discussions about climate change on social media	39	40	36	39	46	33	42	29	38	40	39
IPCC climate report (2018)	37	37	35	30	37	34	30	58	29	37	55
Lack of interest in climate change among those close to you	30	31	29	35	30	32	28	23	33	28	30
Discussions about climate change with those close to you	28	32	20	33	31	15	31	23	30	25	29
Content of school or other educational institution curricula	8	8	7	15	2	7	2	9	8	8	6
Other, please specify	2	1	4	0	5	2	0	2	2	2	1
Cannot say	2	3	2	3	3	2	0	2	1	3	3

# The factors that caused difficult climate emotions (2/2)

Statistically significant difference  
(95 % Confidence level)



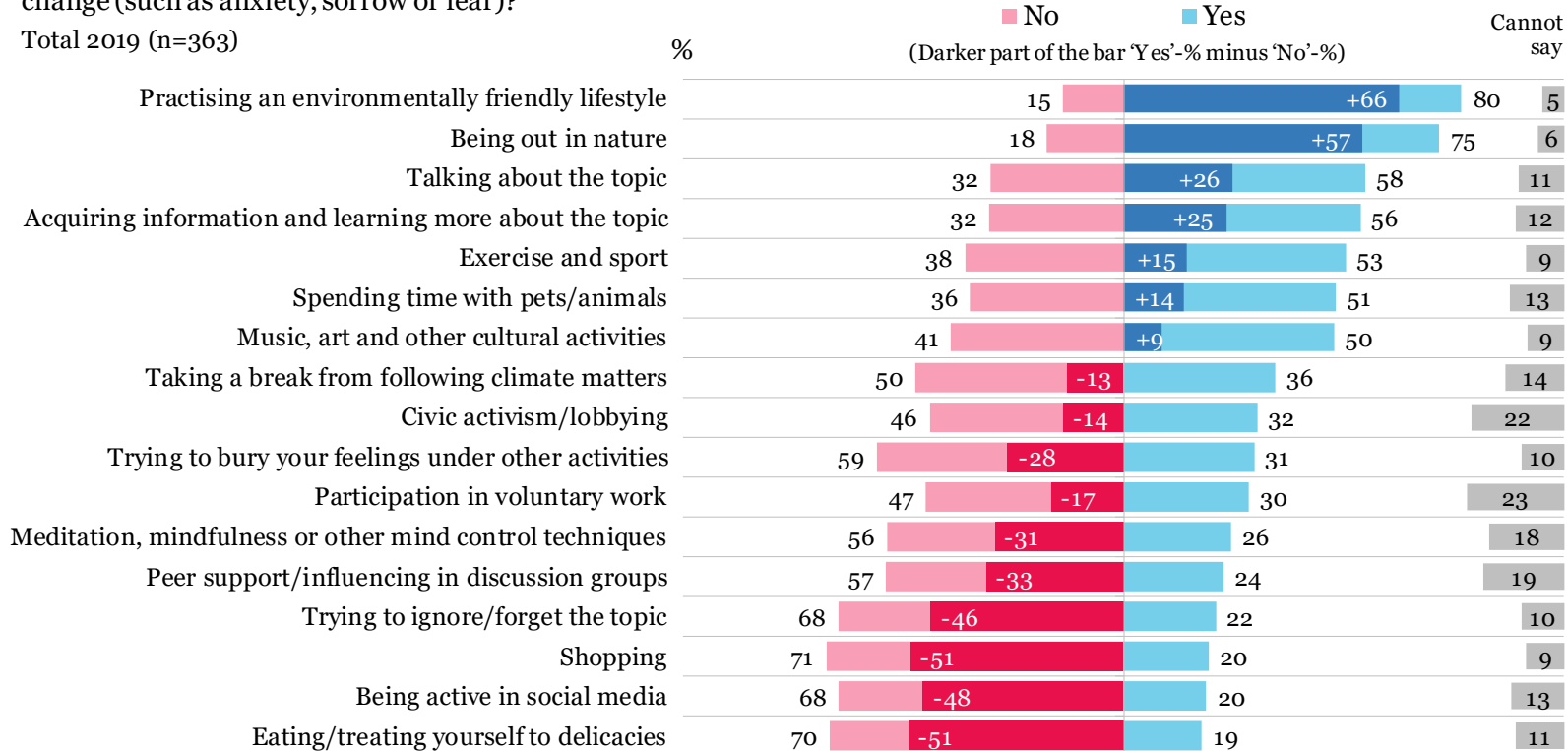
What kinds of factors have evoked difficult climate emotions (such as anxiety, sorrow or fear) in you? You may choose one or more option(s). (n=363)	Total	Professional background						Financial status of the household					Area (NUTS2, Capital region separately)				
	Total 2019 (n=363)	Upper-level employees (n=40)*	Lower-level employees (n=32)**	Manual workers (n=103)	Self-employed persons (n=20)	Pensioner (n=74)	Other (n=94)	Very well off (n=28)	Quite well off (n=143)	I get by but have to consider carefully what I buy (n=99)	Must sometimes cut back on what I buy (n=46)	Have to cut back on almost everything (n=44)	Helsinki capital region (n=85)	Uusimaa (n=25)	Southern Finland (n=73)	Western Finland (n=94)	Northern Finland and Eastern Finland (n=86)
News	64	67	79	51	69	70	65	49	65	65	67	64	67	53	63	63	65
Politics	52	72	39	47	52	54	51	40	53	55	38	63	59	49	59	52	39
Examples of other people's behaviour in regard to climate change	48	44	34	50	37	54	51	31	45	48	60	55	52	48	48	43	50
Documentary films and series	47	41	53	46	46	48	48	34	47	44	48	61	47	39	50	49	45
Weather	46	35	56	50	36	53	40	33	38	54	46	58	40	35	44	43	60
Discussions about climate change on social media	39	38	36	43	40	33	39	25	37	51	34	31	41	26	45	44	29
IPCC climate report (2018)	37	42	45	26	26	46	38	31	38	34	35	41	49	21	37	34	32
Lack of interest in climate change among those close to you	30	25	31	35	21	26	34	34	27	35	26	36	27	37	32	34	27
Discussions about climate change with those close to you	28	21	24	31	34	28	29	41	27	27	22	32	28	31	23	29	31
Content of school or other educational institution curricula	8	2	2	12	4	9	7	4	5	8	18	7	4	12	6	11	8
Other, please specify	2	4	0	3	0	2	1	0	2	1	5	0	3	0	0	3	1
Cannot say	2	3	0	2	5	2	4	0	3	3	0	4	1	0	1	2	5

