

الهوية البيئية وعلاقتها بالصحة النفسية والسلوك الاجتماعي الإيجابي

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Environmental identity: its relation to psychological well-being and prosocial behavior

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المخلص

الهوية البيئية جانب حاسم من ارتباط الإنسان بالمكان التي يعيش فيها، فهي تتصل بهوية المكانية، وتكتسب أهمية قصوى بالنسبة لدولة مثل العراق التي تواجه عواقب تغير المناخ. وفي الوقت نفسه يؤثر على الصحة النفسية ويجعل حياة الناس أبسط وتحسينهم من الإصابة بالأمراض النفسية والجسدية على حد سواء. وقد يكون السلوك الاجتماعي الإيجابي (PSB)



الذي يربط الفرد بمجتمعه هو العامل الأساسي في تعزيز العلاقات الاجتماعية. وعلى الرغم من ذلك، هناك نقص في الدراسات حول هذا الموضوع، وخاصة في هذا المجال. يهدف هذا البحث إلى دراسة العلاقة بين الهوية البيئية والرفاه النفسي والسلوك الاجتماعي الإيجابي. أجريت دراستنا بطريقة كمية، باستخدام المنهج الوصفي، حيث استخدمنا ثلاثة معايير لتقييم المتغيرات الرئيسية الثلاثة. تم استجواب ما مجموعه 200 شخص، منهم 114 ذكور و 86 إناث، تتراوح أعمارهم بين 19 و 58 عامًا، وبمستويات تعليمية مختلفة، من سكان منطقة بالاكاياتي و 20 قرية حول جومان. تشير نتائج هذا التحقيق إلى أن الهوية البيئية والرفاه النفسي والسلوك الاجتماعي الإيجابي كانت على مستوى عالٍ. ومع ذلك، فإن الجنس لا يرتبط بالهوية البيئية والرفاه النفسي والسلوك الاجتماعي الإيجابي. للهوية البيئية (EID) ارتباط إيجابي قوي بالرفاه النفسي، كما أن السلوك الاجتماعي الإيجابي إيجابي للغاية. يؤدي الوعي البيئي المتزايد إلى رفاه نفسي وسلوك اجتماعي إيجابي أكبر.

Abstract

Environmental identity is a crucial aspect of human attachment, closely linked to place identity. This connection holds significant importance for countries like Iraq, which are confronting the adverse effects of climate change. Concurrently, good mental health simplifies individuals' lives and helps prevent both mental and physical illnesses. Prosocial behavior (PSB), which connects individuals to their communities, may play a pivotal role in strengthening social relationships. Despite its importance, there is a lack of research on this topic, particularly within this region.

This study aims to examine the relationships among environmental identity, psychological well-being (PWB), and prosocial behavior. Employing a quantitative approach with a descriptive methodology, we utilized three established scales to assess the primary variables. A total of 200 participants were surveyed, comprising 114 males and 86 females, aged between 19 and 58, with varying educational backgrounds, residing in Balakayaty and 20 surrounding villages near Choman. The findings indicate that environmental identity, PWB, and PSB are all at high levels among the participants. Notably, gender does not significantly influence environmental identity, PWB, or PSB. Furthermore, a strong positive correlation exists between environmental identity and PWB, as well as between environmental identity and PSB. Additionally, increased environmental awareness is associated with higher levels of PWB and PSB.



Introduction

The presence of mountains makes Balakayati a wonderful area. The attractiveness of small rivers and restful waters has made it a popular destination, drawing visitors from other provinces of Iraq during the summer. The Balakayati region has a unique ecological profile compared to global challenges like climate change, drought, and rising temperatures, particularly in Iraq. Notably, Balakayati's population may find a characteristic ecological identity due to the combination of snowy and rainy winters, moderate summer temperatures, and pleasant weather. This climate is distinct from the surrounding dry locality; however, it has the ability to create a resilient community that can adapt to the challenges posed by broader climatic changes.

Connections to the natural world, such as relationships with pets, trees, mountains, or unique geographic areas, are deeply rooted in an individual's identity. This phenomenon transcends political labels; even those often labeled as 'anti-environment' may exhibit a profound love for specific aspects of nature. This reflects the complexity of the human experience and the diverse connections individuals establish with their surroundings (Clayton, 2003).

