

Impact of Climate Change and Counselling Strategies in Curbing Problems Linked with Climate Change

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Abstract

The study investigated impact of climate change and counselling strategies in curbing problems linked with climate change. Descriptive survey design was adopted for this study. The sample comprised of 250 counsellors in Anambra state. An instrument titled “Impact of Climate Change and Counselling Strategies in Curbing Problems Linked with Climate Change Questionnaire” (ICCCSCPLCCQ) was used in collecting data for the study. Two experts in Guidance and Counselling and one in Measurement and Evaluation validated the instrument. Two research questions guided the study. The data collected were analyzed using weighted mean. The findings revealed that climate change impacted on people and environment directly and indirectly. Direct impact involves first hand exposure to geographical changes such as flood, heat waves, economic loss, among others; while indirectly refers to emotional repercussion that results from climate change such as anxiety, stress, depression, among others. Effective counselling strategies found are individual and group counselling, cognitive reframing, resilience, self-efficacy, optimism, among others. Based on the findings, it was recommended that schools should develop

curricula literacy with focus on the psychological effect of climate change, raise awareness, organize workshop on climate change, among others.

Keywords: climate change, eco anxiety, depression, solastalgia, counselling strategies

Introduction

Climate change refers to a long period of planet warming due to increase in average temperature and precipitation in a given area. NASA (2021) defined climate change as long-term changes in the average weather patterns that characterized the earth's local, regional and global climates. In other words, it could be described as relative changes in the meteorological parameters such as precipitation, wind pattern, temperature, among others, over a long period of time. This warming is primarily caused by human activities that release carbon dioxide, nitro oxide, methane from industrial activities, burning of fossils like coals, oil and gas, deforestation, and agricultural practices (Ebele & Emodi, 2016; United Nations, 2021). According to the United Nations Framework Convention on Climate Change, climate change is attributed directly and indirectly to activities that alter the composition of the atmosphere over a long period of time (Breiden et al., 1988). In a nutshell, these activities are termed human mismanagement of the planet and this has disastrous effect on environment and human health. All these activities deplete the ozone layer that reduces the amount of carbon absorbed from the atmosphere and increases the temperature of the atmosphere (Okorie et al., 2020).

Research evidence has indicated upsurge in earth's temperature over few decades ago; average global temperatures has risen by 0.5°C due to all these anthropogenic activities listed above. The World Bank Climate Change Knowledge portal (2021) showed that the earth is now likely to hit the watershed by 1.5°C in global warming within the next 5 years (United Nations, 2021). Consequent on this, it has been projected that by the year AD 2100, the average global temperature might rise by between 2.4°C to 5.8°C. Thus, giving rise to increase in temperature which may cause iceberg to melt leading to submergence of coastal regions (Susanta et al., 2015). Nigeria is not left out; her average temperature has risen by 1.20°C in the past few decades (Oluwaseun, 2024) and might continue to rise by between 2.90°C-5.70°C by the end of the century (World Bank Climate Change Knowledge Portal, 2021). According to Emeka (2024), it has been indicated that if mitigating measures are not put in place, the rise will continue to go on, causing flood, heat waves, wild fires, erosion, rising sea temperature resulting in earthquakes, landslides and mudslides, volcanic activities, tsunamis, desertification, among others. Cases of heat waves tragedy have been reported by researchers in Nigeria (Adefisa & Ahmad, 2018). Over sixty cases of heat waves or intense heat related deaths were recorded in Maiduguri, Borno state Nigeria in 2002 (Osanyinro, 2024). Extreme weather conditions have been

suspected to have negative influences on people who experienced it. The World Economic Forum (2024) indicated that climate change may cause 14.5 million deaths and 12.4 trillion (dollars) economic loss by 2050. The World Bank projected that 216 million people may become climate refugees by 2050 as a result of environmental crisis that originate from climate change (Clement et al., 2021).

Climate change has been observed as one of the greatest problems of the 21st century coupled with its projected effects on both mental health and physical health. The impact of climate change may be direct or indirect. Direct impacts involve when individuals are affected by extreme weather conditions or events such as intense heat, drought, wild fire, floods, cyclones and hurricane, rainfall, among others. These are the first-hand exposure to physical changes (Carleton, 2017). In Nigeria, heat wave, floods, erosion are prevalent across the country causing disrupted food supply system that might lead to food insecurity, drought, among others, which are resultant effects of climate change. Also, Cianconi et al. (2023) highlight that climate change exerts substantial indirect effects. These include changes that results from secondary levels such as mental health, loss of livelihoods, desertification, drying of rivers, deforestation, social and political unrest (conflict), forced migration and disruption of social networks. Indirect impacts have been associated with elevated rates of chronic mood disorders along with suicidal ideation and attempts (Cianconi et al., 2020). Consequent on this, people are likely to become apprehensive of adverse effect of climate change, thus giving rise to fear, worry, stress, depression and post-traumatic stress disorder; hence, they develop climate anxiety.

