

AMERICAN UNIVERSITY OF BEIRUT

THE DIMENSIONS OF ECO-CITIZENSHIP AS SEEN BY  
WOMEN: KUWAIT CASE STUDY

by  
LEEN JEHAD EL TAKI

A thesis  
submitted in partial fulfillment of the requirements  
for the degree of Master of Science in Environmental Sciences  
to the Department of Landscape Design and Ecosystem Management  
of the Faculty of Agricultural and Food Science  
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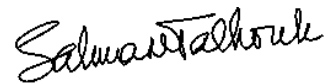
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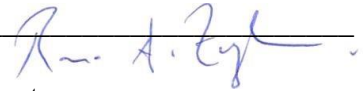
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# AMERICAN UNIVERSITY OF BEIRUT

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# ABSTRACT OF THE THESIS OF

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for

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A general idea is that an eco-citizen is only a citizen of action. Not ideology. Although identifying as an eco-citizen is common, an eco-citizen is defined by depth and extent of action. Depth of action relies on knowledge, values, introspective abilities and personal convictions and extent relies on space, time and variety. The present research explores the perception of eco-citizenship amongst women in Kuwait. Using qualitative research, in-depth interviews were conducted with six women to explore what they know about eco-citizenship, how they reflect on themselves and their personal actions regarding their environmental decisions, and how that affects their environmental self-perception. The findings discuss why some people are more prone to making pro-environmental decisions while others are not. As the research unfolded, five themes emerged and were labeled: Relationship with nature, knowledge and awareness, personal agency, actions in different contexts (personal, local, political, social and cultural, self-awareness), and emotional motivation (guilt, shame, convenience, reward). The study revealed that eco-citizenship is intricate and the outcome of integration of all themes identified. In the context of Kuwait, eco-citizenship was deemed insufficient without socio-economic changes.

Keywords: Eco-citizenship, environmental citizenship, environmental responsibility, eco-responsibility, eco-feminism, pro-environment, decision making

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# CHAPTER 1

## BACKGROUND

Eco-citizenship as a concept could be embodied by anyone in spite of their social label (i.e. laymen, politicians, students, educators etc...), but is eco-responsibility a personal task or is it a legal and political one? (Domon, H. 2018). It is curious why some people adhere to environmental-friendly thought and action on different levels in the spectrum while others do not. The differences that exist in action and thought towards the environment bring about polar actions and between these two poles lies a spectrum in which one could be placed and act accordingly. What makes a person act upon environmental thoughts, actions and responsibilities? What is entailed in the eco-citizen label and how it is brought about? Responsibilities and their corresponding actions cover both human and non-human rights (Reynolds, et al., 2009). Citizenships play out environmental roles differently depending on whether they follow liberal, civic/republican or post-cosmopolitan thoughts. Environmental citizenship, on the other hand, deals with environmental rights, is concerned with the public sphere, and develops environmental judgements based on the logic of reasonableness, better arguments and legitimacy (Reynolds, et al., 2009). Ecological citizenship deals with the currency non-contract bound responsibility that stems from virtues and diversity of action for a similar outcome. This type of citizenship is not concerned with the public/private difference and is not restricted to one territory. Instead, ecological citizenship searches for environmental rights including basic human rights like security, food availability and health, environmental sustainability, or the rights for the environment itself (Reynolds, et al., 2009). Ecological citizens work beyond, around, in,



and against the state to define and redefine territory. Ecological citizens use moral arguments that assume that people owe each other and other creatures to reduce the ecological footprint, alleviating harm for the sake of it, without prior relationship. This anthropocentric view of nature suggests that problems could be solved through environmental ethics and philosophy leading to a moral shift in communities and includes non-humans (Reynolds, et al., 2009). Ecological citizenship allows for a focus on duties rather than entitlements and thus the duties are owed without previous specificity. But then, what are those responsibilities? to whom or to what are they owed? and are they obligations of citizenship? How does the distribution of ecological spaces, whether equitable or not, affect the sense of owing strangers certain responsibilities? Beyond ecological spaces, the notions of vulnerability and harm play a major role in motivation (Reynolds, et al., 2009).

Eco-citizenship also depends on personal awareness translated into social action with “a greater sense of universal responsibility”. However, this responsibility is not only concerned with external ‘actions’ but also with internal states of control (Allevato, E., et al., 2011). Eco-citizenship may depend primarily on personal habits of consumption in a specific socio-culture. However, economic, technological, and social dimensions are almost always prioritized over natural and ethical aspects because, beyond educational and familial settings, environmental information is not circulated. According to Mazzarino, J. M., et al., 2011, environmental communication policies may be the answer to the construction of citizenship and consumption practices which are tied (Mazzarino, J. M., et al., 2011).

Eco responsibility may be removed from the individual, and instead organizational policies and practices may be applied by corporates to improve ethical

and environmental corporate social responsibility (CSR). Such corporate eco responsibility creates a domino effect where consumers are informed on functions leading to pro-environmental attitudes which in turn determine preferences and eventually form a habit. Depending on the knowledge acquired, consumers either take the heuristic approach based on external stimuli tied with CSR eco-labels and indices covering product life cycle starting with the source of raw materials, method of manufacturing, to disposal techniques, or they may take the systematic approach which is based on thoughtfulness and cognitive decision-making based on their value-belief-behavior (Kim, H., et al., 2015).

Eco-citizenship practices could be integrated into different programs in higher education by resolving the tension between neoliberal scholarship and ecological urgency. By redefining world culture, eco-citizenship leads to a global citizenship that aims to address social, political, economic, and environmental realities of the world at all levels: individuals, civil societies, communities and nation states. It then establishes identification behaviors and values that include “intergroup empathy, valuing diversity, social justice, environmental sustainability, inter group helping and a felt responsibility to act.” Through its global influence, eco-citizenship believes that education unleashes rather than teaches the recognition that social and political powers are not separate from it. This in turn changes the nature of what a university is expected to be, the simulation of a global village where students play the role of eco-citizens (Domon, H. 2018)

## CHAPTER 2

### JUSTIFICATION

Environmental crises continue to occur in spite the rise in awareness campaigns, studies, education, and political changes that point to the necessity for acting (Priadi, A., 2018). This research hopes to ask why? Why is it that with all the research, knowledge, evidence and law, people still choose to disregard the environment? Why is it that some people, however, prioritize the environment? What creates the spectrum in the middle?

The objective of this research is to explore women's perspective of ecological citizenship within the context of Arab culture using a case study in Kuwait.

This research investigated the individual's internal processes of decision making, making it the focal cause. Through eco-citizenship, this research explores values, thoughts, and behaviors one should have to be pro-environment.

Being an eco-citizen starts with an internal decision to be responsible for one's right and the rights of others. The responsibility for the rights of others extends beyond borders and time. An eco-citizen understands, first and foremost, that they live in a shared globe where their decisions will affect people beyond the region and beyond their current generation. Depending on the political structure, their responsibility could be supported or weakened. The language that communicates the citizen's efforts is virtue through a non-contractual commitment (Karatekin, K., et al., 2018). Those are born from values adopted by the citizens. Those values bare forces that bring about pro-environmental actions and behaviors therefore patterns. These values include fair resource distribution, civic participation and co-creation of policies that support the

environment. As afore mentioned, these values are also derived from societal motivations, norms, and beliefs. The latter are strongly rooted in the political structure, social bases, and educational systems. All these aspects help one, not only act pro-environmentally, but also live, think, and believe in a pro-environmental lifestyle (Balunde. A, et al, 2020).

The need for a healthier environment does not simply manifest a healthier one.

A healthy environment is needed for citizens' physical health and emotional health. The citizens, however, decide how healthy an environment can be depending on their choices as active citizens who consume, decide and follow decisions (B.Fischhoff, 2001). The decisions made vary widely depending on the options available, the consequences that follow and the decision makers' backgrounds and contexts. To unify the approach to research concerning decision-making, questions are asked to know how much exactly people know and whether that would be enough for effective decisions as beliefs alone are not sufficient. When asked what people know and how much, they can then tailor information for the recipients based on gaps of information (B.Fischhoff, 2001). However, that does not mean that beliefs and internal dynamics do not matter. In fact, studying livelihood systems including cultural dynamics and personal values, beliefs and attitudes is important to determine the policies and decisions made nationally and internationally affecting environmental politics and thus the human experience with nature (P.W.Porter, 2001)

Thus, the scope of environmental psychology studied methods to promote pro-environmental behaviors. Forced and unforced choices yield different attitudes from people and have different consequences on the environment. Just as homeostasis in

humans, environmental interactions push and pull towards a balanced state and thus it is believed through this theory that people eventually find their way into environmental action according to the discomfort or comfort it brings in reply to their actions. It has been shown that when people are faced with consequences in the short term rather than the long term, they act according to their “comfort” however, that is not always the case. At times the consequences take time to materialize and thus the decisions start to waver and alter. Thus, yet again, research has recently emphasized on changes in behaviors, habits, attitudes, moral concerns and values to ensure pro environmental actions that aim to protect the environment and resources in a sustainable long-term manner (T.Gärling, 2001).

## CHAPTER 3

### WOMEN AS ECO-CITIZENS

Literature has shown that around the world women have been affected by environmental factors differently; they have also been more affected than men. In third world countries, women take up the agricultural work, water collection, wood collection. When water depletion, deforestation and other environmentally degrading activities happen, they directly affect woman by making them walk longer distances for water, carry heavier weights and spend more time in search of wood and water to stock up. In industrialized countries, though collecting fuel and water is not relevant, women's concern for environmental wellness has limited representation in the academic scene of environmental philosophy, which is focused on controlling nature, extracting resources and exploiting for more profit (S. Buckingham, 2002)

## CHAPTER 4

### METHODOLOGY

Kuwait is a country in the gulf region known for its extremely hot summers that reach up to 45 degrees Celsius and moderate winters that do not go below 10 degrees on average. It is 17,818 km square and has a population of 4,329,000. The land use is 22% urban, only 8% agricultural and 69% for other uses. The most densely populated regions in Kuwait are Kuwait City (the capital), Al Ahmadi, and Hawalli (worlddata.info, 2023). The climate is subtropical which is dry and warm. Due to its desert ecosystem, the country has seasonal and limited outdoor life. In summer, indoor activities are most popular due to the heat, the dust, and the occasional humidity. Malls, cafes and small activities are the most frequented indoor setups. When winter starts, the outdoor scene starts to become more popular. The deserts, small-scale recreational farms and outdoor parks become more bearable and enjoyable (worlddata.info, 2023). Occasional outdoor markets happen especially due to the rise in local, community farms. Beach cleanups, hydroponic startups, small neighborhood farming initiatives are some of the very few actions taken toward an increase in environmental engagement. They all however depend on the spring, fall and winter seasons which are shorter than summer when combined. This puts pressure on keeping indoor infrastructures and setups habitable and enjoyable. One of those setups is a vegan cafe located in the third most habitable region, Hawalli. The reasons behind choosing such a place are, first and foremost, the familiarity with the space and the audience that it attracts. The assumption is that a vegan constituency revolves around responsibility towards animals and is thus a form of ecological citizenship. It was a cafe with a green outdoor space by the beach.