\* Upper-level employees with administrative, managerial, professional and related occupations

\*\* Lower-level employees with administrative and clerical occupations

# Methods that help people in the management of the difficult emotions evoked by climate change

Do any of the following means help you manage the difficult emotions evoked by climate change (such as anxiety, sorrow or fear)?





4 - Key findings: Feeling  
positive climate emotions  
and their impacts

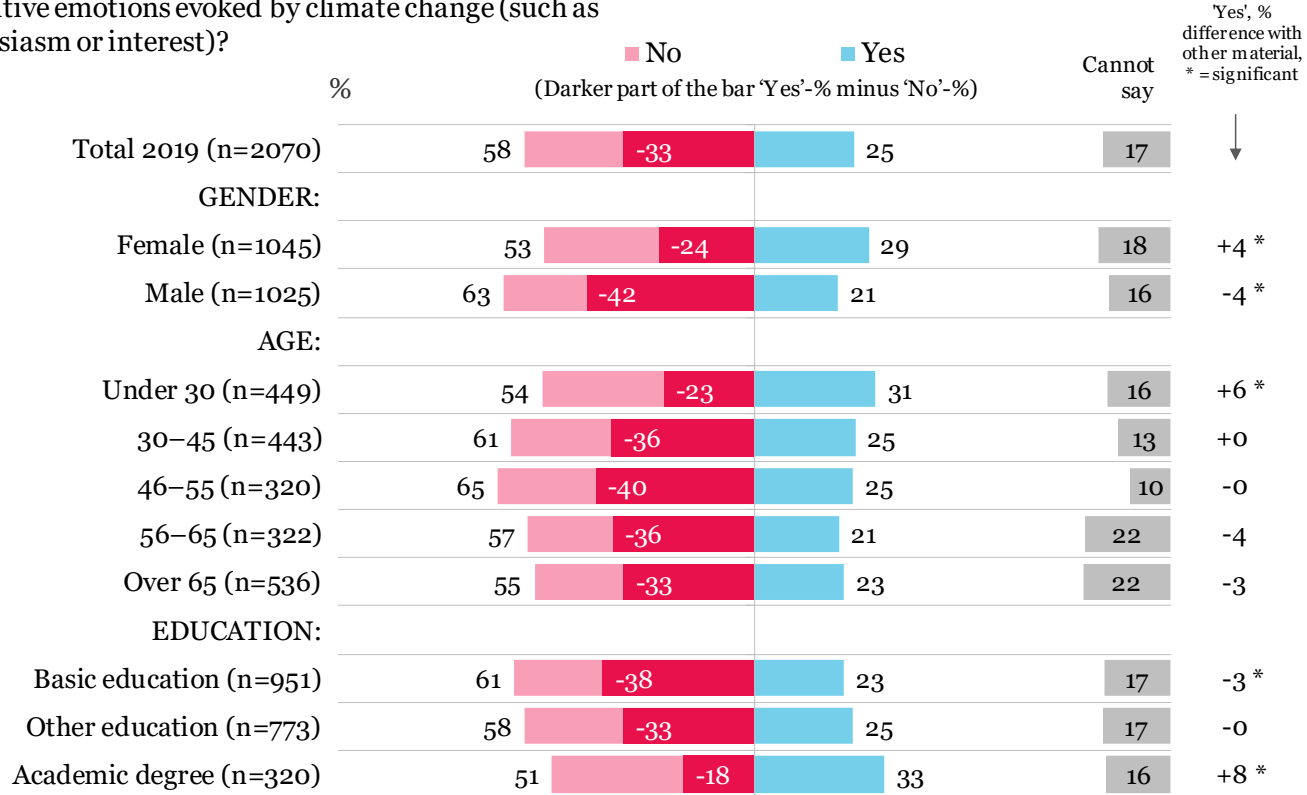
# Feeling positive climate emotions and their impacts – key findings

- A quarter of the respondents estimated that they had felt positive emotions evoked by climate change, while some 58% of the respondents did not feel anything positive. People who felt positive emotions more often than others included women, people under the age of 30, those with an academic degree, those considered to be well off and those living in the Helsinki capital region.
- Positive climate emotions were most evoked by the news (45%), examples of other people's behaviour (40%) and discussions about climate change with people closest to them (37%). The matters that evoked the least positive climate emotions included the content of school or other educational institution curricula (15%), the IPCC climate report (16%) and politics (19%).
- Politics, the IPCC climate report, the news, weather and discussions about climate change on social media clearly evoked more difficult than positive climate emotions. On the other hand, discussions about climate change with close friends or family , interest in climate change among close friends or family and the content of school or other educational institution curricula evoked more positive than difficult climate emotions.