In United State, the proportion of individuals psychologically worried about climate change has increased from 51% in 2010 to 64% in 2023 (Yale Programme on Climate Change Communication (YPCC)). In addition to this, BBC reported that search on climate change anxiety increased by 27% fold in the first 10 months in 2023 compared to the same period in 2017 (Gilder, 2023). Climate anxiety is conceptualized as negative responses associated with concerns about changes in climate. It includes cognitive, emotional and behavioural responses associated with changes in climate such as worries, psychological distress or sleep difficulties related to long-term consequences of climate change. It could also result to functional impairment such as when a concern about climate change interferes with an individual's ability to engage fully in work, school or relationship. Clayton and Karazsia (2020) maintained that these constellation of responses do not qualify to be a psychiatric disorder but shows a source of stress that can have a negative impact on mental health of person involved. Climate change anxiety is defined by van Valkengoed et al. (2023) as persistent anxiety and worry about climate change. American Psychological Association (2020) described climate anxiety as “eco-anxiety”. They

defined eco anxiety from the angle of worry or anxiety concerning climate change and its negative effects. Climate change anxiety could be described as heightened emotional, mental or physical distress in response to negative changes in climate. Succinctly, climate anxiety represents real and valid feelings of fear, worry, stress, helplessness and unease related to evolving climatic environmental degradation.

Climatic changes often invoke similar anxieties or emotional reactions such as ecological grief. Ecological grief is a sense of loss occurring from experience of environmental degradation. Climate change could lead to solastalgia, the inability to find solace in familiar landscape due to environmental degradation. In other words, solastalgia is the distress or pain brought about by environmental change in one's home environment. Climate change has enormous negative effects on humans and environment. Adverse weather conditions such as intense heat, floods, hurricanes, wildfires, prolonged drought have devastating effects on people and communities collectively. Heat waves have negative effect on wellbeing and mood, exacerbating existing mental health issues (Cianconi et al., 2020). Those who have been exposed to life threatening situations are at risk of developing anxiety, stress, depression, post-traumatic stress disorder, and suicidal ideation (Ejue et al., 2023). To some of them, destruction of their home and means of livelihood can cause anxiety, grief and solastalgia. This displacement from natural disaster can result in a sense of "rootlessness," where individuals feel disconnected from their communities and lives. On getting to a new place, they face acculturation stress where they find it difficult to settle and embrace other people's culture which may be difficult for them. The sudden disruption of life routine and loss of cherished possessions can worsen feelings of despair. Hence, counselling becomes necessary to those upset by climate change.

Increase in temperature or prolonged drought can exacerbate an ongoing stress during climate change. Exposure to heat is likely to increase during rise in global temperature thus impacting on mental health. It has been suggested that there is a link between temperature rise and aggressive behaviour. Therefore, it is deduced that global warming may raise aggressive tendency and suicidal ideation. In addition, the awareness of current climate change impacts impending risks, coupled with perceived government inaction can contribute to the mental health burden of climate change (Crimmins et al., 2016). These climatic change impacts differ on vulnerable people including those with limited socioeconomic resources, children, older adults, indigenous people, people with disabilities and those with preexisting health conditions (White et al., 2023). A multinational survey indicated that 45% of children and young people aged 16-25 years

reported that their negative feelings about climate change affected their daily life and functioning; thus, leading to stress and displeasure (Hickman et al., 2021).

Climate change interferes and destabilizes social and economic systems. In regions where agriculture is a source of income, shifting weather patterns and crop failures can cause reduced income, poverty and food insecurity, since climate change affects crops yield negatively thus impacting on the economic system. Economic instability may cause heightened stress, anxiety and depression for individuals and family. The displacement and disruption of communities can lead to loss of social support systems such as family, friends and community organizations which are essential for maintaining mental health. The isolation and disconnection that follow displacement can contribute to feelings of loneliness and depression. Climate change, being a global mental health challenge facing humanity in 21st century with its adverse effects that is beyond environmental doom, has continued to escalate (Moreno et al., 2023). It brings a lot of physical and psychological adverse effects on humans such as anxiety, distress, fear, depression and pre/post-traumatic stress disorder. Hence counselling becomes inevitable.

