

## BERITA PERUBAHAN IKLIM KONSTRUKTIF: MEMOTIVASI GENERASI Z UNTUK AKSI IKLIM

### CONSTRUCTIVE CLIMATE CHANGE NEWS: MOTIVATING GEN-Z FOR CLIMATE ACTION

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#### ABSTRACT

*Community engagement is widely recognised as essential in addressing the significant challenges posed by climate change, with scholarly research indicating that media coverage and framing of climate issues are crucial for raising awareness and encouraging community involvement. However, climate change reporting often focuses primarily on negative impacts, which can diminish public support for climate action and contribute to climate anxiety. Framing techniques that emphasise potential solutions can be employed to improve climate change communication. This approach aligns with constructive journalism, emphasising solutions-based reporting, providing credible coverage of social issues like climate change, and fostering democratic dialogue. This study investigates how constructive climate change news can inspire Gen-Z in Indonesia to participate in climate action, as they are projected to be among the most affected by climate change. Using focus group discussions (n=10) with Gen-Z participants, this study employed constructive climate change news as a stimulus before the discussions. Data were analysed through thematic analysis, which revealed two main themes. First, Gen-Z participants felt motivated to engage in climate action after reading constructive climate change news. Second, while Gen-Z expresses a strong willingness to contribute to climate initiatives, two external factors emerged as key facilitators of their involvement in climate action. First, Gen Z is motivated to engage in climate action as a collective activity, either under the auspices of a community or alongside peers who share similar goals. Second, government initiatives and programs that support public efforts in addressing climate change further strengthen Gen Z's motivation to participate in climate action.*

**Keywords:** *Constructive journalism, climate action, Gen-Z, motivation.*

#### ABSTRAK

Keterlibatan komunitas merupakan elemen penting dalam menghadapi tantangan besar yang ditimbulkan oleh perubahan iklim. Liputan dan pembingkaiannya oleh media sangat penting untuk meningkatkan kesadaran dan mendorong partisipasi komunitas. Namun, pelaporan perubahan iklim sering kali lebih berfokus pada dampak negatif, yang dapat mengurangi dukungan publik terhadap aksi iklim dan menambah kecemasan terkait iklim. Teknik pembingkaiannya yang menekankan pada solusi dapat digunakan untuk meningkatkan komunikasi perubahan iklim. Pendekatan ini selaras dengan jurnalisme konstruktif yang menekankan pada pelaporan berbasis solusi, memberikan liputan yang kredibel tentang isu-isu sosial seperti perubahan iklim, dan mendorong dialog demokratis. Penelitian ini mengeksplorasi bagaimana berita perubahan iklim yang konstruktif dapat menginspirasi Gen-Z di Indonesia untuk berpartisipasi dalam aksi iklim, mengingat mereka diperkirakan akan menjadi salah satu kelompok yang paling terdampak oleh perubahan iklim. Melalui diskusi kelompok terpusat dengan metode *focus group discussion* (n=10) dengan peserta Gen-Z, penelitian ini menggunakan berita perubahan iklim yang konstruktif sebagai stimulus sebelum diskusi. Data dianalisis dengan menggunakan analisis tematik, yang mengungkapkan dua tema utama. Pertama, Gen-Z termotivasi untuk terlibat dalam aksi iklim setelah membaca berita perubahan iklim yang konstruktif. Kedua, meskipun Gen-Z menunjukkan keinginan kuat untuk berkontribusi dalam aksi iklim, terdapat dua faktor eksternal yang muncul sebagai fasilitator utama dalam keterlibatan mereka dalam aksi iklim. Pertama, Gen-Z termotivasi melakukan aksi iklim sebagai kegiatan kolektif yang dinaungi komunitas atau bersama teman yang memiliki tujuan sama. Kedua, peran pemerintah melalui program-program yang mendukung masyarakat dalam penanganan perubahan iklim menguatkan motivasi Gen-Z melakukan aksi iklim.