# Whether the respondents felt positive climate emotions (1/2)

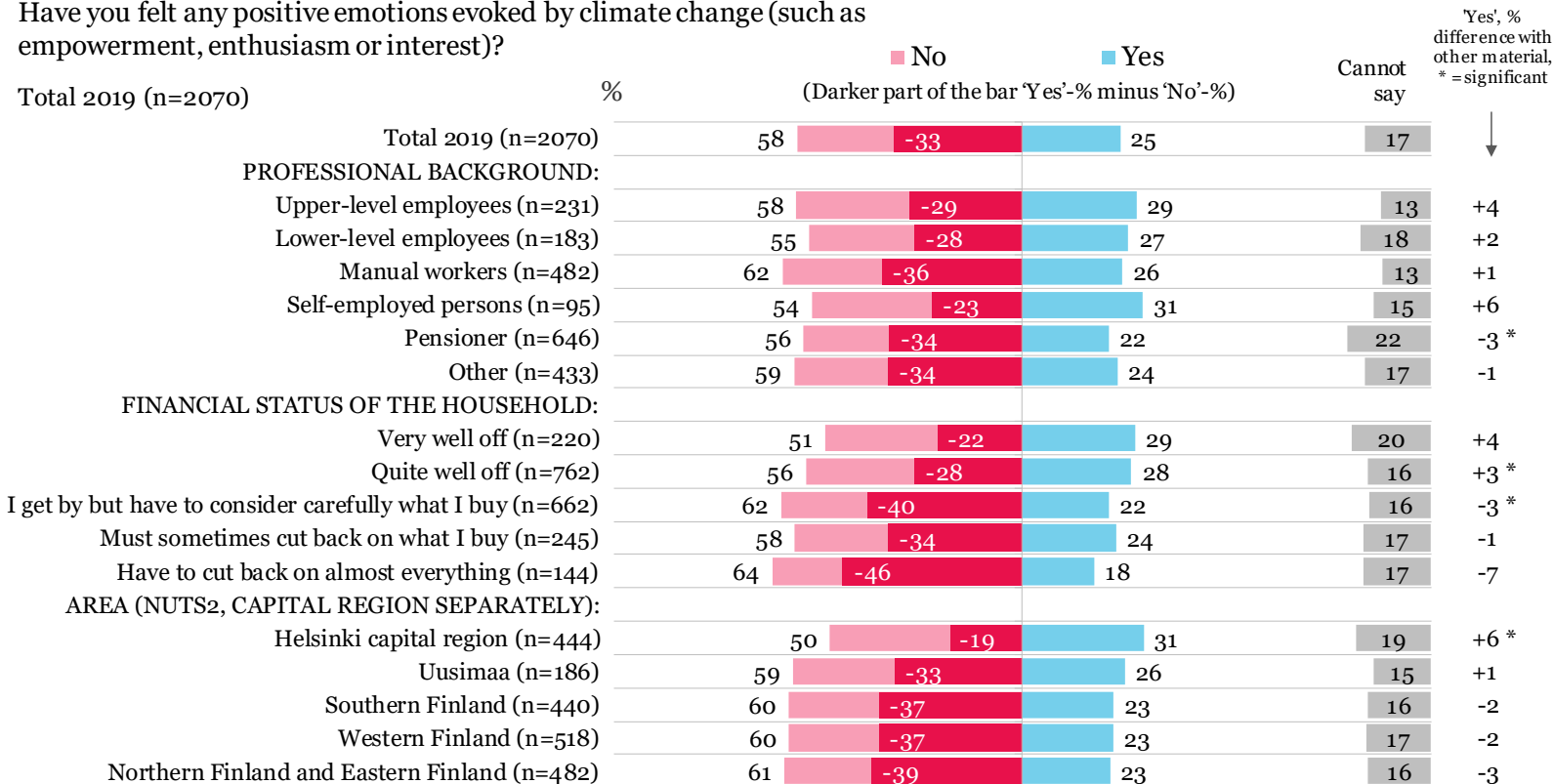
Have you felt any positive emotions evoked by climate change (such as empowerment, enthusiasm or interest)?

Total 2019 (n=2070)



# Whether the respondents felt positive climate emotions (2/2)

Have you felt any positive emotions evoked by climate change (such as empowerment, enthusiasm or interest)?