Counselling has been suggested to be a veritable resource in addressing the psychological impact of climate change or anxiety; and it prompts people to take decisive action in mitigating negative effects of climate change (Kempl, 2022; Mayes, 2023). Counselling gives succour to individuals through different techniques via individual and group counselling, community workshop, cognitive reframing, mindfulness, problem focus therapy, emotional focus therapy, among others. Cognitive reframing, for instance, helps clients change climatic doom thought into actionable focus through helping the clients navigate through their anxiety and bounce back to action to mitigate climate change effects (Nurwahida et al., 2025). Counsellors can demystify issues that cause anxiety, grief and solastalgia through psychological treatment. Counsellors can provide information to the clients about the causes, effects and solution about climate change; this could empower individuals to understand the realities of climate change and engage in constructive behaviours such as engaging in sustainable practices and advocacy (Peters, 2023). Mindfulness reduces anxiety by focusing on present eco actions like helping a client stay present and manage anxiety with coping skills.

Counselling can foster resilience and empower young adults to engage pro-actively with environmental issues. By equipping individuals with practical tools and emotional supports, counsellors can help them navigate the complexities of their feelings and develop a way of resolving their issues in the face of overwhelming challenges (Borders et al., 2023). Another psychological intervention counsellors can use in helping individuals to

adjust or live meaningfully includes psychological capital (Chipfupa et al., 2021; Frumkin, 2022; Leite et al., 2023). This is a kind of positive psychological intervention to empower individuals, supporting their capacity for optimum self-efficacy, reframe anxiety and encourage environmental engagement which could assist individuals in navigating the emotional toll of climate change. Positive psychology could provide a solution-oriented mindset and collective efficacy, encouraging individuals and communities to take meaningful actions that contribute to societal and communal responses to the climate crisis (Schwartz et al., 2023). Positive psychology is a good and an effective approach to strengthen both individual and collective capacity to cope with climate related stressors, with a particular focus on cultivating optimism, self-efficacy, resilience and hope, using evidence-based intervention to promote public health. Positive psychology emphasizes positive emotions, strengthens resilience, instead of having focus on the problems and challenges that exist within an individual's environment (Luthans & Yousef, 2017). Positive psychological intervention has been found to change a mindset of hopeless situation into a mindset of optimism in a critical situation. If this approach is applied to climate change anxiety, it could transform a helpless situation to a hopeful situation. In other words, positive psychology comprises self-efficacy, optimism, resilience and hope: a kind of intellectual capacity to cope with adversity. Through the encouragement of a sense of control and purpose, positive psychological intervention, such as goal setting activities and resilience training, help to reduce climate change anxiety. It also contributes to collective and community led climate initiative. The aim is to reduce climate change anxiety and its consequences on individuals, communities and public health.

Psychological intervention of optimism is the ability of an individual to remain hopeful and downplay a negative situation during crisis. This involves shifting viewpoints from helplessness to hope. The implementation of cognitive reframing thought and perceptions about climate change from those of catastrophe to a manageable challenge could help to develop a more resilient and hopeful mindset so victims can concentrate on finding solutions rather than being overwhelmed with fear. However, there is no literature evidence on impact of climate change and counselling strategies in curbing problems linked with climate change in Anambra state; only types and causes of climate change have been researched, hence the researchers embark on this study.

Statement of problem

Climate stability enhances prediction of weather patterns, supports agriculture, reduces coastal threat; and these enable human societies adapt to their sustainable environment. On the contrary climate change is associated with multiple problems ranging from direct exposure to climate disaster and indirect effect like anxiety, depression, and displacement,

among others. Extreme weather events like hurricane, flood, drought, heat waves, rising sea level, flooding in different parts of Nigeria's coastal areas, desert encroachment and drying up of rivers in the North, gully erosion in the south east and others have been observed, causing loss of lives and agricultural productivity, public health issues, forced migration and conflict, and loss of community identity (Obasuyi, 2024). Gully erosion can have destructive effects on individuals and society. The victims often face anxiety, stress, depression, trauma, loss and displacement. For some, the destruction of their homes, neighbourhoods or livelihoods triggers grief, anxiety, depression and post-traumatic stress disorder. Displacement from natural disaster can result in a sense of rootlessness, where individuals feel disconnected from their communities. Loss of cherished homeland can escalate already depressing situation. The rising temperature or long period of drought over a time deteriorates health, diminished agricultural yield or causes loss of residential home; these may contribute to chronic stress and depression of the victims.