The philosophy of the case study vegan cafe was “eco”. The cafe uses biodegradable and reusable take-away substitutes. In addition to that, it is strictly vegan with the belief that veganism serves the environment and saves the animals from torture and death. It preaches connection to the environment by offering yoga, meditation, and other activities. Through a small booth, it provides biodegradable and responsibly sourced products for everyday life. The products include toothbrushes, bamboo utensils, reusable straws, tote bags for shopping, refillable water bottles and many other products that serve an environmental purpose. Through observation, a research question emerged: What is eco-citizenship? what does the research say about the definition of eco-citizenship? and how do people perceive themselves?

A framework was developed to guide qualitative research focusing on a vegan hub in Kuwait. The interviewing took place online. One on one in-depth interviews were conducted to unveil perceptions of eco-citizenship and its dimensions. The free-flowing discussion included note taking and/or session recording, followed by thematic analysis of major themes mentioned, given the approval of the IRB.

A flier was printed and approved by the IRB to recruit people from the case study cafe for interview on Zoom call. Six women responded and agreed to take the interview. The interviews were online, and consent was received to start the interviewing process. To be included, the interviewee had to be a financially independent person between the ages 20 and 30 years old. In addition, she/he had to exhibit some eco citizenship characteristics as shown from literature. His/her education had to be at least undergraduate level, not in an environmental field, and they had to be English speaking. Snowball sampling was utilized to reach the needed number of participants (six). Only women expressed interest to participate in the study. The



participants all lived in Kuwait at the time of the interview, and 5 out of 6 women lived abroad at some point in their lives and compared their ecological experience abroad to the one in Kuwait.

The question guide was developed to explore the thoughts and behaviors of the interviewees, to explore their knowledge about the environment, and to allow some reflection on personal thoughts and actions. The aim was to explore the root cause of change- or lack thereof- in behavior or thought towards the environment. Lastly, the questions also aimed to explore the self-perception of the interviewees based on what they shared and in comparison, to their ideal environmental standards.

A literature review was conducted to explore definitions of eco-citizenship from many perspectives including the political, educational and the personal to look deeper into motives behind responsibilities, duties, obligations, and the differences between each to question the extent to which responsibilities cover both the human and non-human alike. The questions asked were the following:

- 1) Have you ever heard of eco-citizenship
- 2) What do you think it is?
- 3) What are eco decisions in your opinion?
- 4) What are some decisions that you took that you think are eco-friendly?
- 5) What makes them “eco” in your opinion?
- 6) (List and organize the reasons stated)
- 7) When you took decisions before considering the environment, what was your reasoning? (Easy access, convenience, multiplicity, only option, speed, lack of knowing, other)

8) Now, if you consider the environment, what is your reasoning?

(Personal, political, educational, financial, ease, other)

9) How impactful do you think your decisions are?

(reflect back importance)

10) Describe the greenest person in your opinion

11) Rate your-self out of 20 – 20 being the greenest person you described

## CHAPTER 5

### RESULTS

Although the same questions were asked to all the interviewees, answers varied drastically (Appendix x). However, the variations were all under unified themes derived from codes.

These themes include:

1. Relationship with nature
2. Knowledge and awareness
3. Personal agency
4. Actions in different contexts: personal, local, political, social and cultural
5. Self-awareness and Emotional motivation: guilt, shame, convenience, reward

#### **5.1 Relationship with nature**

The women interviewed expressed having a relationship with nature on a different basis. Some expressed that they were “one with earth” and others expressed their responsibility by “taking care of earth.” The first theme showed that the women expressed their relationship to nature either as being part of it or as being responsible for it. This created a spectrum in which lies many possibilities including being on the same hierarchy as nature while still being a separate entity: “balanced lifestyle between living in a society and having the opportunity to take care of the environment and the people around us.”

*“... It (eco-citizenship) is trying to support the ecosystem and be sustainable and responsible.”*

*“(eco-citizenship is) being a citizen of nature and the entire ecosystem so identifying with whatever and taking care of it is being a citizen of the earth and the awareness that you are one with the earth and how you can be a good citizen.”*

*“(eco-citizenship) is about being an active citizen and being in harmony with the earth and not harming it. And putting into consideration that we have a big part to play.”*

## **5.2 Knowledge and Awareness**

The importance of knowledge and awareness was the second theme that was brought up frequently. It was either to emphasize its importance for action; or to help maintain certain decisions. The interviewees were also aware of the “cradle to grave” concept. Some expressed that “(eco-citizenship is about) Making a decision based on how much impact (it has) on nature... if I am buying a water bottle which is plastic is based on me assessing the impacts of It.” There is the awareness of where a product comes from in terms of raw material and where it ends up as waste.

*“What research showed me was that being vegan can help a big number of animals per year.”*

*“Whenever you start to doubt you see the research and you are motivated again.”*

### **5.3 Personal agency**

The importance of personal agency was discussed by many interviewees. For some, it was up to personal initiative to create change while many others expressed the need for change in the systems we live in and by that some stated:

*“If companies stop doing that (environmentally degrading the environment) it would make more of a difference than I could.”*

However, understanding the consequences of our actions was an important aspect. Although it involved having the necessary knowledge of how that might happen and required personal agency for follow-up action, it was a concern that stood out to the interviewees. An interviewee expressed that the negative consequences of her actions were extending beyond her. On the other hand, positive consequences existed too:

*“It was selfish of how I thought of how certain things would be to me but not how it affects other people and other aspects.”*

*“I think I create a big impact.”*

### **5.4 Actions in different contexts: personal, local, political, social, and cultural**

When asked about personal agency, the interviewees listed several actions and behaviors that spread across many areas in life. Action across platforms was emphasized by the interviewees as their default lifestyle when it comes to pro-environmental effort as it was not possible for a pro-environmental mentality to be focused on one action as when it exists, it filters out opportunities as they present themselves. For example, an interviewee was mentally tracking her decisions and actions as follow:

*“Whenever I don’t want clothes, I donate or give them to friends. I think when it comes to my food and meal prepping, I use reusable containers. I try not to use plastic. I take it from home and clean it. What else? That’s pretty much it. I use bags for fruits and vegetables in the grocery store.”*

However, when it comes to making decisions to start with, many reported that multiple factors play a role. One of which was cultural.

Although the interviewees addressed culture, they also hinted to other notions like convenience and accessibility that point to umbrella aspects like cultural norms, social norms and political awareness and action on the environmental matter.

*“(Environmental care) can come from many reasons like nutrition, relationships and wellbeing of the animals and wellbeing of nature.”*

*“When I lived in the UK I made more eco decisions like tap water and public transport and walking too. Slower fashion choices, buying from ethically sourced places. It was not convenient, but I did it to my utmost capacity.”*

### **5.5 Self-awareness and Emotional motivation: guilt, shame, convenience, reward**

As emotion cannot be isolated, the interviewees showed emotional investment in the surrounding environment.

It is beyond interesting to see spectrums created as the interviewees express their quite different viewpoints. However, their expressions are but rivers that pour into one ocean. Their answers are insights into why people behave the way they do towards the environment. The interviewees could view the environment from the 1st, 2nd and 3rd

person viewpoint. 1st being part and one with nature, 2nd being responsible for nature and 3rd being separate yet impactful on nature. It was also interesting to witness how the interviewees viewed themselves, their actions, and their behaviors in comparison to their projected ideal. Their scoring and feedback gave insight on their self-awareness and self-perception. When compared to each other, it was interesting to see the correlation between knowledge and score. The person whose actions were the most diverse and whose knowledge was meticulous on environmental matters scored herself less than halfway mark.

*“(I feel) happy, proud and fulfilled.”*

*“(being environmentally aware) is demoralizing to see the damage and think that you can do the difference alone”*

*“I don’t think I have made it halfway because of my environment because I know I can maybe do that here (in Kuwait), but I need the effort and the will and drive.”*

*“The biggest change was meditation and at the time it was only when I sat in silence to know who I am and what I am doing. And I know there are some changes that you can do to change yourself and help the environment.”*

## CHAPTER 6

### DISCUSSION

This study revealed multiple themes that influence decision making and therefore eco-citizenship.

The interviews overlapped in many aspects. Those aspects were distinct and created clusters that eventually created 5 themes and within the themes there were many viewpoints. Those 5 themes emerged as headlines for why eco decisions are made/ not made. All interviewees were environmentally active. However, some were able to act across more contexts while others were able to do less. Also, some were able to only have a sole focus and commit to that. This shed light on the differences and questions emerged consequently. The questions asked are based on the differences within and across the themes. The aim is to discuss the multi-faceted existence of the eco-citizen as presented in the literature in contrast and parallel to the findings in this study.

#### **6.1 Relationship with nature**

The interviewees in this study have shown a consistent thought and care for nature but mostly from the anthropocentric viewpoint as they care for nature however are not investing in more than one activity towards nature wellness. Three interviewees expressed their relation to nature being for the sake of nature itself; for sustainability and animal rights. These findings do not necessarily exclude the interviewees commitment to nature, because, according to Sockhill, et al. (2022) anthropocentric people were more action oriented than expected and in comparison, to eco-centric people.



Relationships with nature have taken many shapes in the literature based on different philosophies including anthropocentrism, ecocentrism and techno-centrism (Balundè, A. *et al.* 2020). The current environmental views can be factored into the following:

**Anthropocentrism:** Generally concerned with the world as it serves them; the earth belongs to humans.

**Eco-centrism:** Generally concerned with the harmony between humans and the environment; humans are part of the environment and environmental wellbeing is the goal. This sometimes also leads to prioritizing environmental needs over human needs.

**Techno-centrists:** Generally, view humans as protectors and manipulators of nature; humans need to protect nature through advanced technology and efforts

**Egoistic:** Also, more likely to serve oneself more than the environment unless environmental values are tied to self-serving strategies.

