

SUMMARIES

Climate change as an existential challenge: Exploring how emerging adults cope with ambivalence about climate-friendly food choices

By Maria Ojala & Malin Anniko

This article focuses on the existential aspects of global climate change. Pessimism regarding this problem seems to be particularly common in emerging adulthood, that is, the late teens and twenties. Research also shows that many in this age group feel ambivalent about different pro-environmental behaviours and that ambivalence is a disincentive to behave in an environmentally friendly way. This article's aim is foremost theoretical, with a focus on living with ambivalence in a more or less "unsustainable" society that at the same time puts pressure on the individual to live sustainably. Deploying existential theories and theories about ambivalence, the article argues that we cannot avoid ambivalence because of the complexity of climate change. Therefore, we should not focus foremost on getting rid of this feeling. Instead, it is essential to look at how young people think about and cope with their ambivalence. An earlier qualitative study indicates that there are "negative" and "positive" ways to handle ambivalence seen from a behaviour perspective. We illustrate this with data from a quantitative pilot study with university students (n=261) about climate-friendly food choices. The results show that ambivalence and negative thinking patterns are negatively related to climate-friendly food choices, while the variable, positive thinking patterns are significantly positively associated with and are the most potent predictor of these food choices. Furthermore, a theoretical model where ambivalence leads to negative thinking patterns leads to less climate-friendly food choices and is supported in a mediation analysis. It is concluded that it is vital to discuss these thinking patterns critically to promote coping strategies that can help the young face their ambivalence and be active despite it. In this regard, from a developmental psychological perspective, emerging adulthood is an ideal age period.

***Ecopsychology for the 21st century?
Confessions from a climate emotion sceptic***

By Ole Jacob Madsen

Abstract: In recent times, the human dimension of the global environmental and climate crisis has received increasing attention. Not least psychology that many now turn to hoping that it can help the world's politicians and citizens respond faster and more adequately to the crisis. Thus, current directions such as environmental, climate and ecopsychology have been met with great interest and given rise to a number of new "green" emotional concepts such as solastalgia, ecological grief and climate anxiety that describe human responses, or lack thereof, to climate change. In this theoretical article, I shed a critical spotlight on the validity of these concepts and ask whether ecopsychology's grand ambition to close the emotional gap between man and nature really can be fulfilled. My review of solastalgia and ecological grief suggests that these feelings, both empirically and theoretically, rest on an idea of alienation from nature-based more on empathy and faith than scientific research. Thus, the mobilising effect of these newly discovered emotions towards nature may not appear and mislead us as much as guide us.

Keywords: Environmental and climate crisis, ecopsychology, human nature, solastalgia, ecological grief

Psychology in a warmer world

By Peter Alving & Ole V. Rasmussen

This paper focuses on crises in man's relationship with nature. Crises that have consequences for people's lives, minds, and well-being - now and in the future. It is maintained that psychology is partly to be blamed for these problems since it has contributed to creating the concept of an autonomous human individual separated from the realm of nature. It is argued that psychology now has a responsibility, not only for treating psychological reactions to ecological crises but also for developing new comprehensions of changed conditions for human life and, more fundamentally, man in his relationship with nature. The dualism between man and nature is accounted for as one of several reflections of the dualist thinking predominant in present psychology. Instead, a re-naturalised critical and materialist psychology is outlined: A psychology that remains true to the premise that man is but a tiny part of nature while still emphasising man's unique societal nature and responsibility.

***Climate crisis as a wicked problem
– an analysis of climate action interventions***

By Lise Isabella Meistrup & Jacob Klitmøller

Climate action is a necessity. While some suggest behavioural design as possible partial solutions for the facilitation of climate action, we argue that there are considerable problems with this approach. By defining the climate crisis as a wicked problem, we reject the behavioural design paradigm as a legitimate guiding plan for the type of action that the problem demands. As an alternative theory, we present John Dewey's pragmatic philosophy and theory of thinking, thereby introducing new perspectives on climate action facilitation. By further discussing Nancy Fraser, we argue that human action must be seen and understood in the context of the global market's political, ecological and care-related aspects. Our point is how a focus on individual fallible thinking and action obscures and hinders an understanding of and dealing with the climate crisis in all its wickedness.

Approaching Global Climate Crisis with Psychology

By Patrick Jørgensen

This paper explores how psychological approaches can aid in addressing the global climate crises. The starting point is an outline of how climate change has historically been addressed in psychology, and the prevailing theoretical notions that inform current research approaches. On the basis of Robert Gifford's seminal body of work, *The Dragons of Inaction*, it is critically examined to which degree the predominance of research in the psychological barriers to pro-environmental behaviour translates into means of individual change. Next, a social practice approach is introduced to explore change as the sustainable development of social practices. It is argued that existing psychological approaches are challenged by a disconnect between theory and praxis, making it unclear how they contribute to concrete scopes of possibilities in the face of global climate change. As an attempt to strengthen this relationship, an alternative approach that seeks to account for the contradictory conditions under which we attempt to address the climate crisis is presented.