Environmental psychology has traditionally focused on studying the connections between built environments and self-identity. However, in the past fifteen years, there has been limited exploration of the role of nature in the construction of self and well-being (Olivos & Clayton, 2016). This field examines the interactions between individuals, their environment, and their surroundings. It involves analyzing behaviors that hinder or encourage sustainable, climate-healthy, and nature-enhancing choices, as well as the causes and consequences of those behaviors, alongside methods to boost pro-environmental behavior. The term encompasses transactions between nature and humans, including those where stress is either restored or inflicted, and those that are mutually beneficial, such as the establishment of place attachment and identity (Gifford, 2014).

Studying an individual's attachment to nature is vital, as it influences their concern for environmental issues and their broader moral sensibility. The significance of ecological identity is highlighted in this relationship, as it shapes responses to environmental protections and personal adjustment (Clayton, Irkhin, & Nartova-Bochaver, 2019). By conducting such research, scholars can identify factors that contribute to environmental awareness, prosocial behavior, and psychological well-being.



EID is synonymous with ecological is a concept that illustrate the range to which individuals consider themselves to be part of nature, incorporated in it, and defined by it (Irkhin, 2020). Additionally, personal history, emotional attachment, and perceived similarities are all factors that contribute to EI, which is a significant component of individual self-conception; Individuals' perception and engagement with the world around them is influenced by this connection, which reinforces the belief that the ecology is essential for personal identity and well-being (Clayton, 2003).

Similarly, psychological well-being is a core feature of mental health (Tang et la., 2019). It is defined as a state of mind and emotion that is positive, and that is characterized by being satisfied with one's life, having a sense of purpose and meaning, and being able to overcome stress and challenges (Petrakova, 2023). further, feeling good and functioning effectively are two sides of the same coin. Good enough all the time is not necessary for sustainable well-being; Painful emotions (such as disappointment, failure, or grief) are a natural part of life, and managing negative or painful emotions is crucial for long-term well-being. When negative emotions are severe or lasting for a long time, they can affect a person's ability to function in their daily life and negatively impact their PWB (Huppert, 2009).

Therefore, as public awareness and understanding grow, the significance of mental health has been increasingly emphasised in recent decades (Tang et la., 2019). Optimal psychological functioning and experience are a fundamental aspect of human life, which is embodied in the concept of well-being. It is not just relevant in everyday interpersonal interactions, as illustrated by the common question, 'How are you?' but also has significant impact in the field of scientific research (Ryan & Deci, 2021). Emotional well-being requires PSB as it can reduce nervousness and develop disposition; Developing positive emotions also increases likelihood of PSB (Singh, 2022).

Garcia et al., (2014) Demonstrated the significance of psychological wellbeing in an individual's life; According to their findings, individuals who are self-sustaining tend to have higher levels of PWB and harmony in life than those who are not. Therefore, to put it simply, EID is vital for people to engage in positive social behavior. Additionally, having a healthy and beautiful environment and positive social behaviors may can aid in mental wellness.

Besides, Prosociality as any voluntary behavior act intended to benefit others (Espinosa & Kovarik, 2015). Prosocial conduct is an intentional way of acting that is expected to bring profits to others.



Subsequently, it incorporates practices such as aiding, sharing, or bringing wellbeing to another person (Singa, 2022). Additionally, it refers to favorable forms of behavior, it stands in opposition to antisocial behavior (Stukas & Clary, 2012).

Otto et al., (2021) propose that PSB also encompass behaviors that promote behavior for the common welfare. It is possible to view both altruistic and environmental behaviors as prosocial driven behavior (Neaman et al, 2022) To address climate change, it is vital to join in pro-environmental behavior, which is a form of prosociality that eventually benefits all humanity (Klein et al., 2022).

Moreover, morality towards others has lowered nowadays, which leads to various problems such as bullying, theft, promiscuity, alcohol, drugs, caused by social media violence; To reduce conflicts that arise, PSB is needed due to the variety of conflicts that occur (Fadlia & Casmini, 2024). Lifeways, prosociality allows us to improve behaviors such as solidarity, tolerance, cooperation, and assistance at an early age; Additionally, it aims to prevent violent, xenophobic, or aggressive behavior, among communities (Radondo-Pacheco et al., 2016).

The nature of close connections and associations among people and collecting without close ties is impacted by prosocial conduct; Individuals and groups, frequently lend a hand to those in need, even when they are in dire need. The success of good causes and social orders is dependent on individuals helping each other. Furthermore, PSB has benefits for the booster; Young people who are more social will usually be choice by their friends, and those who participate in helping exercise tend to have better mental wellbeing (Singh, 2022).