**Altruistic:** Most preferable as it is self-transcending and does not rely on self-serving philosophy. However, these values are not most suitable for pro-environmental actions as they focus more on the wellbeing of others and not necessarily the environment.

**Biospheric:** These values are derived from altruistic thought, however, are specific to the wellness of the environment. It is argued that they even serve environmental wellness separately as they are the best predictor for pro-environmental behavior.

At times, the latter two value structures have blurred lines between them which leaves a question mark on how effective each are separately and in comparison, to one another.

The authors argue that anthropocentrism is a misunderstood value structure as it is assumed to cause lack of environmental care and awareness. However, it was shown that eco-centric and anthropocentric values can both lead to environmental action. The deciding factor in that study was connection to nature.

Egoistic values are the most prominent according to Zainuri, N. A et. al. However, they are shown to be of use sometimes. This is because when a person thinks egotistically about suffering the consequences of their non-environmental actions, they may, therefore, be more pro-environment. In addition to that observation, it was shown by Zainuri, N. A et. al, that the most difficult value to endorse is the biospheric value. This is because this value system only focuses on the consequences for nature itself. Any value that concerned entities outside the personal and family circle, was harder to endorse (Zainuri, N., 2022).

Anthropocentrism, according to Zainuri, N. and egoistic values are the easiest to adopt. Egoistic values are high, especially in developing countries. In the literature it was argued by Martin, C. et. al, have pointed out the growing existence of biospheric values that strengthen the consideration towards nature for nature itself. They have also pointed out that studies are ever increasing, however their translation into action is still limited. They argue however that the values come after the connection to nature itself and not the other way round. What perceives the value itself is the acquisition of the value or thought; this is a question that has no answer according to Martin, C. et. al. Thus, the research is limited to how to strengthen biospheric values. They also reverse the lens so that their study on self-nature and its connection to biospheric values considers nature as part of the 'self' and not the other way around.

It is possible, in addition to the above, for one to have no biospheric values and feel connected to nature and vice versa. Research has shown that one can exist without the other, however, there is a positive correlation between biospheric values and pro-environmental behavior and self-nature connection and pro-environmental behavior separately.

It was expressed by many of the interviewees in this study that nature was either a distant concern or a personal extension of themselves. An interviewee expanded on how meditation and self-reflection is readily available in green settings and referred to them as “mother nature.”

Thus, although it was attempted to define the relationship with nature through a series of value orientations, Bourdeau, P (2004) define the relationship with nature in terms of philosophical backgrounds that lead to certain learned behaviors based on how one sees themselves in relation to nature. This, in turn, creates the niche of environmental ethics. The moral basis is built on whether humans are part or apart of nature; whether they are responsible, dominating or dominated by nature; and whether they are superior, inferior, or equal to nature, other people beyond the borders or time. The authors argued that many philosophical backgrounds exist including Judeo-Christian, Islamic, Hindu, Buddhist, Taoist, and Shinto and each set the tone for how the human being will interact with nature based on Divine order. The Judeo-Christian and Islamic teachings are argued to be more anthropocentric while the rest are argued to be more biocentric and radically eco-centric. Both are stated to have their effect on environmental decision making however the authors called upon a shift in human behaviors from a deeply rooted philosophical stance that will transform environmental ethics and reshape the relationship between man and nature.

Another perspective that was expressed by the interviewees was based on a cultural lens. An interviewee expressed that her life in a European country culturally included the environment in most decisions and that was lost upon her return to Kuwait. In addition to that, she further expressed guilt because of her inability due to cultural boundaries. This showed an interpersonal relationship with nature. This type of relationship includes the environment in the self-image. Thus, as her decisions negatively impacted the environment, they also negatively impacted her in the form of guilt.

Another perspective that provides insight to the human-nature relationship is the one related to human psychology. Human attitudes, commitments, incentives, and normative influence are thought to be the mover and the shakers according to Mayer. F.S and et al., 2005. They have emphasized, however, a broader look than usual; they encouraged looking into cultural values, increasing empathy, identity, and natural environment. They argued that connecting with nature would restore the original sense of relatedness that would foster all kinds of positive attitudes that would fuel pro-environmental action. Connectedness to nature can be measured for interventional purposes. To feel connected to nature to the point of behaving to its favor, Mayer. F.S et al., have shown that it depends on several dimensions. First, how equal the person feels to the natural community, the depth of kinship, the extent to which they feel they belong to the natural world in comparison to how much the natural world belongs to them and how attached their welfare is to the welfare of the natural world. When a connection to nature is pinpointed based on the latter terms, the consequences of one's actions inevitably become part of their own suffering. That is because if one feels a strong kinship to the natural environment and perceives it as an equal and as an extension of

personal wellness; then any harm done to nature would be self-harm. This interrelatedness would then achieve a complete shift in cultural and social norms and values that are thought to be needed for a deeper, more consistent change (Mayer, F. S., et al., 2004).

## **6.2 Knowledge and awareness**

Environmental knowledge is defined as the “ability to recognize environmental problems, the causes and consequences of such problems including facts and concepts necessary for explanation.” However, this does not always mean that knowledge translates to action. This is because they may perceive such knowledge as irrelevant for decision making. In the example of the women in South Africa, the type of “knowledge” that they need, according to Momberg, D., et al., must be tailored to consumption of apparel and fashion choices in general. However, the women in the study showed general knowledge on the environment including the environmental problems that the country is currently going through. Those problems included scarcity of water, the increase in solid waste and air pollution and many other political concerns tied to the environment. However, when it came to apparel, the participants had limited knowledge on resourcing, manufacturing, and disposing of clothes. When it came to deciding on which piece of clothing to buy, the participants had a decision-making system that was based on the use of the piece of clothing itself not its environmental background or its environmental destiny. Thus, the suggestion here is to tailor the environmental knowledge provided to more personal pursuits such as consumption habits in this case (Momberg, D., et al., 2012).

The interviewees talked about empirical knowledge that guided their environmental decisions. The empirical knowledge included cause and effect of pollution specific to dietary choices (veganism), clothing industry and plastic use. Most of the knowledge consumed was either cultural, social media or active research. Knowledge and awareness were shown in the literature to be a crucial factor for pro-environmental action. However, it was shown to be an indirect factor. It is said to be a prerequisite for attitudes by P. Liu, et al., 2020. According to P. Liu et al., intention may be the mediator between environmental knowledge and pro environmental behavior. It was shown in the interviews conducted by this research that an intention was present for specific actions that were followed through. However, there was no explicit expression of intention for harnessing better environmental knowledge nor environmental actions. For example, an interviewee intended on taking up slow fashion as a consequence of knowing what the fast fashion industry creates. However, another interviewee implied that there was no intention to educate herself on environmental matters let alone act on them. However, in both scenarios, the word “intention” was not clearly stated, and the questions asked did not explore that aspect. In addition to that, although intention mediated and translated knowledge into action, knowledge cultivated sentiment toward the environment and created values that, to be translated to action, must be internalized first (P. Liu et al., 2020). However, supporting some observations present in this study, external factors influence pro-environmental behavior. The only difference is the number of factors listed by P. Liu, et al., (2020) being higher and including things like region and rural residence. The latter does not exist as a factor in the Kuwait context as rural residence does not exist.

Furthermore, the literature views knowledge on environmental matters have been proven to be both effective in environmental action and non-effective. What Boyes. E, et al., 2012 studied the effect of specific knowledge affecting specific actions rather than general knowledge affecting general actions. This study also tries to show how understanding the efficacy of actions can affect the willingness of individuals towards those actions. Some pro-environmental actions had a natural willingness to be adopted while others had natural reluctance. When the willingness to act was high, educating them seemed to increase the chances to act; however, when the reluctance to act was high, educating them had no effect. However, for recycling and tree-planting, both the reluctance and willingness to act was low. This was the only example which had potential for action only due to education. This suggested that there are sources of motivation outside of knowledge (E. Boyes, et al., 2012).

Far away from ‘deliberate’ lack of knowledge and lack of seeking knowledge, R, Gifford, 2011 breaks down ignorance into many categories. The most uncommon one in literature to our knowledge is talking about the literal evolution of thought. His argument is that humans have evolved so fast yet its cognition of the consequences of the evolution- industrial and other- are still non-comprehensible. He also points out that some just simply lack knowledge on on-going environmental issues and others do not know how to face it/ handle a problem when presented with it. The other segment of ignorance talks about the ignorance of cause and extent; the people who know and do not know what caused climate change and how it is profoundly affecting us. This in turn leads to the ignorance of specifics. What actions should we take, how to act when one is aware and the general benefit of each action? A new perspective is that there is also ignorance from the platforms relied on for information. The non-deliberate ignorance

stems from the fact that it is difficult to be certain about all products, their life cycle, and their ingredients etc....

As for awareness, R. Gifford (2011) sympathizes with what he calls environmental numbness. Also, a concept that, to our knowledge, was not much discussed in the literature. This is caused by tuning out the environment that is not immediate and that does not cause direct harm or does not need direct mitigation. However, this is only one side of the spectrum. The other side is caused by constant unchanging bombardment of environmental catastrophizing that causes overwhelm therefore avoidance (R. Gifford, 2011)

### **6.3 Personal agency**

The interviewees related to other people and to the environmental space. The main theme is that the interviewees viewed the social dynamic as a “me and them.” That was indicated in their language when deciding who takes responsibility for most environmental work. Although the weight of responsibility varied, there was a social split. There was an “us” and a “them.” It seemed from the interviewees that the “us” included themselves and the people who were trying to act on environmental values. While “they” were in the way of such decisions. This meant to include big companies, our economic and lifestyle system, culture, and the country’s laws as only one interviewee explicitly mentioned.

However, this is discussed as self-efficacy. Lamm, A. E., et al., (2022) looked at groups of people both in the “active” state and in the “inactive” state towards the environment. However, the inactive and active were further dissected into categories



based on choice. So those who were active because of circumstance were differentiated in the study. Those in control and actively choose are treated differently than those who are not. In addition to that, intention was added as a subcategory as ‘could do but don’t, could not do and could do and planning to;’ in the research they belong to “inactive”, yet they carry the potential for action and are not studied as much as other reasonings. It is not as common in literature to carry out this type of subcategorization. However, it is useful to subcategorize this way to truly measure “personal agency.” A dimension within personal agency is self-efficacy, the ability to carry out an action and overcome obstacles. It was shown in the study that high self-efficacy and currently doing and planning to do a behavior is positively correlated (Lamm, A. E., et al., 2022).

