

Biochar's Impact on Eco-Anxiety and Empowerment

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Overview

This study explores whether participating in a hands-on biochar workshop can reduce eco-anxiety and increase environmental self-efficacy among university students. Eco-anxiety is a chronic worry about environmental issues or change. This has become increasingly prevalent in young adults, particularly in university students. Prior research has suggested that participating in meaningful action in environmental initiatives can help reduce feelings of helplessness and increase perceived self-efficacy.

Purpose

The purpose of this study is to determine whether or not participating in a hands-on biochar workshop can reduce eco-anxiety and help increase environmental self-efficacy among university students

Goals

1. **Evaluate:** Whether participating in a hands-on biochar workshop can reduce eco-anxiety among university students.
 2. **Assess:** Whether involvement in this workshop can actually increase environmental self-efficacy and feelings of empowerment.
 3. **Explore:** How experiential environmental education can promote both sustainability and mental well-being.
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