As a result of continuous devastating impact of climate change, a number of people experience "Eco anxiety" or "climate grief". This is a situation whereby victims experience chronic fear of environmental doom, feel overwhelmed of climate change and powerless to contain it, in addition to government inaction. This can lead to feelings of helplessness, sadness and existential dread. Climate grief on the other hand, involves mourning the loss of eco system, species and natural beauty that has been destroyed or under threat to environmental degradation. In regions where agriculture is a primary source of income, shifting weather patterns and crop failure can lead to poverty and food insecurity. Economic instability often results to heightened stress, anxiety and depression for individuals and families. All these impacts could subject individuals and society to psychological maladjustment leading to suicidal ideation, anxiety, depression and post-traumatic stress disorder.

Climate change can elicit emotions like grief, anger, shame, loss, guilt, hopelessness and fatigue, among others. These feelings can stem from many factors including direct impacts like flooding, vicarious experience around the globe or distress related to future existential threats. Counselling as a remedy has been suggested to be effective in addressing psychological impacts of climate change effects. It provides a succour and enables individuals express their fears and concerns while receiving guidance on coping strategies (Derose, 2024), through various modalities such as individual counselling, group counselling/therapy and community workshops, problem focus therapy, emotional focus therapy among others. Counselling can foster resilience, hope and empower young adults to engage proactively with environmental issues (Frumkin, 2022). By equipping individuals with practical tools and emotional support, counsellors can help them navigate

the complexities of their feelings and develop a way out in the face of overwhelming challenges. With counselling intervention, clients can develop resilience, self-efficacy, optimism and hope and become proactive in facing challenges of climate change problems.

However, in Anambra state, there is paucity of research on the impact and counselling strategies in curbing problems linked with climate change. Hence, the researchers embarked on this study to find out the impact and counselling strategies in curbing climate change in Anambra state.

Research questions

- 1) What are the impacts of climate change as perceived by counsellors?
- 2) What are the counselling strategies in curbing climate change?

Methodology

The study adopted descriptive survey design in which a group/item is studied by collecting and analyzing data from items considered to be representative of entire group. The population of the study is 250 counsellors from public schools in Anambra state. Since population is few, the population served as sample.

The instrument used for the data collection is structured questionnaire titled “Impact of Climate Change and Counselling Strategies in Curbing Problems Linked with Climate Change Questionnaire” (ICCCSCPLCCQ). The questionnaire is to extract and elicit information from the respondents. A four-point scale format was used, namely: Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD). The questionnaire was validated by two experts from Guidance and Counselling, and an expert from Measurement and Evaluation. The reliability of the instrument was determined using Cronbach alpha which yielded estimate of 0.80 reliability. The questionnaire has two sections consisting 34 items. Section A contains impact of climate change, while Section B consists of counselling strategies in curbing climate change anxiety.

A face-to-face administration was used by the researchers, whereby the researchers visited the counsellors during monthly meeting of the Counselling Association of Nigeria (CASSON), Anambra State chapter and administered the questionnaires to the counsellors. The data collected in this study were analyzed using arithmetic mean. The critical point was calculated as 2.50. The decision rule, therefore, is that any of the response items for which the mean score is 2.50 and above was taken to mean that the counsellors agreed, while any item for which the mean score is below 2.50 was taken as disagreed.

Presentation of results

Research question 1: What are the impacts of climate change as perceived by counsellors?

Table 1: Impacts of climate change.

S/N	Items	Mean	SD	Decision
1	Intense heat (heat wave)	3.72	0.72	Agreed
2	Flood	3.68	0.73	Agreed
3	Drought	3.58	0.85	Agreed
4	Anxiety	3.48	0.94	Agreed
5	Stress	3.42	0.94	Agreed
6	Depression	3.36	0.93	Agreed
7	Post traumatic stress disorder	3.28	0.96	Agreed
8	Disrupts and destabilizes social cohesion	3.36	0.93	Agreed
9	Poverty	3.3	1.04	Agreed
10	Economic loss	3.2	1.04	Agreed
11	Loss of land	3.28	0.96	Agreed
12	Food insecurity	3.38	0.94	Agreed
13	Migration and acculturation	3.42	0.94	Agreed
14	Death	3.1	0.94	Agreed
15	Suicide ideation	3.1	0.94	Agreed
16	Excitement	1.37	0.72	Disagreed
17	Breakdown of infrastructure	3.2	1.04	Agreed
18	Farmers/herdsmen conflict	3.42	0.94	Agreed

Table 1 indicated that climatic changes have potentials on impacting on people and environment. This was deduced from all the items on the table 1 except item 16. A look on the table shows that the counsellors on the average responded affirmatively to all the items except item 16. This is deduced from the fact that the mean scores of all the items except item 16 were higher than the decision mean of 2.50.