According to R. Gifford, (2011) self-efficacy does play a role in inducing environmental action. He states that inaction is caused by lack of self-efficacy. This happens when people see the problem as larger than them as individuals. This takes 2 shapes: individual work cannot be done for a global problem and the global problem is too large that it is too late to even act (R. Gifford, 2011).

#### **6.4 Actions in different contexts: personal, local, political, social, and cultural**

Although the above themes are important in decision making, they are not the only values that decision making relies on. People are also affected by cultural and economic values and other external values.

As seen in this study’s interviews, the women expressed a plethora of other contextual concerns that hinder their environmental responsibility. The first concern was geographical; Kuwait's summer heat creates a domino effect on all the non-environmental decisions. The constant and exaggerated use of electricity to create

indoor climates and the desert ecosystem that lacks ‘green’ tourism. Gifford (2011) pointed out many psychological barriers that stop the person from engaging in environmental actions. Those include religious and folk beliefs, social interactions like comparison and creating norms and political perception like inequity. The religious beliefs pertain to the biblical floods, miracles and other things like the belief that mother nature can balance itself. Social comparison creates a sense of frustration on 2 levels. Comparing personal belongings and status to others and comparing one’s environmental achievements and capabilities to others (R. Gifford, 2011).

Personal pro-environmental values only affect the willingness to change a behavior, given they are compatible with other general personal values. Most of the literature, to our knowledge, talks about values in an exclusive sense as if one can only have pro-environmental values that are included in all aspects or non-environmental values that exclude all aspects. Gifford points out that environmental values can be a separate value system alongside other value systems; they just must complement one another (R. Gifford, 2011).

Another personal factor is political trust. Trust is built in a healthy relationship between two sides. In this case, the informed and informing part, that is most likely to be the government, would usually be untrusted. This would cause resistance towards the government and everything they share, including environmental knowledge. Environmental knowledge in this case also includes its value, accuracy, effectiveness, and equality (R. Gifford, 2011).

Perceived risk is also a factor affecting environmental decision making. The types of risks are many including functional, physical, financial, social, psychological, and temporal. Although “risk” is not categorized under ‘different contexts,’ it is an

addition from the literature available that pertains to context. The risk must either be worth it or small enough to handle for the individual for changes to happen. Thus, risk is always analyzed through the different facets of a person's life (R. Gifford, 2011).

However, it is discussed that the external values are only a reflection of matters of priority first and a matter of interconnectivity second. For example, it was shown that although people reported they chose public transport as an environmental choice, it was also because they were a low-income group that had no other option. The opposite is true, people with higher incomes reported buying products that are more environmentally friendly as they can afford it yet due to their consumption, they had higher rates of "pollution" with dairy and meat (Zainuri, N. 2022).

It has been shown that environmental sensitivity, knowledge, and locus of control are positively correlated to environmental citizenship behavior (Priadi, A, 2018). Thus, distributing the responsibility between people who view themselves as active citizens and people who hinder the active citizens by providing knowledge and creating opportunities for leadership where culture, laws and other hindrances lack. The interviewees show this dichotomy of "us" and "them" in an implicit way except for one interviewee who verbalized the split and labeled the corporate industries as "them" very clearly. The rest seemed to have taken most of the responsibility more than blaming the so-called "them."

Furthermore, a study experimented on environmental behaviors and it categorized them into 3 different "levels" that point to distinct levels of commitment. They were household, purchasing and travel behaviors. They were attempting to correlate it with personal values towards the environment while controlling the socio-demographic backgrounds. This study showed that the lower the income, the more care

went toward household environmental care. However, those with access to cars, license, and private transport, were less likely to choose public transport. All socio-demographic backgrounds chose purchases that were less environmentally friendly. However, those who reported purchasing environmentally friendly products, also reported carrying out all other environmentally friendly actions. This was labeled as a “spillover” effect Chng, S., et al., (2021). This was also witnessed in the interviews conducted. Although some interviewees did not step into action, they were able to some environmental intentions towards many distinct aspects. This shows the availability and possibility of spillover. The biggest predictor for environmental action in the study was ascription of responsibility within the locus of control. Hence the effort that was shown to maneuver around the currently established economic/corporate system as opposed to blaming it. This is true amongst the interviewees yet does not cover it all.

Another study took place in Sweden by testing out environmental attitudes and environmental behavior through a quartet theory. The assumption set is that moralistic responsibility can only be shifted by deep attitudinal shifts. The first quarter includes those with a positive environmental attitude and ecologically responsible practices. The second quarter is for the people who have little regard for the environment and do not commit to action for the environment. Third quarter is for those who have a negative attitude towards the environment, yet their behavior creates a good impact on the environment and the last quarter is for those who have negative behavior towards nature yet claim to have a positive attitude towards nature (J. Martinsson, et al., 2010). Why is this split caused?

The study shows that cognitive dissonance is when a gap is created between the morals and values you hold and the behavior you respond with. When the dissonance is high (meaning your morals and values are important and your actions are low) this will create either a motivation to change or a demotivation due to overwhelm. A factor that adds to demotivation and lack of behavioral change is the existence of external factors that slow down or hinder the process.

Thus, although there is a positive correlation between an environmental attitude and environmental actions, environmental attitudes are not the only motivators for environmental action. The study showed that education and socio-economic status also factor in. The higher the education, the more likely to be environmentally positive. On the other hand, the more economically privileged, the more cut off from the public realm thus the more environmentally negative. In addition to the latter, political ideology also predicted environmental behaviors. Those with higher political interest and participation scored higher on positive environmental action, as well as those who placed themselves under the left-wing label (J. Martinsson, et al., 2010).

Although the interviewees did not explicitly mention their political stances, many addressed the importance of commitment ‘against’ a certain mass structure. For example, some of the interviewees who practiced veganism expressed that by doing so, they are making a difference in the ethics running the food industry. The latter argument and mosaic reasoning was reflected in the interviews conducted. As mentioned earlier, many interviewees expressed that they acted on certain platforms, and many expressed their intention and liking to invest more and take further action but did not yet. Thus, the picture is not complete.

Sockhill, N.J et. al (2021) have shown in their study that a segment of political support had to do with the laws and policies put forth by the parties supported. A crossover study between values and political tendencies showed that those with both anthropocentric and eco-centric values can share the same pro-environmental behavior given their connection to nature. This connection is expressed through political preferences in this case. The political stance supported had to include and encourage pro-biodiversity behavior. In specific, it was shown that those policies had to encourage more time spent in nature and more community planting activities. A pattern was shown for general political parties: the ecocentric supported mostly labor and liberal parties while the anthropocentric supported mostly conservative (Sockhill, N.J, 2021).

A general demographic split was created in that study. Although this study does not go into the details of how the interviewees' demographic details affect their eco-citizenship, it was included for control. However, it is interesting to witness how Lamm, A. E. et al. (2022) observe that anthropocentric segments tended to be male, earn above median incomes, had degrees, and aligned with right wing politics. The complete opposite was observed for ecocentric segments: they were mostly female, had lower incomes and were aligned with left wing politics ( Lamm, A. E. et al, 2022).

### **6.5 Self-awareness and Emotional motivation: guilt, shame, convenience, reward**

Outside the political realm, the emotional appeal also carries a responsibility toward decision making. The emotions expressed by the interviewees ranged from pride to demotivation. What lay in between included emotions like shock, disappointment, guilt, shame, convenience, and reward.

According to P. Liu et al. (2020), decision making depends on two systems. One of those systems is responsible for logical decisions supported by evidence and an affective system that depends on emotions. It is believed that the emotional system is predominant.

Emotions, namely guilt, were found to drive a certain percentage of a decision. When guilt is evoked, it suggests a deeper meaning. It suggests that the observed environment is humanized or that the person feeling guilty takes on the responsibility for their actions and decisions. The guilt could also be aimed at humans. This means the guilt felt could be aimed at other people harmed by one's decision, including the future generation (Tam, K.-P, 2019).

In addition to that, alongside guilt, pride has shown to be a driving emotion for change. Especially that the two named emotions are tied to social concern and moral considerations. Though inducing guilt could lead to action, it also showed in certain circumstances to hinder consistency. Thus, pride was tested for its efficiency and was deemed useful in certain situations. More research has shown that a positive emotion related to pro-environmental action was more effective than having negative emotions related to resisting non-environmental actions. It was also shown that motivation based on negative emotion could lead to anger and demotivation and therefore inaction. On the other hand, positive emotion could lead to motivation and long-term commitment to action. However, it is important to note that the research shows a correlation not a causation. This relates to the emotions expressed in the interviews as an entire range was shown, including guilt and pride mostly. Where guilt was shown, there was a prominent level of commitment to one pro-environmental decision (veganism) yet there

was little spill over. Where pride was high, a higher level of commitment was shown across many platforms (veganism, second-hand shopping, minimalism, financial investment in environmental companies, etc...). In 2 circumstances guilt caused reactance: one where the interviewee blamed the corporate sector for the damages and lack of responsibility and the other where the interviewee lost motivation to carry out the simplest, previously possible, pro-environmental action. However, because the relationship between the emotions and the actions are still correlative and not causative, the answer to eco citizenship cannot rely on emotional grounds.

The context of Kuwait requires us to zoom out first to zoom in. In Kuwait, electricity and water are one sector. This is due to desalination as a byproduct of electricity generation. The production strategy is based on mid-to-long-term demand forecast. Unexpected economic development, rise in oil prices, lack of demographic planning, random changes in government salaries and the change in Iraqi regime pressured the demand further (Wood, M., et al., 2014)

The state also owns and manages, with subsidiaries, the main energy sources which are oil and natural gas from Kuwait Petroleum Corporation. That is because the distribution, production and transmission processes all depend on the oil and oil-refined products and gas fuels provided by the KPC. In addition, electricity and water are 95% subsidized by the government. This is needed especially in the summer, being the longest season with the highest electricity and water demand, due to heavy and widespread use of air conditioning systems. This alone counts for 70% of the peak load demand and 45% of the annual consumption. Moreover, no taxation or policies are set



for consumption and with no taxation Kuwaitis have access to material benefits, employment, welfare, education, and housing from oil revenues.

As a result, a vicious cycle such as economic standards create a lifestyle that further exploits resources and consequently labor. Wasteful consumption and the influx of non-Kuwaitis for labor and household independents feeds into the demand that further burdens the subsidies which further increase incomes of governmental jobs that finally support the lifestyles mentioned and so on (Wood, M., et al., 2014).