Social marginalisation as a resource? User perspectives on the Covid-19 crisis in drop-in centres and homeless shelters

By Maj Nygaard-Christensen & Siri Mørch Pedersen

This article examines the strategies employed by users of drop-in centres and homeless shelters in order to get by during the first wave of the Covid-19 crisis in Denmark. Shortly after the nationwide lockdown in March 2020, socially marginalised citizens were categorised as being particularly at risk in terms of the risk of contagion and the ability to isolate in case of Covid-19 illness. However, there is a lack of knowledge about the strategies employed by socially marginalised citizens – including the homeless or citizens with problematic substance use – during crisis situations. Often, they are described as people who are responded to, but without their own ability to respond to crises such as the current Covid-19 pandemic. Building on qualitative interviews and ethnographic fieldwork, the article shows how users of drop-in centres and shelters draw on experiences that might otherwise be viewed as central dimensions of a marginalised life – prison stays or life on the street as resources that helped them manage during the Covid-19 crisis. Thus, during the first pandemic wave, user perspectives challenged ideas about social marginalisation in narratives that further renegotiate ideas about the relation between the marginalised and the majority population.

How war affects the relationship: the consequences of veterans' post-deployment reactions for intimacy and communication in military couples

By Lea Tangelev Greve & Hanne Nørr Fentz

Consequences of deployment to an armed conflict may challenge veterans, as well as their partner and families, both directly and indirectly. The transition from deployment to the routines and intimate romantic relations of everyday life can be difficult for the military couple, especially in the presence of PTSD-symptoms. Research combining influences of these two phenomena (the post-deployment transition and the experience of PTSD-symptoms) on military couples' romantic relationship has been scarce. First, we investigate how military couples may experience specific challenges in the post-deployment transition compared to normal couple transitions. We draw on empirical material on Danish veterans' post-deployment phase to expand a general model for couple transitions. Second, we discuss how PTSD-symptoms can complicate the longer-term adjustment and relational interactions of military couples. We particularly focus on how veterans' cognitive and emotional disturbances can undermine and stress intimacy processes and communication between partners. Finally, we argue that PTSD-symptoms and dysfunctional dyadic interactions may develop into mutually sustaining negative patterns over time. On this ground, we recommend a

heightened awareness of normal dyadic challenges in the face of transitions, as well as of the consequences of PTSD-symptoms on sustaining negative dyadic processes by professionals working with the support or treatment of military couples after deployment.

Cancer, Covid and Climate Change: On the Robustness of Trust in Science in a World of Crises

By Torben E. Agergaard & Kristian H. Nielsen

In this paper, we examine trust as a psychosocial phenomenon with the aim of understanding factors that influence individuals' and populations' trust in science. We show that trust in scientific experts is an implicit prerequisite for many daily deeds performed by modern human beings through a system-oriented analysis. However, this trust cannot be taken for granted, and factors like the personal experiences and values of individuals impact their trust in scientific experts' use and/or communication of knowledge. In order to discuss these factors in more practical settings, we relate them to the three dimensions ability, benevolence and integrity, which, according to Mayer, Davis and Schoorman's (1995) model of trust, are essential when an actor is perceived as trustworthy. By using the three dimensions to strengthen our analysis, we examine the socio-technological controversy over HPV vaccination in Denmark. We conclude that even though controversies might imply a decrease in trust in some parts of science among some parts of the population, they also have the potential to promote public support of scientific experts as they endeavour to tackle contemporary crises like cancer, Covid and climate change.

The Master Thesis in Psychology – between theory, methods and diagnoses

By Thomas Szulevicz, Peter Clement Lund & Rolf Lyneborg Lund

In this paper, we outline three tendencies concerning the current state of psychology: (1) That psychology is increasingly becoming a-theoretical, (2) That psychology is increasingly becoming a quantitative science, and (3) That psychology is becoming more diagnostic in nature. We discuss these tendencies by taking a closer look at descriptions of all master theses from the six different institutions in Denmark that offered psychological study programmes between 2014 and 2019. In total, 4830 descriptions have been organised and categorised. We have done this by using a mixed-methods approach that combines a quantitative sentiment analysis with a qualitative approach that looks at smaller extracts of the sample. The results give sur-

prising perspectives on all three tendencies since our analysis shows a rather large use of theory in the theses, that there is a very clear orientation towards qualitative methods in the theses and that the use of diagnoses varies considerably across universities.

Temporality as key to understanding Mead's social psychology

By Inger Glavind Bo

This paper aims to discuss Mead's understanding of temporality as a key concept in understanding his Social Psychology. The point of departure is the central inspiration found in Bergson's concept of temporality. Mead considers the present moment, which means the most evasive aspect of temporality as the locus of reality. Understanding ourselves and the social interaction, we have to pull the moments together – not like pearls on a necklace as Bergson has taught us as a continuous flow, where the present, the future and the past penetrate each other just like a melody. Neither Bergson nor Mead consider time as a channel or a container, where the substance of the experiences run through. Time is in itself the substance and the memory, as well as the formation of identity, is not something stable but under continuous revising and construction from the perspective of the present here and now. By this temporal perspective, Mead breaks with the stimuli response model of behaviourism in understanding people's behaviour, where the temporal shifting between the two phases: "The I" and "the Me" enables the interpretative, self-conscious thought and sense-making. The future must be understood as the cutting edge of the present, which paves the way for the unpredictable and complexities of human identity-formations and social interactions.