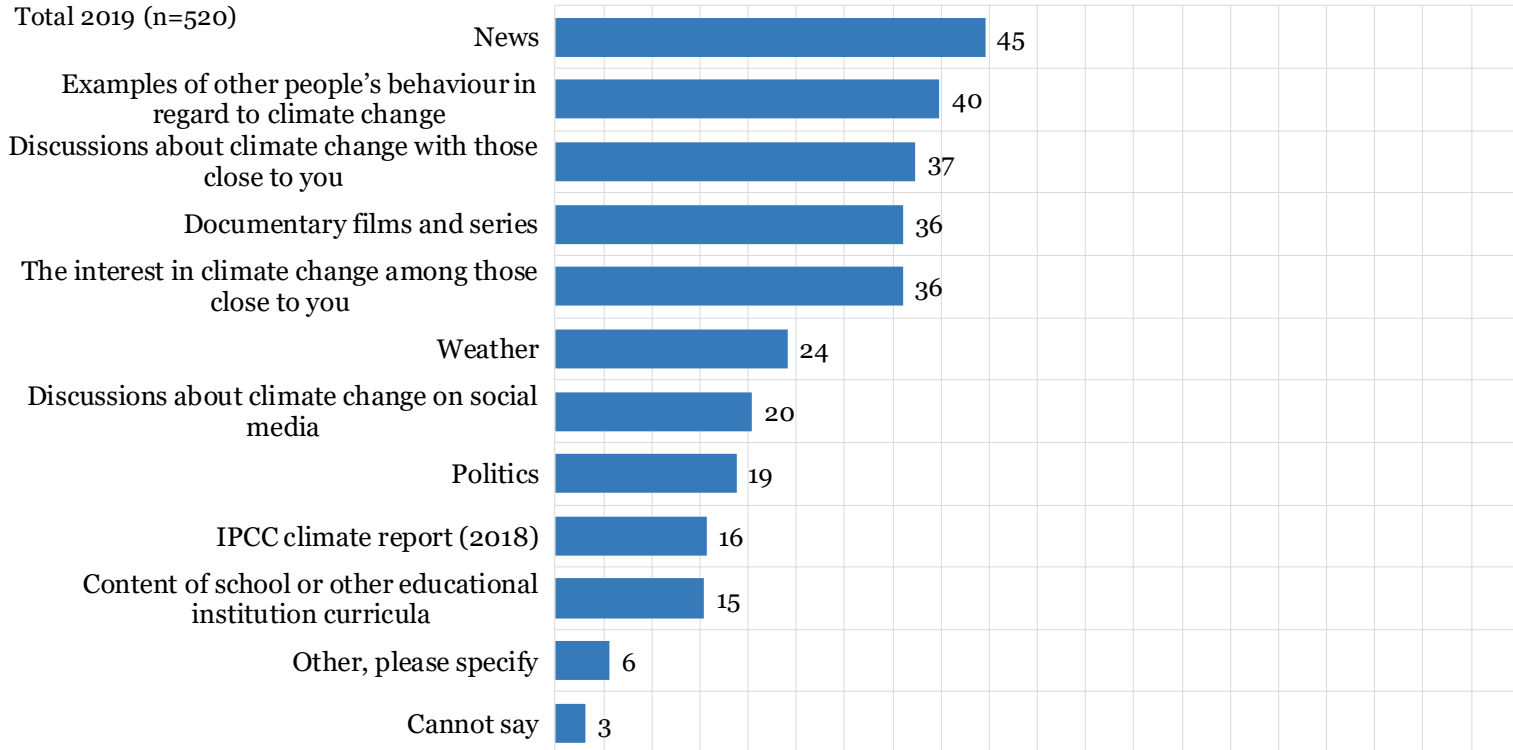
# The kinds of factors that evoked positive climate emotions

What kinds of factors have evoked positive climate emotions (such as empowerment, enthusiasm or interest)?

You may choose one or more option(s).

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Total 2019 (n=520)



# The kinds of factors that evoked positive climate emotions (1/2)

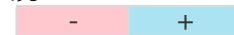
Statistically significant difference  
(95 % Confidence level)



What kinds of factors have evoked positive climate emotions (such as empowerment, enthusiasm or interest)? You may choose one or more option(s). (n=520) (%)	Total	Gender		Age					Education		
	Total 2019 (n=520)	Female (n=303)	Male (n=217)	Under 30 (n=138)	30-45 (n=113)	46-55 (n=80)	56-65 (n=68)	Over 65 (n=121)	Basic education (n=214)	Other education (n=193)	Academic degree (n=105)
News	45	43	46	39	32	47	51	58	43	48	41
Examples of other people's behaviour in regard to climate change	40	46	32	40	47	39	37	35	34	44	46
Discussions about climate change with those close to you	37	38	36	37	32	29	41	47	31	46	35
Documentary films and series	36	35	37	34	32	37	43	38	32	43	34
The interest in climate change among those close to you	36	38	33	34	35	31	39	40	31	40	40
Weather	24	22	28	24	19	25	18	32	28	23	16
Discussions about climate change on social media	20	23	17	34	22	14	10	14	28	14	15
Politics	19	17	21	19	12	21	14	26	20	18	19
IPCC climate report (2018)	16	12	20	11	11	6	19	30	13	17	21
Content of school or other educational institution curricula	15	17	14	32	8	12	6	11	19	11	13
Other, please specify	6	6	5	2	7	8	7	6	4	5	10
Cannot say	3	2	4	2	6	3	4	2	3	3	4