Kuwait's emissions were forecasted to only increase from 2018 until 2022 by an average of 4 MtCO<sub>2</sub> per year starting with 45.57 MtCO<sub>2</sub> in 2019 according to the IPCC (Intergovernmental Panel on Climate Change). This is solely to generate electricity by burning fossil fuels. The Ministry of Energy and Waterpowers uses Heavy Fuel Oil (HFO), Crude Oil, Gas Oil, High Pressure Gas (HP), Low Pressure Gas (LP), and Liquefied Natural Gas (LNG). Each type of fuel contributes to CO<sub>2</sub> emissions each with a . This causes depletion of natural resources and negatively impacts the environment through the emissions of toxic gases (Akhader, S., et al., 2022).

In addition to that, in 2016 Kuwait's summer temperature rose to 54 degrees Celsius over a period that was longer than expected. This was the highest recorded temperature in the world. It was an alarming warning for the state in which Kuwait operates economically, therefore environmentally. This, to Kuwait translates to even less precipitation and freshwater availability altogether with rising sea levels and temperature increase. All the latter consequences cause Kuwait to become inhabitable as it will be lethal to humans (Nordenson, J., 2020).

On the other side of the world years ago, the recycling ethic surfaced as a shield that protects the producers from handling the waste produced. This is because some beverage companies shifted to one use containers and faced backlash and were asked to restrict the production method. They managed to shift the responsibility from themselves onto the consumers and municipalities by claiming that restrictions are a threat to consumer freedom and that municipalities can and should recycle. Municipal recycling and resource recovery became the main defensive line that producers used when environmentalism in 1970s arose. They even went to the extent of setting up their own recycling centers (Steinberg, T., 2010).

At that time, Clinton publicly claimed his support for bottle-bill legislation. Yet was simultaneously supporting the industry. This is what led to green liberalism in the USA and introduced it to the rest of the world as it slowly became westernized (Steinberg, T., 2010).

USA and western impact did not wait for the 1970s to spread however, the 1800s, after the American revolution, the industrial revolution, capitalism, and communism emerged the decades. However, most importantly, in those years, modern university and universal schooling and the power of the Rothschilds arose which all together created a new European civilization that washed over the world. “It is one of the fundamental changes that there is no longer a 'Western' history or indeed a 'Western' civilization. There is only world history and world civilization - but both are Westernized.” Seeping into the Gulf region, American history managed to mark its existence in 1991 through its intervention in the Iraq war against Kuwait in the hopes

that it would protect the west's oil supply and aid with a stronger GCC tie later  
(Drucker, P. F., 1994)

The context of Kuwait cannot be isolated from the world. Westernization has shown itself in Kuwait through the education it provides including American and English style education, not to mention the scholarship systems that provide opportunities for studying abroad. In addition to education, Kuwait's population consists of a non-Kuwaiti majority and a Kuwaiti minority (Wood, M., et al., 2014). This broadens the cultural availability that includes westerners. The mixing of values is shown through the interviewees' answers and approaches and the mere facts that they conducted the interview in English. Five out of six interviewees lived in the western countries at least at one point in their life. Two interviewees also made it clear that they were more eco-responsible abroad due to accessibility and a lot showed that they were trying to bring to Kuwait western methods of eco-responsibility. For example, veganism and recycling were mentioned as main environmental "concerns." The example of veganism highlights a lot of interrelated issues that pertain to eco-citizenship in Kuwait. It questions context, class, and citizenship. No one tackled the over-use of Air Conditioning, the lack of public transport and the rising water and temperature issue that are contextual to Kuwait. Although environmental disasters do not have borders and any environmental responsibility is needed, contextual action was deemed missing. Also, the interviewees were of a certain social and economic class (as they were financially independent and could afford the items in the cafe) and were thus providing a specific view of eco-responsibility. Veganism poses many questions about the consumption of imported goods to maintain the diet efficiently and healthily. The issue of citizenship in Kuwait drives the environmental issue deeper into the mix of socio-

economic politics. As explained above, the correlation between migrant workers, non-Kuwaiti labor and Kuwaiti incomes is positive and leads to a vicious cycle. The exploitation is evident in both the non-Kuwaiti labor and the environment as a sacrifice to maintain the lifestyles provided (Alahmad B, et al., 2023). Thus, in this context, the fingers are to be pointed and the big “them” that one of the interviewees mentioned. In this case, it would be argued that things have slipped out of the individual’s hand and into the vicious socio-economic capitalistic and consumerist cyclone.

## CHAPTER 7

### CONCLUSION

This study showed that a theme related to eco-citizenship cannot be explored independent of the other. A connection or reference is bound to happen in between the themes; the themes rely on each other to complete the eco-citizen picture. Also, as observed in every theme, a spectrum exists. Different people belong to different places within the spectrum, and a combination of certain aspects within the themes creates the eco citizen fitting for their own context. The idea is to enhance one's relationship with nature in a manner that creates a sustainable flow of action. The relationship is meant to inspire action regardless of the identity. However, according to the explored options above, eco-centric or anthropocentric relationships tend to inspire action mostly (Zainuri, N. 2022). As for knowledge and awareness, literature pushed towards more holistic knowledge. First: knowledge on environmental matters; Second: knowledge on specific consequences of specific actions that affect the environment and third: knowledge on actions/behaviors/decisions that are environmentally friendly (Momborg, D., et al., 2012). Although knowledge will not dictate whether actions will follow, they are at least a precursor for action and constructive action (R. Gifford., 2011). Personal agency seemed, to our knowledge, to rely on solely self-efficacy; the ability to think that your impact is enough to inspire action and commitment however, that is not enough to formulate a broad understanding of personal agency and to what extent it contributes to eco-citizenship and action amongst all the themes (Lamm, A. E., et al., 2022). As for action across different contexts, the person's geographical location and economic situation plays a crucial role in decision making. It is unclear if being more economically stable enhances your environmental awareness and action or not.

However, being economically less stable was shown to have unintended positive effects on the environment because of daily life choices (J.Martinsson, et al., 2010). For example, sharing transportation, limiting consumption of environmentally degrading foods, consuming less in general and recycling/reusing/reducing for financial benefit were examples of environmental benefit. However, the financially well off were able to invest in more environmentally friendly equipment, gadgets, and products.

According to the above, the economically less stable would choose convenience over their usual choices if they were available (Chng, S., et al., 2021). Thus, convenience stands out as a value driving eco citizenship. On the other hand, values do not determine environmental action by themselves. Environmental values must be aligned with personal values for actions to follow. Also, they must accompany a degree of connection to nature to translate into action (Mayer, F. S., et al., 2004); otherwise, values become empty labels. While values pertain to the logical system, decisions are usually made with 2 systems: the logical and the emotional (P. Liu, 2020). Guilt and pride were seen as motivational emotions that drive action (Tam, K.-P, 2019). Based on the resources, a balance between guilt and pride must be attained for sustainable action to take place. The guilt must not get to a crippling point and pride must always be present following an environmental action. However, the research showed that, overall, pride was a more desirable feeling for long-term action.

In the context of Kuwait, the eco-citizen notion is questioned altogether. The economic, social, and geographical setup is extremely reliant on environmental degradation, that personal responsibility, should it cover 100% of one's environmental

footprint, would not be enough nor would it begin to cover the required effort. It would not be able to solely pay for the state's economic health.

## APPENDIX

Meaning unit	Condensed meaning unit	Code	Category	Theme
From the sounds of it is being a citizen of the earth and the awareness that you are one with the earth and how you can be a good citizen	citizen of the earth by being one with earth	Part of nature	Meaning of eco-citizen	Unity with the earth
By being a good neighbor including plants and animals and part of nature. To be respectful and caring of our neighbors.	Good neighbor including plants and animals	Part of nature	Meaning of eco-citizen	Inclusivity of non-humans
What research showed me was that being vegan can help a big number of animals per year. And its just one person but I am making a huge difference. By being vegan, I started becoming more aware of how to be healthy by eating more greens. Having more respect towards plants. Before that I didn't care much. Being vegan gave me awareness of the world I am in. Recently I started consuming a bit less plastic but I am not good at it yet. I am slowly starting to become aware of slow fashion.	Research, being vegan can help, respect plants, awareness of the world, consuming less plastic, slow fashion	Knowledge and awareness	Personal action	Evidence based practices lead to changes in more than one area in life
It was access and cheaper and so on but also, I thought of myself more. It was selfish on how I thought of how certain things would be to me but not how it affects other people and other aspects. When I think of me only, I don't need to know and go out of my way. But when I am vegan or consuming slow fashion its inconvenient, but I had to. And also, at times knowing more made me feel bad so I was	Access and cheaper, thought of myself more, when I am vegan, inconvenient but i had to, knowing more	Consequences of actions	Motivation for change	Changes in self-perception with regards to environmental placement changes



<p>trying not to know so i don't need to change. Also, at times I would put excuses like money and saving and so on. But like you can't be sheltered from the information and so at one point I saw it all and told myself I had to change</p>	<p>made me feel bad, i was trying not to know, excuses,</p>			<p>priorities and motivates action</p>
<p>It was because of social media. I heard of veganism and I thought it was crazy and too much. I was clicking on the random videos that they post. I saw how they were killing sheep in Kuwait and it was supposed to be a scandal because it was going against all Islamic values; they were being slaughtered in front of other sheep and aggressively so I became vegetarian for a while and then I saw what happens in the dairy industry and I couldn't be part of that either. And you can't not see, these videos pop up in front of you. When I became vegan only for the animals my surroundings ridiculed me and I had to research for answers and the more i researched it the more I saw that the information never ends. The slow fashion thing I only saw it through social media, and you just feel bad after a while and stop. The ease of access was a privilege, and it was easy because I did not see how the people live but then it weighs heavy on my conscience. We are all part of earth, and I don't live alone. We are all part of this earth and I live in a society, and these are people like me. when you see a human suffer, it feels bad to see that. It got heightened during corona and you start to hear about things. You realize your privilege and you realize we are all in this together including animals and plants.</p>	<p>Social media, killing sheep in Kuwait, against Islamic values, you can't not see, i had to research answers, feelings bad, access is a privilege weighs heavy on my conscience, You realize your privilege and you realize we are all in this together including animals and plants.</p>	<p>Knowledge and awareness, emotional motivation</p>	<p>Process of change</p>	<p>Change in habitual thinking and the default lifestyle requires knowledge and is motivate by negative feelings to anti-environmental behavior</p>
<p>Even if we are small human being and we can't do much, I feel like we can impact a lot and even though I am one person, I realized my efforts matter. Whenever you start to doubt you see the research and you are motivated again. Then I think of all the animals that I didn't consume and got to live. I feel like I've helped raise more awareness my parents stopped consuming so much meat and even in my friends group they reduced their meat intake. So, they started to experiment and that is huge to me. So, although I am one person, that one person can change a lot. I am also helping plant because to raise the cattle you</p>	<p>One person can cause a ripple effect, whenever you start to doubt you see the research, ive helped raise more awareness,</p>	<p>Personal agency can be contagious</p>	<p>Process of maintenance and influence</p>	<p>Motivation to maintain require re-visiting your values and efforts</p>

need a lot of grains and to get them you need to deforest a lot.				
Someone who is completely vegan. There is this person I know who just consumes linen and slow fashion. She has a lot of plants. She is vegan and she fosters animals. Wherever she lives she cares for the animals around her. She is aware of her body and in tune and to me that is important. When you are connected to your body you are connected to this earth, and you know how it works. So, I feel like a lot of us are lacking this. When I see someone so comfortable with their body and in tune with their body is very miraculous to me. The more I know the more different my answer would be. Someone with empathy is also a green person because it makes you leave yourself a bit and think about other things, people and life.	Someone who is completely vegan, consumes linen, slow fashion, fosters animals, aware of her body, in tune, someone with empathy	Action across platforms, 2-way relationship	Highest Eco-citizen standards	A more committed version of their current self
I am a 7			Self-perception	Close to the half mark without mentioning recycling, re-using, reducing and many other pro-environmental behavior