Neaman and Mario, (2015) Emphasized that prosociality is a part of a wider behavior called: “sustainable behavior”. Therefore, it should be noted that PSB includes many aspects of positive human behavior: Prosocial behavior; prosociality; prosocialness; Altruistic behavior; Helping behavior.

The primary purpose of this study is to determine the connection between EID, PWB and PSB among a sample of residents of Balakaity.

This goal raises several questions:

- 1- Are the levels of all the main variables in the study statistically significant?
- 2- Are there disparities in EID, PWB and PSB between males and females in terms of study sample units?
- 3- Does EID correlate with PWB and PSB among residents of Balakaity?

Literature review

The connection between an individual and non-human natural world is reflected in their ecological identity, which is vital component of their self-concept. Historical experiences, emotional bonds, and sensed similarities with nature shape this connection, which impact both perceptions and actions towards the environment. The belief of the natural world being integral to personal identity is reinforced by a strong environmental identity, which emphasizes its importance in shaping values and behaviors regarding ecological stewardship (Clayton, 2003). Recent studies have brought attention to the importance of environmental identity, noting its link with national identity, levels of concern, behavioral patterns, and accountability attributions (Clayton and Kilinç, 2013).

PSB can be achieved through attachment to nature, and vice versa. Otto, et al., 2021 demonstrated that connecting to nature plays a role in the correlation between prosocial propensity and pro-environmental conduct. Stapleton (2015) Argues that environmental identities are formed and sustainable through social interactions. He asserts that engaging with diverse individuals can result in varying changes in one's environmental identity. highlighting how social networks and relationships have a significant effect on shaping ecological perspectives and behaviors.

The factors behind helping behaviors can be understood through a variety of theories in psychology (Costantin et al., 2019). The hypothesis biophilia posits that there is a natural and genetic bond between humans and nature that also has an emotional dimension. This hypothesis allows for the integration of human-nature connections into the built environment through the concept of Biophilia (Caekward, 2022) The concept of well-being is dynamic and encompasses subjective, social, and psychological dimensions, alongside health-related conduct (Seifert, 2005). Ryff and Keyes, (1995) Proposed a scientific approach to PWB that encompasses six distinct components of wellness: autonomy, environmental proficiency, personal development, beneficial friendships, life's purpose, and self-esteem.

The natural environment is a key factor in the promotion of a positive identity that contributes to well-being, as evidenced by a growing body of research (Olivos & Clyton, 2016). It has been reported by researchers that engaging with the natural environment can simultaneously enhance affective well-being and encourage pro-environmental attitudes. Nature experiences can play a crucial role in promoting both individual PWB and a collective adherence to



environmental stewardship (Hind & Sparks, 2009; Howell et al., 2011; Clayton et al., 2019; Bruni et al., 2021; Garza-Terán et al., 2022; Grabowska-chenczke, et al., 2022; Caekward, 2022; Guo, 2023). Additionally, the attachment to nature and EID are strongly connected (Balundè et al., 2022). Although these studies did not directly measure places where people live in an enjoyable environment, these findings are encouraging and significant.

Miano & Cagle's (2020) demonstrated that outdoor experiences have been shown to be vital in shaping one's environmental identity. Fleury-Bahi et al. (2021) Emphasize the significant role that collective grounds play in promoting well-being through their social dimension. Their research indicates that a close connection to nature can increase individuals' ability to interact with natural component, which can have a positive impact on their overall well-being.

Dresner et al. (2015) Discovered a positive correlation between the frequency of engaging in leadership activities and the degree of EID of individuals. Their study showed that this EID is closely associated with private pro-environmental behaviors, suggesting that a stronger sense of connection to the environment may stimulate individuals to follow sustainable practices in their personal lives. Research in this field has revealed that ecological behavior is a form of PSB (Neaman et al., 2022). Moreover, PSB is a confusing way of acting that is influenced by various elements, both natural and ecological (Singh, 2022). The outdoors program, which provides contact with natural environments, has been shown to be associated with greater connectedness to nature, psychological-physical well-being, and pro-social behavior, according to research. Moreover, it demonstrates that there is a connection between prosocial propensity and pro-environmental behavior, which indicates that PSB is inherently derived from an ecological domain (Pirchio's et al., 2021; Otto et al., 2021; Rahmani et al., 2022; Purnama et al., 2024). Additionally, Neaman et al, (2022) Demonstrated that a person's prosocial propensity can be directed to a specific domain of PSB by their connection to it. However, through a connection to nature, an individual can achieve altruism through their prosocial propensity (human-related) behavior.