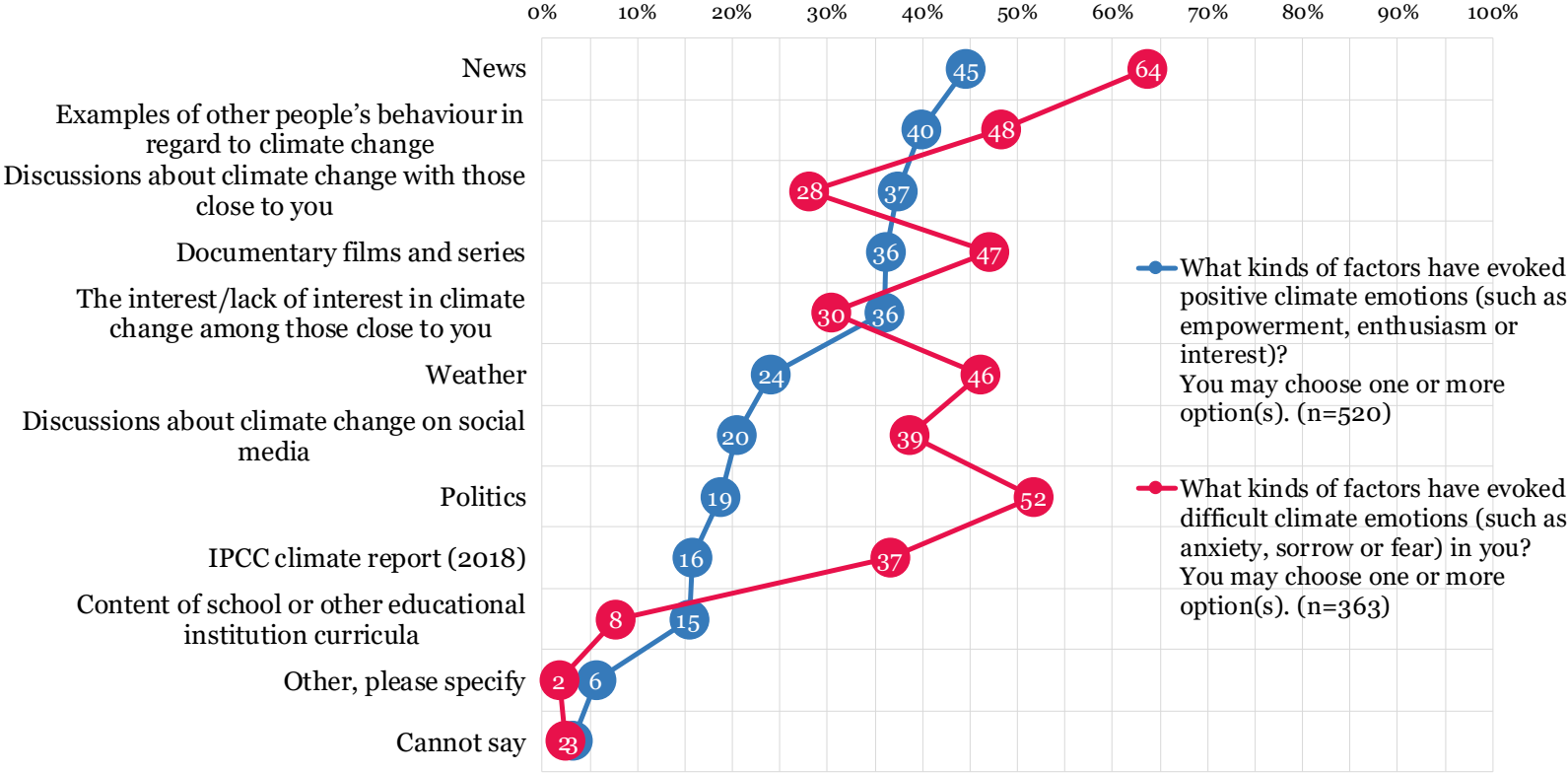
# The kinds of factors that evoked positive climate emotions (2/2)

Statistically significant difference  
(95 % Confidence level)



What kinds of factors have evoked positive climate emotions (such as empowerment, enthusiasm or interest)? You may choose one or more option(s). (n=520) (%)	Total	Professional background						Financial status of the household					Area (NUTS2, Capital region separately)				
	Total 2019 (n=520)	Upper-level employees (n=68)	Lower-level employees (n=50)	Manual workers (n=124)	Self-employed persons (n=30)	Pensioner (n=144)	Other (n=106)	Very well off (n=64)	Quite well off (n=214)	I get by but have to consider carefully what I buy (n=147)	Must sometimes cut back on what I buy (n=59)	Have to cut back on almost everything (n=26)	Helsinki capital region (n=138)	Uusimaa (n=49)	Southern Finland (n=103)	Western Finland (n=121)	Northern Finland and Eastern Finland (n=108)
News	45	43	41	41	48	57	34	42	43	51	39	50	45	35	48	51	39
Examples of other people's behaviour in regard to climate change	40	48	27	36	38	37	50	52	39	30	47	66	43	31	35	45	38
Discussions about climate change with those close to you	37	36	40	35	25	45	32	42	33	44	39	30	40	35	39	42	28
Documentary films and series	36	30	54	33	28	40	32	35	37	36	38	33	44	23	37	36	31
The interest in climate change among those close to you	36	35	24	39	52	39	30	38	34	35	46	45	43	32	36	36	29
Weather	24	19	28	25	33	27	19	13	25	30	23	14	21	24	27	33	15
Discussions about climate change on social media	20	15	10	21	23	15	35	21	17	24	24	21	17	22	17	26	21
Politics	19	23	18	17	27	21	14	14	20	23	15	18	16	8	24	25	16
IPCC climate report (2018)	16	12	18	11	18	25	9	25	17	17	5	7	15	30	13	14	14
Content of school or other educational institution curricula	15	14	12	15	0	11	29	17	14	16	15	26	12	9	18	20	15
Other, please specify	6	7	4	3	3	6	9	2	6	5	8	8	7	7	4	5	6
Cannot say	3	3	2	3	4	4	3	1	3	4	2	0	2	0	3	4	4