Interview #1

Meaning unit	Condensed meaning unit	Code	Category	Theme
Being a citizen of nature and the entire ecosystem so identifying with those.  And to understand your impact and role in the ecosystem. That's pretty much it.	Being a citizen of nature, identifying with whatever and taking care of those	Part of nature	Defining eco-citizen	Eco-centric tending towards stewardship

<p>I feel like its any decision that takes nature into consideration. Making a decision based on how much impact on nature and so if I am buying a water bottle which is plastic is based on me assessing the impacts of It.</p>	<p>Takes nature into consideration, how much impact</p>	<p>Cradle to grave thought process</p>	<p>Defining eco citizenship</p>	<p>Stewardship. One way relationship based on personal impact on environment but not other way round</p>
<p>I do use a refillable water bottle. Does the impact on your health considered being eco? I think so. Water bottle, recycling paper, whenever I don't want clothes, I donate or give them to friends. I think when it comes to my food and meal prepping, I use reusable containers. I try not to use plastic. I take from home and clean it. What else? That's pretty much it. I use bags for fruits and vegetables in the grocery store. I saw a man using them and I asked him once and now a bunch of young people comment on my use for that.</p>	<p>Refillable water bottles, recycling, donating clothes, reusable container, bags for fruits and vegetables</p>	<p>Trying to reuse and recycle, Action across all platforms</p>	<p>Personal actions</p>	<p>Basic awareness of daily environmental care through reflection</p>
<p>When it comes to the water bottles: there are 2 aspects, the first one is the plastic: they are non-refillable and non-reusable and they are not healthy for you or the environment. Plastic takes forever to degrade in nature. When it comes to clothes and the fashion industry, it's a very big factor in pollution and I love buying stuff but I am mindful of not buying too much and if I do, I try to recycle. Just because I understand the effect it has on nature and my body. That's how I assess the impact.</p>	<p>Nonrefillable, nonreusable, not healthy for you or the environment, fashion industry, i understand the effect it has on nature and my body</p>	<p>Interconnectedness with nature</p>	<p>Reasoning behind decisions</p>	<p>Connected to nature through material things</p>
<p>Ease. I think its easier. I think its lack of knowledge and seeing that everyone does this so you don't question that its wrong. If everyone is drinking from plastic and that's how you are brought up then it is an unconscious decision that you don't look into. You don't question it. I feel we were brought up in school and the house knowing effect of recycling and throwing plastic in the ocean and recycling and so at a young age we knew the consequences of that.</p>	<p>Ease, lack of knowledge, everyone does this, we were brought up in school and the house knowing the effect of recycling</p>	<p>Many factors affect your actions</p>	<p>Motivation to change</p>	<p>Personal benefit comes first, convenience and accessibility. Knowledge plays a role in awareness and change.</p>
<p>The water bottle decision was... most of them were done at a younger age and not recent. Because my parents would tell me not to drink from plastic and not to reuse it... I just</p>	<p>Done at a younger age, we try not to have plastic</p>	<p>Although small initiatives exist, there is no supporting</p>	<p>Motivation to act</p>	<p>Personal initiative, social initiatives</p>

<p>remember this very clearly. We try not to have plastic bottles at home and if we did, we'd never refill it. Just drink it and throw it. In our culture we have a clay pot and this is how we drank before. It's not like that anymore but when we were younger, we did that. In Kuwait its not accessible but you'd still have the big boxes for recycling. We still have a bag to put paper in it for recycling and I remember. Now she does the same with plastic and sometimes bottles. At work we have a recycling box and I am the only one using it in the office. They keep suggesting moving it to my space because I am the only one who uses it. My mother does it a lot but I don't know if it's that fact that she lived in the states and that's what they did there. I remember sultan center had machines that gave you points for bottles. I felt like a lot of people felt motivated to do it. Even if they did it for a return, it was just accessible. Even calling companies to come pick it up, they ask you how much you have and if it's worth it. But sometimes people don't have a place to keep 500 bottles. In Kuwait it's not very friendly to do that. That was in Kuwait, but it was years ago.</p>	<p>bottles, drink it and throw it, clay pot, in Kuwait it's not accessible, at work we have a box, my mom does it, In Kuwait it's not very friendly to do that. I remember sultan center had machines that gave you points for bottles, that was in Kuwait but it was years ago.</p>	<p>structure.</p>		<p>and local initiatives do not align</p>
<p>I don't really think about that much but for example I am the only one who uses that box and I hope maybe one day people will walk there too. But I know on a larger scale its almost nothing but it's not nothing. Sometimes I think are these papers getting recycled or not? I don't know. What I know is that my sister when it came to recycling, in her old office, the office gives plastic bottles and so she put a bag and took them and recycled them but I don't personally think of the impact on a larger scale. I am doing what I think is a good thing or env friendly.</p>	<p>I know on a larger scale it is nothing but its not nothing, Sometimes I think are these papers getting recycled or not? I am doing what I think is a good thing or env friendly.</p>	<p>Personal initiative is important regardless of reward</p>	<p>Environmental values</p>	<p>Personal initiative is important as it could have an influence but personal initiative can only go to a certain limit before it is external initiative</p>
<p>A very minimalistic person who is conscious of their purchases. Buy what they need only. A person that can fit all their trash in a jar. Everything else is recycled or composted. Transportation is also important like a train or bus or car-pooling. But then it takes a lot of time: screw the environment I need to sleep. Hahah. So yeah, a hippie.</p>	<p>Minimalistic, conscious of their purchase, Recycled or composted, transportation is important,</p>	<p>Leave as little waste as possible</p>	<p>Environmental standards</p>	<p>Ideals based on material minimalism and commercial minimalism</p>
<p>If I am comparing myself to the greenest person, I am a 1. But if I am comparing myself</p>	<p>Comparing myself to the</p>		<p>Self-perceptio</p>	<p>Very low score</p>

to other people... I'll give myself a 2 because it is more expensive to be green. A 2 is fair enough.	greenest person, I am a 1 . comparing myself to other people, I am a 2		n	
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## Interview #2

Meaning unit	Condensed meaning unit	Code	Category	Theme
It rings a bell. It's hard to put in words. Someone who has a balanced lifestyle between living in a society and having the opportunity to take care of the environment and the people around us. It can apply to the country or world or the community we live in. someone who can support whatever they can support in their lives.	balanced lifestyle between living in a society and having the opportunity to take care of the environment and the people around us	An inclusive lifestyle	Defining eco-citizen	The separation of personal life from the environment as if 2 separate entities. Given this dominion stance, there is external personal responsibility.
Well it's definitely tricky thing here in Kuwait and it was shocking coming here because most of the basic things are still unknown here and we need external help to recycle and I would say that the mindfulness between shopping industry and consumer industry is shocking. Everything is wrapped in plastic here in grocery stores and took some time for me. Public transport has no infrastructure here and I had to wear masks in the street because of the pollution and then with covid it was more normal for me to wear masks.in my daily life here, me and my friend went to the beach and the beach looked like a trash can although there were bins every 10 m and people still decided to throw it by the beach. There are so many things here that people do not do that I used to do as a kid. Then you become the anomalies.	we need external help to recycle, shopping industry and consumer industry is shocking. Everything is wrapped in plastic here, Public transport has no infrastructure, I had to wear masks in the street because of the pollution, beach looked like a trash.	The culture and infrastructure are not supportive of environmental efforts	Political context	Personal initiative, social initiatives and local initiatives do not align

<p>Some things are not considered a special effort anymore and so I have reusable bags and mugs and I relied on public transport until I couldn't and then I started to carpool in a taxi as it was not efficient. Then as a customer I am a minimalist and we need way less than we think. My decisions are not based on emotion. Also we hire a company to come collect recyclables. And back in Europe and Asia it was a normal thing. I choose take out companies that have compostable waste. Recycling isn't a solution while reduction is. As for the house, if I can get second hand, I would. But here the scale is not very big and so it does not meet my need. I stay away from buying things that are not necessary for both ethical and environmental reasons. As for the food, I am vegan, and plant based. This means that I need to buy imported goods for fresh food. Some things are loaded on the shelves but others are packaged. So sometimes I am forced to do that. I never look at cost, I would invest my own money on helping society. I am an investor in sustainability. I focus on companies that have met sustainability standards and I invest 6% of my income to that. I am very proud to invest in such companies that protect rainforests, creating solar batteries and ethical wage-fair companies.</p>	<p>reusable bags and mugs and I relied on public transport, minimalist, my decisions are not based on emotion. Also, we hire a company to come collect recyclables, get second hand, I am vegan and plant based, I would invest my own money on helping society, I focus on companies that have met sustainability standards and I invest 6% of my income to that.</p>	<p>Action across all lifestyle aspects can be taken. Environmental values lead the decision-making process.</p>	<p>Personal action</p>	<p>Change in environmental perception changes priorities therefore changes lifestyle</p>
<p>When people start to be more conscious of the environment, it can come from many reasons like nutrition, relationships and wellbeing of the animals and wellbeing of nature. Once I started to travel, I started to see in countries that they do not follow European rules for taking care of the environment. So my care extended from my hometown and country to the whole world. So I developed the awareness of interconnected influence. It puts a lot of responsibility and sometimes it weighs me down but I always try my best to prioritize the environment. Also I do not feel mentally and emotionally okay with doing that. It's also for you sometimes to be happy proud and fulfilled.</p>	<p>conscious of the environment, it can come from many reasons like nutrition, relationships and wellbeing of the animals and wellbeing of nature, European rules for taking care of the environment, I always try my best to prioritize the environment, happy proud and fulfilled.</p>	<p>Environmental awareness can be increased through many aspects. Culture and law play a major role in creating a discipline.</p>	<p>Personal consciousness and political context</p>	<p>Commitment and responsibility beyond self-interest</p>
<p>20 years back there wasn't much of a change I always wanted to protect my space. 10 to 15 years ago though I was in the fashion industry, and it promotes consumption and it relied on externalities to be viewed and</p>	<p>always wanted to protect my space, fashion industry promotes consumption,</p>	<p>The personal connection with nature always playing a</p>	<p>The personal journey in environment</p>	<p>An emotional journey accompanies the changes</p>