Research question 2: What are the counselling strategies in curbing climate change?

Table 2: Counselling strategies in curbing impact of climate change

S/N	Items	Mean	SD	Decision
1	Individual counselling	3.72	0.72	Agreed
2	Group counselling	3.68	0.73	Agreed
3	Advocacy	3.58	0.85	Agreed
4	Mindfulness	3.48	0.94	Agreed
5	Self efficacy	3.42	0.94	Agreed
6	Optimism	3.46	0.88	Agreed
7	Resilience	3.38	0.94	Agreed
8	Environmental engagement	3.36	0.93	Agreed
9	Attending to mental health	3.3	1.04	Agreed
10	Community based monitoring	3.2	1.04	Agreed
11	Hope	3.2	1.04	Agreed
12	Cognitive reframing	3.68	0.73	Agreed
13	Limited exposure to distressing media	3.3	1.04	Agreed
14	Non-committal	1.37	0.79	Disagreed
15	Problem focused therapy	3.3	1.04	Agreed
16	Emotional focused therapy	3.2	1.04	Agreed

Table 2 indicated that counsellors use all the listed counselling strategies in helping clients overcome their negative impact of climate change, except item 14. All the items scored above mean average (2.50) except item 14 which is below mean average (1.37).

Discussion of the findings

The findings on table 1 indicated impacts of climate change in Anambra state. Climatic change affects heat wave (3.72), flood (3.68), drought (3.58), anxiety (3.48), stress (3.42), depression (3.36), post-traumatic stress disorder (3.28), disruption and destabilization of social cohesion (3.36), poverty (3.3), economic loss, (3.2), loss of land (3.2), food insecurity (3.28), migration and acculturation stress (3.42), death (3.1), suicide ideation (3.1), excitement (1.27), breakdown of infrastructure (3.2), and farmer/headers conflict (3.42). These support the findings of Susanta et al. (2015), Van Valkengoed et al. (2023), Schwartz et al. (2023), and Emeka (2024) that climate change causes exposure to geographical changes such as more frequent and extreme weather events such as rainfall, flood, heat waves, cyclones, erosion, submergence of coastal regions, breakdown of infrastructure, forced migration, among others . Experiencing these weather events raises

the risk of mental health issues such as sleep disorder, anxiety, low mood, pre- and post-traumatic stress disorders and suicidal ideation.

Also, indirect impact of climate change includes psychological and emotional repercussions that results from the idea of climatic change uncertainty about the future and anticipated impacts, observing the loss experienced by others and witnessing challenges occurring elsewhere in the world. These heightened emotion and physical distresses may likely manifest as fear, anxiety, eco grief, helplessness, hopelessness and solastalgia. As climate change continues to endanger the earth planet via destruction of homes, farmlands and means of livelihood, many are forced to relocate causing another stress to the victims (acculturation stress). This study also concurs with the findings of World Economic Forum (2024) which projected that by 2050, climate change may cause 14.5 million deaths and 12.4 trillion dollars in economic losses as well as render people's home non-habitable leading to pains, grief and solastalgia.

Indirect impact of climate change in this study is in tandem with findings of Yale Programme on Climate Change Communication (YPCCC) which showed that those psychologically worried about climate change rose from 51% in 2010 to 64% in 2023. The rising temperature may heighten mental health issues and raise the likelihood of suicidal thoughts and action. Climate change may differ from mild stress to serious problems. Serious effects occur such as floods, wildfire, tornadoes and drought. These events often come suddenly, and without notice, leading to loss of lives, resources, social support, social network and co morbidity. These symptoms might serve as acute stress disorder if they manifest within four weeks of a tragedy. A longer period of persistence may lead to a diagnosis of post-traumatic stress disorder, anxiety or depression. A study has indicated that climate change can exacerbate existing mental health issues such as depression and anxiety particularly among the vulnerable population (Cianconi et al., 2023); hence, people develop eco anxiety and solastalgia.