# The kinds of factors that evoked positive or difficult climate emotions





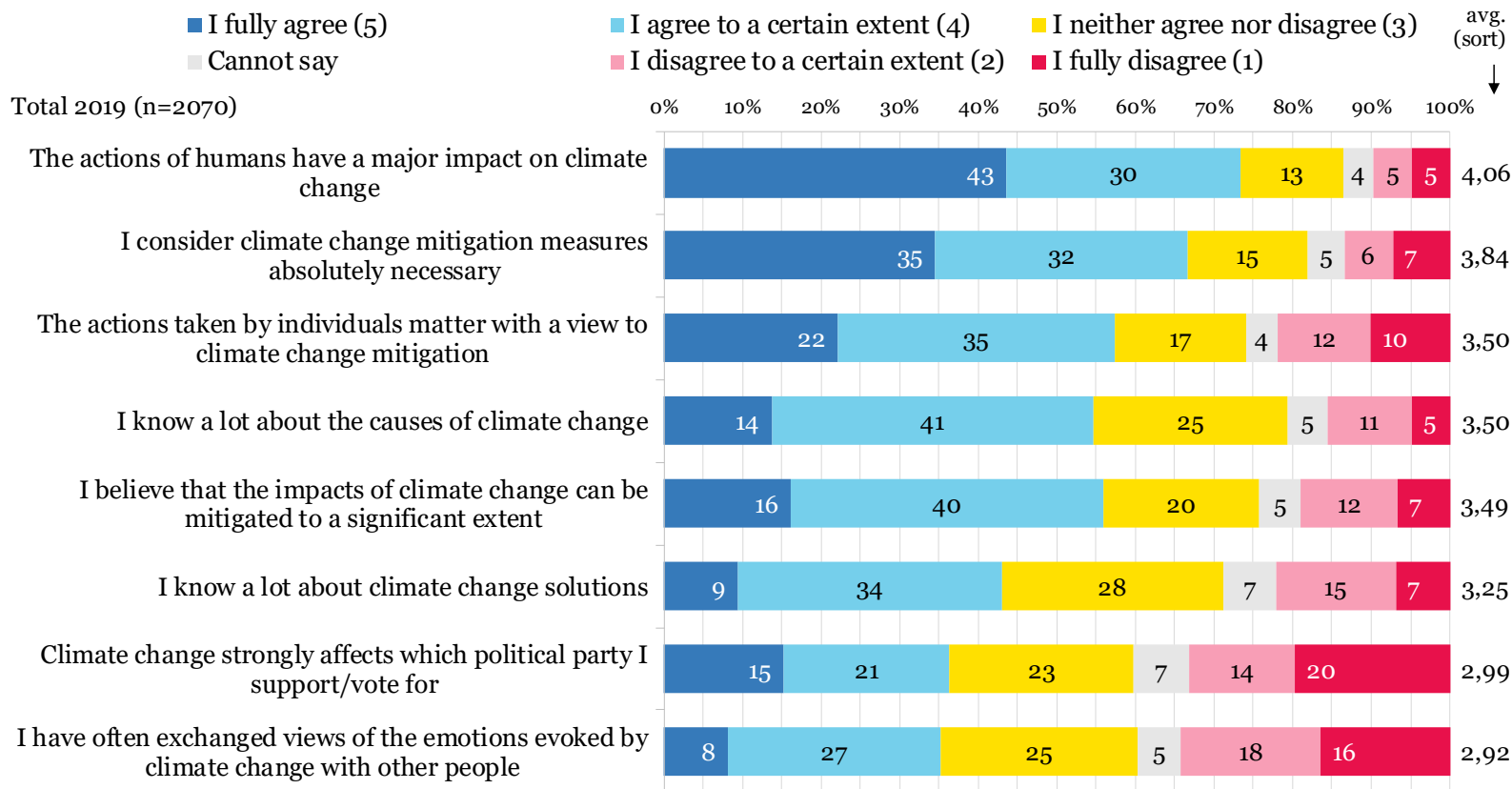
5 - Key findings: Attitudes  
related to climate change  
and one's own actions

## **Attitudes towards climate change and one's own actions – key findings**

- A clear majority of respondents (73%) were of the opinion that humans have a major impact on climate change. Some 67% of the respondents considered climate change mitigation measures absolutely necessary. A majority also agreed that the actions taken by individuals matter with a view to climate change mitigation (57%) and that they know a lot about the causes of climate change (55%) and believe that the impacts of climate change can be mitigated to a significant extent (56%).
- Almost half (46%) of the respondents estimated that they have taken active steps in their everyday life to mitigate climate change. Most often such estimates were made by women, people over the age of 55, those with an academic degree, pensioners, those considered to be very well off and those living in the Helsinki capital region and Uusimaa.
- Those who estimated that they have taken active steps in their everyday lives to mitigate climate change reported that they have changed their consumption habits (75%) or dietary habits (52%) or that they have changed the way they live (45%) or their mobility habits (44%). Almost one fifth (19%) of respondents estimated that they have compensated for some of their emissions.