<p>respected and happy. My gut feeling wasn't comfortable. I was shopping and traveling unconsciously. As models we travel a lot and it's a lifestyle of a tourist and not a traveler. I would go exploit the place and have fun and forget about it. Without concern for the local community and I was not thinking. I did not think of this plastic bag that would end up in the ocean for years and we are buying from companies that abuse the workers from disadvantaged companies. That happens because of lack of knowledge and the internet wasn't there to support you educationally. I was already vegetarian and I never wanted to harm animals and I had to recycle because of the country but I still bought things and wasted food and did not keep in mind the less fortunate. The expansion of my awareness is priceless because I would rather know that I am harming that not knowing. I know iam still not perfect and that I can still be harmful, but I feel like I am still developing. However, it gave me life changing tools of self-awareness and connection with themselves and have compassion with everyone and everything especially to the planet and nature.</p>	<p>exploit the place and have fun and forget about it. Without concern for the local community, I never wanted to harm animals and I had to recycle because of the country but I still bought things and wasted food, the expansion of my awareness is priceless, have compassion with everyone and everything</p>	<p>role in coming back to more sustainable decisions</p>	<p>ental change</p>	<p>in priorities as awareness increases</p>
<p>I think I create a big impact. Even if we are small human being and we can't do much, I feel like we can impact a lot and it changed me and so I can see that it changes people around me and how I am seen. But there is a change and big one. I would never choose to live differently.</p>	<p>I think i create a big impact, I can see that it changes people around me</p>	<p>Personal agency is important. Butterfly effect exists.</p>	<p>Two-way relationship with nature</p>	<p>The importance of balance in taking and giving in a sustainable matter.</p>
<p>My future self, living in a self-sustainable home in costa rica, having my own garden and 90% having my own food. Taking from nature and having very small % of things that are produced by people around me for the house.</p>	<p>My future self, living in a sustainable home in Costa Rica, my own food,</p>	<p>Aims for more environmentally inclusive life</p>	<p>Self-perception. Ideal environmental standards</p>	<p>It is a personal goal to be an eco-citizen</p>
<p>I am still on the baby steps and I live in a city so I think right now I am at a 9 and I need to just change the place I live in. I just want to say that the eco choices are hard especially in Kuwait and its weird to be that leader force and it looks extravagant. But its simply going back to our roots and nature. We are here to take care of ourselves and our lives and in a way that leaves nothing but footprints.</p>	<p>I live in a city, a 9, eco choices are hard especially in Kuwait, its simply going back to our roots and nature</p>	<p>Context is included in personal efforts</p>	<p>Self-perception Self and other awareness.</p>	<p>Self-reflection is part of local context</p>

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Interview #3

Meaning unit	Condensed meaning units	Code	Category	Theme
<p>Vaguely but not a lot, i think it is trying to support the ecosystem and be sustainable and responsible.</p> <p>(Making the meaning from the word)</p>	<p>Trying to support the ecosystem, sustainable, responsible</p>	<p>Supporting the ecosystem</p>	<p>Defining eco-citizen</p>	<p>Outsider support</p>
<p>Someone who is trying to be conscious and sustainable. They would try to recycle. Mainly what comes up for me is recycling. I don't think using metal straws is impactful but rather stuff like public transport or buying an electric car would be more impactful.</p> <p>(Consciousness and sustainability are tied to actions that depend on more people more than personal efforts)</p>	<p>Conscious and sustainable, recycle, public transport, electric cars,</p>	<p>Conscious action across all platforms</p>	<p>Action-based definition for eco citizenship</p>	<p>Action defines the eco-citizen only</p>
<p>Beach cleanups like trashtag are important initiatives and public transport. There is a lot of barriers to people taking public transportation in terms of safety especially for women. So no one uses the busses unless they have to. I was curious about taking the bus and people convinced me otherwise and I was not even allowed to use taxis. They thought that the people using public transport are not safe and that the services were not up to standard and that they were a. Some people eat vegan or vegetarian and I question its actual benefits and I feel like it is a trend here now. Also, the brands that are eco are not transparent about how sustainable they are.</p> <p>(Social environmental concerns, cultural concerns, green washing concerns)</p>	<p>Beach cleanups, public transport, vegan or vegetarian, i feel like it is a trend here now. Also, the brands that are eco are not really transparent about how sustainable they are.</p>	<p>Daily action and awareness on a personal, local and broader level.</p>	<p>Accessibility to decisions and actions</p>	<p>Decisions based on everyday life</p>



<p>I don't think I am a good Eco-citizen but I try to reduce plastic bags and reuse jars and I wish they had more recycling initiatives. Also, I'd like to start using handkerchief instead of tissue. When it comes to sustainability, people focus on weird stuff like straws when really the use of tissue is a lot. Also companies that claim to be sustainable package stuff in plastic. One shop stopped printing paper receipts, but their packaging was fully plastic. If companies stop doing that would make more of a difference that I could. Also I try to save and reuse fabric scraps to not waste fabric. I saw that you can melt plastic bags to make fabric and I would like to try that at some point. I do use glass bottles and am a vegetarian. I am aware that it helps the environment but it is not the basis of my decision. I avoid buying leather and I do sometimes buy secondhand clothes. I try to give clothes to charity instead of throwing them out or remodel them myself. I also have the curtains in my living room that are made from lace that my mom bought but I also bought 2 others for the same area but I did not use so I do not know if that canceled out my first effort.</p> <p>(Corporate responsibility is larger than personal responsibility and even if personal responsibility is there, it is hindered by corporate irresponsibility. Dishonesty in sustainability measures)</p>	<p>Reduce plastic, reuse jars, I wish they had more recycling, companies claim to be sustainable but package stuff in plastic, companies stop it would make more a difference than I would, saving, glass bottles, vegetarian, buy second-hand clothes, give clothes to charity,</p>	<p>Reducing and reusing. Education and awareness.</p>	<p>Personal efforts versus commercial efforts.</p>	<p>Personal initiative, social initiatives and local initiatives do not align</p>
<p>sometimes sustainability is used for marketing even if they are a bit more sustainable than everything else but I do not believe that they are too sustainable and so I avoid being impressed with the label "sustainable". Reusing and trying to limit consumption because any industry generates a lot of waste because a company is inherently not sustainable because a lot of the stuff that we buy we don't need. Limiting consumption and making things yourself in possible, recycling when you can. We are in a situation where it becomes very hard to have 0 waste but it didn't have to be. There was a book in the 1930s they didn't have trash in her neighborhood so no trash collection. If they had small amount of trash, they would just burn in on the stove. So I just think how are we in a situation that produces a lot of waste. Why are we in a situation where we purchase stuff that needs to produce waste. For example, in the supermarkets they can try to present things in a way where we can use our containers to refill but the institutions I think try to make it so we</p>	<p>Sustainability is used for marketing, Reusing, and trying to limit consumption, company is inherently not sustainable because a lot of the stuff that we buy we don't need, in the supermarkets they can try to present things in a way where we can use our containers to refill,</p>	<p>Corporate changes in society are needed more than individual changes</p>	<p>Corporate values</p>	<p>The focus should be solely on the system we live in in order to have true effect on the environment</p>

<p>buy stuff and then it has to be in that packaging that we cannot reuse ending up as waste. The amount of affect that we have in a global way is limited but in our own lives we can reuse and fixing and giving stuff to charity and trying to extend the life of things and limiting your consumption when you can. (Companies use greenwashing to sell things because realistically there is no green company as company create and they create things we do not need in packages we do not need. They limit our ability to reduce and reuse)</p>				
<p>I think my mom is a pretty good eco-citizen, we always recycled and composts her vegetables, and I don't think there was a moment where I wasn't aware then shifted to being aware.</p> <p>(Introduced to environmental responsibility from culture and upbringing)</p>	<p>We always recycled and compost vegetables</p>	<p>Recycling and composting</p>	<p>Personal actions</p>	<p>Environmental awareness in the home</p>
<p>Plastic water bottles are easy, and I don't like to carry a heavy water bottle everywhere and I usually use it. I don't feel it is helpful for me to buy expensive bottles and lose them. It's a hassle to rinse recyclables and find a place to take them to so I don't do it.</p>	<p>Easy and I don't like to carry heavy water bottles, hassle to rinse recyclables and find a place to take them</p>	<p>Convenience and accessibility to services</p>	<p>Cognitive reasoning for action</p>	<p>Personal benefit and accessibility are important factors</p>
<p>When it comes to reusing stuff, it is not just for the environment; it is something I enjoy and makes me feel better and I so in those situations im more like to make an ecofriendly choice. When it simplifies my life and is something I enjoy doing it makes my life easier and saves money. I like to buy secondhand books too sometimes though the second hand is more expensive online sometimes because of the shipping.</p> <p>(Convenience plays a role but when ecofriendly actions are available the joy of taking them on outweighs convenience)</p>	<p>when it simplifies my life and is something I enjoy doing it makes my life easier and saves money.</p>	<p>Convenience and direct personal benefit</p>	<p>Cognitive reasoning for action</p>	<p>Environmental care should be tailored to the person themselves</p>
<p>I don't think they're that impactful and that I am making much of a difference. I think I would make a difference if my skills were better like in sawing and cooking that would</p>	<p>I think I would make a difference</p>	<p>Personal skill is required for change</p>	<p>Self-perception</p>	<p>Low self-importance when it comes to</p>

allow me to rely on myself. Sometimes it's also just planning like when I want to use the cloth napkin but I can't get to wash them and use paper ones instead  (Personal responsibility can pay off)	if my skills were better			the general image
Somebody who kept their own farm and food and were self-sufficient in a lot of ways and lived in their bubbles of providing for themselves and don't buy things for themselves regularly and so I think that kind of person who is buying little and sustaining themselves. That to me would be the greenest person I could imagine.  (self-sufficiency and discipline)	Own farm and food, person who is buying little and sustaining themselves,	Self sufficiency	Ideal environmental standards	In order to be an eco-citizen you must live outside the current cultural norms
6/20			Self-evaluation	High compared to the self-reflection given in the dialogue