Espinosa and Kovarik's (2015) Appointed that there are distinctions between men and women in relation to this idea; The role of men and women in societies may contribute to women having more positive social behaviors than men. According to Kizialy and Önal's (2019), females have an average EID score that is higher than that of males. Furthermore, females exhibit an average behavioral score that is

significantly higher in relation to environmental issues than their male equivalents. The genders have a significant difference in environmental awareness and engagement, as highlighted by this disparity. In addition, Grabowska-chenczke, et al., (2022) Discovered that women tend to have a stronger connection to nature on average.

Important conclusions have been reached by these studies that are remarkable. However, the scientific need for research on EID, PSB, and PWB persists utilizing a random sample of occupations, regions, and different environments outside of built environment, as suggested by: Holmes, (2003); Hind and Sparks, (2009); Clayton, Irkhin and Nartova-Bochaver's, 2019); Sierra-Barón, et al., (2023). A full understanding of EID and its effects on PSB and PWB remains a current scientific need for societies. Especially in the current era of societies and areas facing drought, depletion of groundwater and high temperatures.

Despite that, these studies have failed to cover a broad range of different occupations or that natural environment that truly represents the creation of EID. Mostly, the samples used in those studies were taken from specific classes and urban areas that do not fully represent an open, clean, and attractive environment. the samples were taken in either a green school or university setting. These studies were only able to sample in small quantities, not at random. while Our research addresses a scientific deficiency although, working directly with individuals who live in mountainous and rural areas with clean and appealing environments. consequently, offering a greater understanding of the investigated phenomena.

Materials and Methods

Study Design

This study is a quantitative and descriptive investigation into the link between EID and PWB and PSB. The subjects selected for the study reside in an attractive environment area. The measures employed in this study evaluate EID, PWB, and PSB, each of which is elaborated on below:

The Environmental Identity Scale (EIS), EID was measured using the (Clayton, 2003) scale, which is comprised of 14 items. Based on a 1–7-point scale, input the value that corresponds to (1 for ‘not entirely true of me’) or (7 for ‘completely true of me’. The scale which was published in 2003, was created to measure individual differences in a steady sense of interdependence and connection with nature (Clayton, 2003) Ever since then, it has consistently correlated with measurements of environmental behavior and concern. The EID scale was revised and tested by Clayton and his colleagues in five countries in 2021, which included American



adults and high school students, Peruvian, Russian, and Swiss adults, and Taiwanese undergraduate students with a total sample size of 1717 participants 14+ years of age. The results demonstrate that there is a high level of consistency within each location it had a significant correlation with behavior and environmental concern (Clayton et al., 2021).

The input in the current study provided the internal consistency of the scale items, which was measured to obtain the reliability indicator. The Cronbach's alpha correlation confidence equation determined that the EID scale had a general reliability coefficient of 0.782. With assistance from two English language experts who were native speakers of Kurdish, the three scales were interpreted in Kurdish. The criteria were examined with the aid of a psychologist, any inconsistencies in the translation process were resolved by agreement.

The Warwick-Edinburgh Psychological Well-being Scale (WEMWBS), This scale was established by a group of experts who based their decision on academic literature, qualitative research with focus groups, and psychometric testing on a specific scale. WEMWBS demonstrated good content validity, the single factor hypothesis was supported by the confirmatory factor analysis. (Tennant et al., 2007). This scale is commonly employed for measuring PWB and focuses solely on the positive aspects of mental health, having been utilized in 209 studies worldwide (Blodgett et al., 2022). Across different contexts and studies global, it has excellent validity and reliability. The response format was based on 14 items, and participants were asked to indicate their preference on a five-point Likert scale (1 = none of the time' to 5= 'all of the time'). The Cronbach's alpha correlation coefficient equation revealed that the inner consistency of the scale items reached 0.844 based on the data collected in this study.

The Prosocial Behavior Scale (PBS), Prosocial behavior was measured utilizing Caprara's et al, 2005 scale. A sample of 2,574 Italian adults was surveyed using the self-report 16-item prosociality scale. The items display actions and feelings that can be linked to one of four actions: sharing, helping, taking care of, or feeling sympathetic towards others and their needs or demands. The measurement of PSB in childhood or adolescence is often defined by the first three types of actions. The measurement of prosociality now includes empathy as an additional factor. Participants evaluated the response format on a five-point Likert scale for every item: (1 = almost never' to 5= 'almost always'). Direction of all paragraphs from 1 to 5. (Caprara et al., 2005). The prosociality scale is well-validated and reliable in various studies across different contexts and countries (Luengo Kanacri et al., 2021), Globally, the scale

has been widely applied. Additionally, the data obtained in this research offered reliability indicators by evaluating the internal consistency of the scale items, which revealed an average Cronbach's alpha correlation coefficient equation of 0.844.