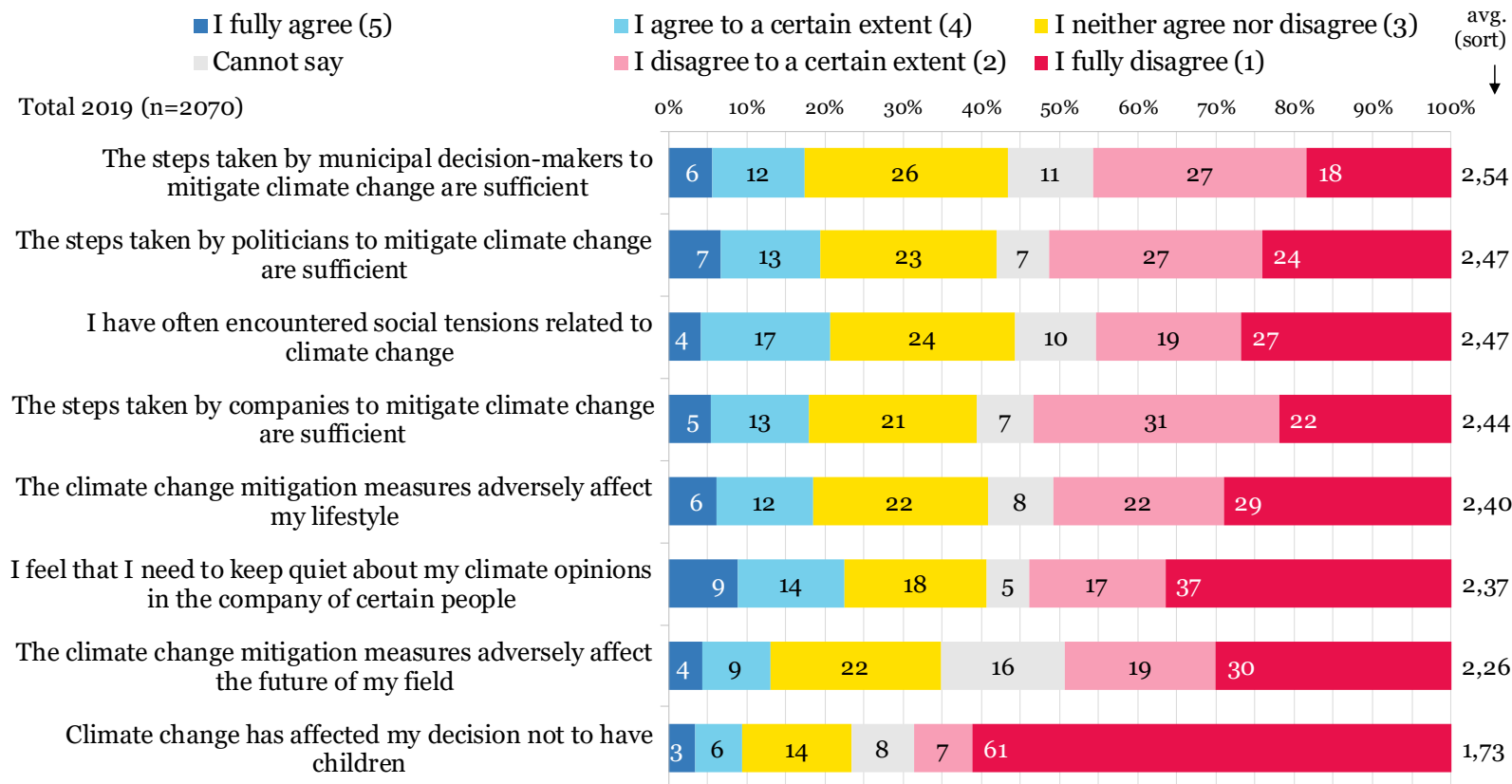
# Attitudes related to climate change(1/2)

To what extent do you agree or disagree with the following statements?



# Attitudes related to climate change (2/2)

To what extent do you agree or disagree with the following statements?