The findings on table 2 showed potentialities of counselling strategies in addressing clients who are devastated and/or are facing climate change issues. Counselling services may be provided both before and after major weather events to reduce climate change issues. These counselling strategies are individual (3.72), group (3.68), advocacy (3.58), mindfulness (3.48), self-efficacy (3.42), optimism (3.46), resilience (3.38), environmental engagement (3.36), attending to mental health (3.3), community based monitoring (2.8), hope (3.2), cognitive reframing (3.68), limited exposure to distressing media (3.3), problem focused therapy (3.3), emotional focused therapy (3.3), except non-committal (1.27) These strategies could be implemented through individual and group counselling.

The study is in agreement with the findings of other studies including Nurwahida et al. (2025) who maintained that climate change victims should be made to know that their reactions are normal and rational. These clients should be provided a safe environment where their distressing emotions can be discussed and processed. After this, they can be helped with cognitive reframing of their thoughts that led to these feelings and finally guided into constructive actions. The counsellee should emphatically be assisted to identify and replace their irrational thinking that is not so rational since climate anxiety is based on irrational fears: this cognitive reframing may risk alienating anyone who might feel their worries are being dismissed. The counsellors should emphasize on behaviours that soothe negative emotions such as disengagement, dismissing individual responsibility, venting environmental emotions. Problem focused coping involves techniques that address the problem directly such as taking action like activism, pro-environmental behaviours, among others. The study is consistent with the findings of Borders et al. (2023), Chipfupa et al. (2021), Nordgen (2021), Frumkin (2022), Leite et al. (2023) that emphasized positive psychological coping mechanism which has the potential to lessen the negative impact of climate change anxiety, stress and depressive mood of vulnerable people (mental health of people). These strategies are optimism, self-efficacy, resilience and hope. These strategies could proffer solution-oriented mindset and collective efficacy, strengthen individuals and communities to take meaningful action which may contribute to societal and communal responses to the climate crisis. Frumkin (2022) emphasized on “eco hope” indicating that while anxiety is prevalent, hope strengthens action and resilience especially with younger generation grappling with climate change. Hope is built through collective action and community efforts. Hope decreases despair during governmental inactions. Collective action and community efforts give respite and belief that their actions can contain the climatic degradation. These strategies enhance positive emotions and resilience instead of focusing on problems and challenges (despair) in the environmental degradation. Self-efficacy as regards to climate change is about an individual’s conviction or belief to bring about the needed change and readiness to take action to mitigate climate change. Optimism involves expecting good outcome through changing viewpoints from doom to hope. Optimism could motivate the individual to engage in adaptive behaviours rather than be weakened by the dread of climate crisis. Resilience is the capacity to bounce back from adversity and is considered necessary for resuscitating mental health in the face of climate change crisis. Counsellors could enhance resilience through improving social connection, community engagement and collective problem solving. The counsellor can encourage the client to seek support from friends, family and larger community. Also, they can engage in collective actions to combat climate change through peer education, community outreach or advocacy. While hope in the context of climate change refers to the belief that meaningful actions can slow down the deteriorating effect of climate change,

instilling hope during climate change crisis requires reinforcing the idea and belief that no matter the degrading effect of climate change situation, positive outcomes may be achieved through appropriate individuals and collective efforts. The findings maintained that resilience, self-efficacy, optimism and hope have the potentials in helping clients overcome problems linked with climate change.

Conclusion

In conclusion, climate change has many impacts on people who experienced it through direct and indirect impacts. The direct impact is experiencing first hand or primary effect and secondary effect as a result of impact on the people. It has been observed that counselling strategies have the potentials in curbing the problems linked to climate change such as individual counselling, group counselling, cognitive reframing, advocacy, mindfulness, optimism, among others.

Recommendations

1. Schools and institutions should develop curricula on environmental literacy with focus on the psychological effects of climate change. This will help the learners to be better equipped to face obstacles associated with climatic changes.
2. Community education should be emphasized to raise awareness, especially among those who are vulnerable.
3. There should be policy to back up mental health practice to meet the needs of communities experiencing climate change.
4. Community leaders, environmental scientists and mental health professionals should work together to proffer solution to problems associated with climatic change.
5. Counsellors should be equipped with counselling strategies in curbing climate change impact such as cognitive reframing, problem focus therapy, emotional focus therapy, resilience among others.
6. Community education should be embarked upon to demystify climate change.

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