Data collection and statistical analysis

In order to answer the study's questions and gather necessary data, we utilized three measures to evaluate the three main variables. EIS (Clayton, 2003) was utilized to measure environmental identity. The Prosocial Behavior Scale (Caprara et al., 2005) was employed to measure PSB. To assess PWB, the WEMWBS (2006) was utilized. Additionally, a survey was conducted by residents of the Choman district between July 15, 2024, and August 31, 2024; A team of field researchers from the local population provided support in collecting the data. Before data collection, the team secured the participants' consent to participate in the study. Paper questionnaires were distributed to the participants, and those who were educated filled them out on their own, while those who were illiterate filled out the criteria during one-on-one interview. The data was transmitted to an Excel sheet and then incorporated into SPSS 25. The total number of participants interviewed was 202, but two responses were excluded because of redundancy.

The analysis of data in this study was done using descriptive statistics with SPSS 25, and Cronbach's alpha was employed to assess their internal consistency. To determine the relationship between key variables, the Pearson correlation coefficient was utilized. A one-sample t test was used to determine the level of variables. The Independent Samples t-test was employed to detect differences based on gender.

Findings:

The research results were determined in accordance with its objectives as follows:

1-Are the levels of all the main variables in the study statistically significant?

A-Evaluating the environmental identity of the research sample and assessing its statistical significance.

The study revealed that the study sample's EID was significant, with a discrepancy between the research sample mean and the population mean on the overall environmental identity scale. The statistical documentation was obtained through the use of a one-sample t-test, as demonstrated in Table (1). A Statistically significant difference existed between means ($P < .05$). Consequently, the research sample scored highly on environmental identity.



Table 1. contains a t-test for difference between the mean of the EID research sample and the mean of the population

Variable	M	SD	N	P.mean	T	P-value
Environmental identity	33.9650	4.22291	200	28	19.976	.000

- The one-sample t-test has an average value of 1.960 with a significance level of 0.05 and 199 degree of freedom

B-Analyzing the statistical significance of PWB among the research sample.

The research results showed that after applying the psychological well-being scale to a research sample of 200 individuals. The PWB scale has significant differences between its sample mean and population mean. As shown in table 2, the t-test was statistically significant for one sample t-test. There was a statistically significant difference between the means. ($P < .05$), Accordingly, the research sample recorded a high score in PWB. Table (2) T-test for the difference between the mean PWB scores and the population mean.

Variable	M	SD	N	P. mean	T	P-value
PWB	57.0050	7.00646	200	42	30.287	.000

- The one-sample t-test has an average value of 1.960 with a significance level of 0.05 and 199 degree of freedom

C-Assessing the statistical significance of PSB among the research sample.

After implementing the prosocial behavior scale to the research sample of 200 individuals, the research results were obtained. The statistical significance of the difference between the sample mean and the population mean of the prosocial behavior scale was demonstrated in Table (3). There was a statistically significant distinction between the mean ($P < .05$), Hence, the study sample scored high in PSB.

The table 3 T-test examines the distinction between the mean scores of PSB and mean population

Variable	M	SD	N	P. mean	T	P-value
Prosocial behavior	64.8150	7.11575	200	48	33.419	.000

- The one-sample t-test has an average value of 1.960 with a significance level of 0.05 and 199 degree of freedom



2- Are there disparities in environmental identity, PWB and PSB between males and females in terms of study sample units?

A-Gender Differences in EI

The independent t-test was utilized in the study to investigate gender differences as shown in table 4. It can be inferred that the average value for male (M= 34.07, SD=4.33) and female (M= 33.81, SD= 4.09) are statistically identical. The P.value of 0.98 indicates that EID levels are not statistically different by gender. The study population's EI levels do not seem to be influenced by gender, as suggested by these findings.

Table 4. Gender differences in EI

Variable	Sex	M	SD	T.Test Outcome	Table	P. Value
EI	Male	34.07	4.33	0.43	1.96	0.98
	Female	33.81	4.09			

B- Gender differences in PWB

In order to achieve this objective, an independent sample t-test was employed to evaluate the average PWB scores of males and females. The calculated t-values exhibited a lower degree of freedom of 198 compared to the tabular t-value of 1.96, with a significance level of 0.05. It is apparent from this there are not distinctions in PWB between males and females. This illustrated in table 5.