#### Interview #4

Meaning unit	Condensed meaning unit	Code	Category	Theme
I have not  I feel like it's about being an active citizen and being in harmony with the earth and not harming it. And putting into consideration that we have a big part to play.  (Personal responsibility, equality in importance, awareness of ability to harm)	Being an active citizen, being in harmony with the earth	Harmony	Defining eco-citizenship	
I learned some permaculture and I remembered the term fair share. I can only take what I need and not over take. When it comes to decisions think of what it will affect and putting into consideration who it will affect and making sure the place it is coming from is a good heart not from greed. Reflecting on the decision before taking it. When I started meditating, I was able to tap into our nature intuition that us humans have	Fair share, what it will affect and putting into consideration who it will affect, Reflecting, I was able to tap into our nature	Self-awareness leads to other-awareness and action	Integrated environmental reflection	

<p>and to know that what I am doing is helpful for society and nature and to trust that.</p> <p>(Knowledge from sources and knowledge from the own mind and body on nature. Awareness on balance in giving and taking from both sides. Nature's connection to the basis of our decisions. Our awareness of the basis of our decision and its consequences. A more expansive view on nature's intangible connection to us)</p>	<p>intuition</p>			
<p>For me, being plant based helped me a lot; it changed my body and soul fully. I was able to appreciate all of the gifts that nature provides and also having a positive impact on the environment by being vegan. All of my products are purchased consciously. I try not to support any industries that test on animals or not use conscious practices. All of my products from past 6 years have been conscious. I am playing my part. Be is a direct extension of myself. It's a space of safety and peace and to share the lifestyle I have been exposed to; focusing on expression and love and it is important to go back to peace and love which I our nature and when we don't have it, we look for it outside. Everything that we want is in us. I feel like if we can find what we want within, then we won't need the external and the world will change for sure. We have forgotten that we can access the treasures within. It creates empathy and gratitude; it makes me appreciate the earth much more by not taking excess and being sustainable.</p> <p>(Plant based has affected the physical and the non-physical, it has raised levels of empathy and gratitude. Showing that nature affects the human too. A philosophical approach has been taken towards reasoning with consuming and exploiting; an inner fulfillment and gratitude will not urge the human to exploit the earth.)</p>	<p>Plant based, appreciate all the gifts that nature provides, products purchased consciously, feel like if we can find what we want within, then we won't need the external and the world will change for sure, It creates empathy and gratitude; it makes me appreciate the earth much more</p>	<p>Developmental growth leads to core changes in action</p>	<p>Integrated environmental and personal expansion</p>	
<p>t's about not supporting anything harmful being done to the environment which led me to my decisions. It is a chain reaction and if I do this then that is one less person supporting our environment. It also creates a connection with earth and a trust that nature will also</p>	<p>Not supporting anything harmful, it's a chain reaction, creates a connection with earth</p>	<p>2-way relationship with nature and the power of taking necessary action and</p>	<p>multi - dimensional relationship with nature</p>	

<p>have your back we live here, and we need to take care of it and value it.</p> <p>(An active relationship with earth in terms of protection, we protect it, it protects us. Individual importance in a larger collective importance.)</p>		<p>stopping unnecessary action</p>		
<p>Convenience as the world has been a fast place and we just want things quickly. Also, ignorance: we were never told to question our decisions and to learn more about alternatives. We were never taught in school that plastic is bad and so we just did what we did</p> <p>The biggest change was meditation and at the time is was only when I sat in silence to know who I am and what I am doing. And I know there are some changes that u can do to change yourself and help the environment. It helped me to reflect on my life and gave me the power to change my decisions. Meditation, reflection and connecting to the whole really helped me.</p> <p>(Meditation has helped reflect on and replace internal processes of decision making therefore keeping nature inclusive of those processes, creating connection.)</p>	<p>Convenience, ignorance, The biggest change was meditation and at the time is was only when I sat in silence to know who I am and what I am doing. And I know there are some changes that u can do to change yourself and help the environment.</p>	<p>Interconnecte dness and nonverbal communication with the environment</p>	<p>inside -out transformation towards nature</p>	
<p>t's one thing for it to be a physical change and then our energy and the things that we can't see can change a lot little by little. The example that we carry within and what we take around also are impactful. The more we believe in it and hold it closely, the more inspiring we become and then we can share it if it is coming from a true place.</p> <p>(Intention and action are necessary to change whether seen or unseen. The more in close contact we are to those, the more we can act upon them and spread their consequences)</p>	<p>the more we believe in it and hold it closely, the more inspiring we become and then we can share it if it is coming from a true place.</p>	<p>Intention and reason along with tangible change are essential</p>	<p>Multidimensi onal changes</p>	
<p>There was a person I had met recently in Ecuador. I was amazed with how connected she is with nature. She view everything as so high and how much we should respect every little thing. She was so observant and it was magical being around her.</p>	<p>amazed with how connected she is with nature. She views everything as so high and how much we</p>	<p>Interconnecte dness and communication with nature</p>	<p>Ideal environment al standards</p>	

(Observation, connection, respect and humility: intangible qualities)	should respect every little thing.			
15/20			Self-evaluation	

### Interview #5

Meaning unit	Condensed meaning unit	Code	Category	Theme
I have no idea; I am guessing it is about citizenship and ecosystem  (Trying to deduce from the words themselves)	Citizenship and ecosystem	Citizenship and ecosystem	Defining eco-citizenship	
Decisions that affect the environment ecosystem; so I guess any decisions that we make as individuals or collective on how we interact with our environment and ecosystem  (Understanding the separation between individuality and collectivity, environment and ecosystem)	Decisions that affect the environment ecosystem, how we interact with our environment and ecosystem	Impacting the environment as an outsider	Traits of eco citizenship	
Um for a time I was pescatarian, I try to reduce the amount of meat I eat generally. When I lived in the uk I made more eco decisions like tap water and public transport and walking too. Slower fashion choices, buying from ethically sourced places. It was not convenient, but I did it to my utmost capacity.  (Culture playing a role in habits. Personal and daily life habits that changed)	reduce the amount of meat I eat generally.  in the uk I made more eco decisions  It was not convenient, but I did it to my utmost capacity.	Convenience and accessibility play a push and pull	Personal and political agency	
They are mindful of the environment we live in in terms of sourcing and the impact left after product and service consumed	mindful of the environment we live in in terms of sourcing and	Cradle to grave awareness	Environmental awareness	

<p>and it keeps in mind sustainability needed to make the products or services.</p> <p>(Awareness of cradle to grave and how extraction and elimination play a role in sustainability)</p>	<p>the impact left after</p>			
<p>Convenience and accessibility. When you make something that is more ecofriendly more accessible and convenient, it makes it easier to choose the ethical thing more. So for example when I went plant based in the UK, it was convenient because I lived alone and my parents were there to effect my decisions. What is more convenient for the collective vs the individual. Accessibility in terms of what is available to me including distance, effort, price, and quality. Would I get the same quality I am expecting from eco aware products?</p> <p>(Convenience is distributed among many aspects: cultural, personal, commercial)</p>	<p>What is more convenient for the collective vs the individual. Accessibility in terms of what is available to me including distance, effort, price, and quality.</p>	<p>Convenience and personal ability</p>	<p>Reasoning for action</p>	
<p>My eco awareness has gone down since moving back to Kuwait... now I try to be as mindful as possible. It is more difficult here because there aren't slow fashion options and vegan restaurants. Going back to culture, the main thing to do here is dining and going to a café and not all of them have proper options. I always assess my context and try to make the best decisions because it is hard to go out of your way especially when you live with a parent, and you are not a bread winner of the family so it creates conflict and it is not easy. So, if iam in an environment that allows me to do that I would but for now for this context this is what I can do although is it frustrating</p> <p>(The awareness and willingness to act on environmental concerns are present yet resistance creates obstacles. Culture, Family dynamics and geolocation matter)</p>	<p>My eco awareness has gone down since moving back to Kuwait, going back to culture, I always assess my context and try to make the best decisions,</p>	<p>Cultural and geographic context play a role</p>	<p>Personal and political context</p>	
<p>Not very impactful on an individual level. That's why your environment will be the</p>	<p>Not very impactful on an</p>	<p>Collective action is more impactful</p>	<p>Personal efforts versus</p>	

<p>main motivating factor for doing certain things. Again, living in the UK, recycling and slow fashion is accessible and so it's easy for enough people to make those decisions and then it will be more impactful. And out of pressure some fast-food chains have vegan options.</p> <p>Here not a lot of people have that so it is demoralizing to see the damage and think that you can do the difference alone and that's why the collective is important. I do not know if it is large enough or reaching the people who have an impact.</p> <p>(The individual is not impactful if the collective is not giving him the tools. When the impact is low and the awareness is high, it creates a demoralizing feeling)</p>	<p>individual level. it is demoralizing to see the damage and think that you can do the difference alone and that's why the collective is important.</p>	<p>than individual action</p>	<p>corporate efforts</p>	
<p>0 or close to 0 waste would be a main thing. Very educated on the environment and they know what they are talking about and has done their research which is another barrier because you may think that you are purchasing the right thing but not really and buys locally almost 100% in terms of fashion, food and everything else. Primarily plant-based diet; I'm more concerned with locally sourced than to go vegan and I care more for ethical and sustainable.</p> <p>(Education and awareness on quality of knowledge, 0 waste, is relative to context of sustainability: local and ethical)</p>	<p>Very educated on the environment and they know what they are talking about and has done their research. Primarily plant-based diet; I am more concerned with locally sourced ethical and sustainable.</p>	<p>Educated and aware</p>	<p>Ideal environmental standard</p>	
<p>An 8 or a 9 I'm right below the halfway mark; I don't think I've made it halfway because of my environment because I know I can maybe do that here but I need the effort and the will and drive.</p> <p>(Number related to culture and geolocation and personal will and drive)</p>	<p>Right below the halfway mark, I need the effort and will and drive</p>	<p>Combination of personal motives</p>	<p>Self-evaluation</p>	

Interview 6



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