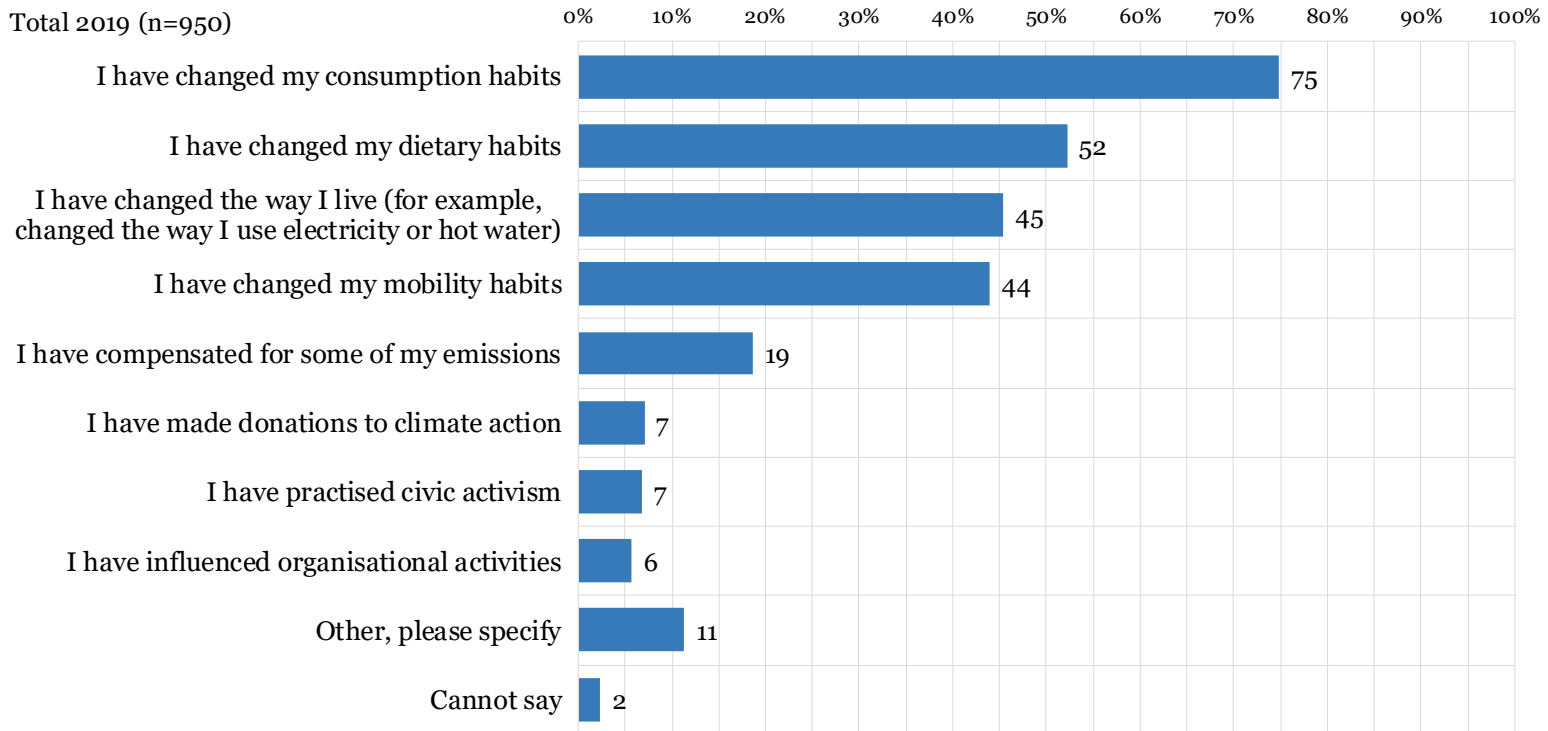


# The kinds of steps people have taken in their everyday lives to mitigate climate change

What kinds of active steps have you taken to mitigate climate change in your own everyday life?

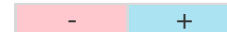
You may choose one or more option(s).

Total 2019 (n=950)



# The kinds of steps people have taken in their everyday lives to mitigate climate change (1/2)

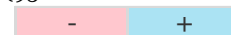
Statistically significant difference  
(95 % Confidence level)



	Total	Gender		Age					Education		
What kinds of active steps have you taken to mitigate climate change in your own everyday life? You may choose one or more option(s). (%)	Total 2019 (n=950)	Female (n=581)	Male (n=369)	Under 30 (n=177)	30-45 (n=177)	46-55 (n=150)	56-65 (n=172)	Over 65 (n=274)	Basic education (n=359)	Other education (n=390)	Academic degree (n=194)
I have changed my consumption habits	75	79	68	73	86	78	68	71	69	77	82
I have changed my dietary habits	52	58	44	57	57	47	47	52	47	53	61
I have changed the way I live (for example, changed the way I use electricity or hot water)	45	47	43	47	46	44	48	44	44	47	45
I have changed my mobility habits	44	45	42	54	48	41	39	39	43	43	47
I have compensated for some of my emissions	19	19	18	22	16	19	22	16	22	18	15
I have made donations to climate action	7	7	8	7	9	6	5	8	3	8	13
I have practised civic activism	7	7	7	11	10	3	7	4	7	5	10
I have influenced organisational activities	6	4	8	7	5	3	3	8	4	4	12
Other, please specify	11	11	11	5	11	15	16	11	12	12	9
Cannot say	2	2	3	2	1	2	2	4	2	2	2

# The kinds of steps people have taken in their everyday lives to mitigate climate change (2/2)

Statistically significant difference  
(95 % Confidence level)



What kinds of active steps have you taken to mitigate climate change in your own everyday life? You may choose one or more option(s). (%)	Total	Professional background						Financial status of the household					Area (NUTS2, Capital region separately)				
	Total 2019 (n=950)	Upper-level employees (n=106)	Lower-level employees (n=91)	Manual workers (n=206)	Self-employed persons (n=47)	Pensioner (n=327)	Other (n=173)	Very well off (n=119)	Quite well off (n=357)	I get by but have to consider carefully what I buy (n=306)	Must sometimes cut back on what I buy (n=98)	Have to cut back on almost everything (n=60)	Helsinki capital region (n=240)	Uusimaa (n=105)	Southern Finland (n=183)	Western Finland (n=221)	Northern Finland and Eastern Finland (n=200)
I have changed my consumption habits	75	81	77	76	71	70	78	67	76	75	74	83	77	69	71	77	76
I have changed my dietary habits	52	54	53	54	34	51	57	51	52	54	52	46	61	50	46	53	48
I have changed the way I live (for example, changed the way I use electricity or hot water)	45	40	43	44	61	47	44	48	42	49	44	51	38	36	46	54	49
I have changed my mobility habits	44	41	49	45	41	40	50	41	44	43	42	54	47	33	48	43	44
I have compensated for some of my emissions	19	19	18	17	15	18	24	22	17	18	19	24	16	12	17	26	20
I have made donations to climate action	7	9	11	3	3	7	9	9	8	6	6	3	11	5	8	7	3
I have practised civic activism	7	7	2	8	7	5	11	11	6	5	6	14	8	6	8	7	5
I have influenced organisational activities	6	5	2	4	9	7	6	5	6	6	2	6	7	3	6	6	5
Other, please specify	11	10	9	12	11	11	13	10	12	8	18	17	9	11	12	13	11
Cannot say	2	1	1	1	2	4	3	3	2	2	5	0	2	1	2	3	3