Table 5. Gender differences in PWB

Variable	Sex	M	SD	T.Test Outcome	Table	P. Value
PWB	Male	56.52	7.18	1.11	1.96	0.57
	Female	57.63	6.74			

C-Gender differences in PSB

To attain this goal, an independent sample t.test was employed to evaluate the average scores of PSB among both males and females. The computed t-values had a lower degree of freedom than the tabular t-value of 1.96, and a significance level of 0.05. This illustrated that males and females do not differ in their PSB. Table 6 demonstrates that this.

Table 6. Gender differences in PSB

Variable	Sex	M	SD	T.Test Outcome	Table	P. Value
PSB	Male	64.51	7.05	0.68	1.96	0.76
	Female	65.20	7.21			



3-Evaluate the statistical significance of the correlation between EID, mental health, and PSB. Does environmental identity correlate with PWB and prosocial behavior among residents of Balakaity?

Pearson's correlation coefficient was employed to establish a connection between the three variables in order to achieve this objective. The relationship between EID and PWB was 0.322^{**}; The EID and prosociality had a value of 0.330^{**}; The relationship between PWB and PSB was 0.570^{**}.

Table 7. shows correlation coefficients between environmental identity, mental health, and prosociality.

		Environmental identity	psychological well-being	Prosocial behavior
Environmental identity	Pearson	1	.322 ^{**}	.330 ^{**}
	Correlation			
	Sig. (2-tailed)		.000	.000
psychological well-being	N	200	200	200
	Pearson	.322 ^{**}	1	.570 ^{**}
	Correlation			
Prosocial behavior	Sig. (2-tailed)	.000		.000
	N	200	200	200
	Pearson	.330 ^{**}	.570 ^{**}	1
	Correlation			
	Sig. (2-tailed)	.000	.000	
Total		200	200	200

Discussions

The findings indicate that the people of Balakayaty have developed an Environmental Identity (EID) due to the positive impact of their green and appealing environment on their Psychological Well-being (PWB) and Prosocial Behavior (PSB). This study shows a high level of EID, PWB, and PSB among participants. The absence of gender differences across these three variables suggests that gender is not a determining factor in their relationship. This contrasts with previous research (Espinosa & Kovarik, 2015; Kizialy & Önal, 2019; Grabowska-Chenczke et al., 2022), which found that women typically demonstrate higher PSB than men. One possible explanation for this difference is that our sample was collected directly from a natural environment, unlike other studies that used samples from man-made settings or specific social classes. Consistent with theoretical perspectives, our data show a strong, positive relationship between EID and PWB. This may be attributed to the human preference for green, attractive environments, as suggested by the biophilic hypothesis. This conclusion is supported by other studies (Hind & Sparks, 2009; Howell et al., 2011; Clayton et al., 2019; Bruni et al.,

2021; Garza-Terán et al., 2022; Grabowska-Chenczke et al., 2022; Caekward, 2022; Guo, 2023). The relationship between EID and PSB is also significantly positive, aligning with the findings of other researchers (Stapleton, 2015; Pirchio et al., 2021; Otto et al., 2021; Rahmani et al., 2022; Neaman et al., 2022; Purnama et al., 2024). Overall, our results are consistent with previous studies indicating that increased environmental awareness enhances both PSB and PWB (Balundè et al., 2022).

Conclusion

This study aimed to explore the relationship between EID, PWB, and PSB. The findings confirm a high degree of EID, PWB, and PSB and show that gender does not significantly influence any of these variables. There is a strong positive relationship between EID and PWB. Furthermore, both PSB and PWB are positively influenced by greater environmental awareness. A limitation of the study is the small sample size, which could be expanded in future research. Additionally, only a quantitative method was used; incorporating a mixed-methods approach could provide more comprehensive insights. We recommend that environmental education and awareness become priorities for government institutions and environmental organizations. It is essential for policymakers to integrate these themes into annual education curricula to foster environmental consciousness, which significantly influences both PWB and PSB. Future research should apply a mixed-method approach with larger and more diverse samples.

Ethical Approval Consideration

Prior to participation, all individuals completed a consent form and voluntarily agreed to take part in the study.

Abbreviations

- PSB: Prosocial Behavior
- EID: Environmental Identity
- PWB: Psychological Well-being
- WEMWBS: The Warwick-Edinburgh Mental Well-being Scale
- EIS: The Environmental Identity Scale

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