**Kata Kunci:** Jurnalisme konstruktif, aksi iklim, Gen-Z, motivasi.

## 1. INTRODUCTION

Climate change affects the entire world, impacting different regions in various ways. One of the effective strategies to enhance the public's motivation to engage in climate action is to optimise climate change communication through news media outlets. Therefore, media and journalists are essential in climate change communication (Schäfer & Painter, 2021; Stecula & Merkley, 2019) and have been recognised as pivotal agents in pursuing a sustainable society, carrying a distinct responsibility to disseminate information and engage with the broader community (Berglez et al., 2017). Community engagement is considered essential to confront the formidable challenges posed by climate change, and scholarly studies indicate that media coverage and framing of climate change play a pivotal role in enhancing community awareness and involvement (Berglez et al., 2017). Nevertheless, previous study reveals that climate change news mainly highlights its negative impacts, which reduces public support and involvement in climate action (Stecula & Merkley, 2019) and causes climate anxiety (Whitmarsh et al., 2022).

Markowitz & Guckian (2018) offered significant insights for enhancing climate change communication, such as employing framing techniques and emphasising potential solutions. Scholars have identified several news frames about climate change across various countries, with the predominant frames encompassing solutions, responsibilities, and consequences (Han et al., 2017). Research on climate change news audiences in eight countries also shows that most people prefer news that suggests solutions (Ejaz et al., 2023). It aligns with a constructive journalism approach that prioritises solutions, offers credible coverage of social issues like climate change, and promotes democratic conversation (Jørgensen & Risbro, 2021).

Furthermore, an experiment study reveals that information and news narratives framed around solutions can stimulate community engagement in adapting to climate change (Thier & Lin, 2022) and motivate positive action (Baden et al., 2018). Presenting news that highlights positive or solution-focused aspects can also make readers feel more uplifted and engaged (McIntyre & Gibson, 2016). Research with children has demonstrated that news framed around solutions and positive emotions reduces negative emotional responses and encourages more active engagement (van Venrooij et al., 2022). Additionally, constructive news, which offers optimistic and solution-oriented perspectives, inspires greater engagement than traditional negative reporting (Kleemans et al., 2017). Furthermore, studies on crisis coverage, such as during COVID-19 and the climate crisis, reveal that restorative narratives focused on solutions and optimism elicit stronger positive emotional reactions and greater audience support compared to those with a negative framing (S. Schäfer et al., 2024). These prior studies affirm that a constructive journalism approach positively influences audience emotions and engagement with news content.

It aligns with previous research on audience expectations regarding media coverage of climate change that advocated for more comprehensive, solution-oriented, and diverse reporting to guide and address topic fatigue (Wicke & Taddicken, 2021). Moreover, Indonesian media should highlight climate change solutions and the everyday experiences of affected people (UNESCO, 2018; Wahyudin et al., 2022).

The concept of "Constructive News" was first introduced to the public in 2008 by Ulrik Haagerup, the news director of the Danish Broadcasting Company, in a newspaper column he authored (Bro, 2023). In this column, Haagerup emphasised the importance of journalists adopting a more "constructive" approach by highlighting positive societal developments. He advocated for expanded discussions on this approach, both in academic and professional settings, which ultimately led to the popularisation of the term "constructive journalism" (Bro, 2023).

The Constructive Institute, founded by Ulrik Haagerup in Aarhus, Denmark, advocates that constructive journalism serves as a counter to the growing sensationalism and negativity bias in

today's media (Constructive Institute, n.d.). It emphasises three foundational pillars: a focus on solutions, nuanced reporting, and promoting democratic dialogue. Similarly, McIntyre & Gyldensted (2017) describe constructive journalism as "*an emerging form of journalism that involves applying positive psychology techniques to news processes and production to create productive and engaging coverage, while holding true to journalism's core functions.*" (p. 23). The primary aim of constructive journalism is to counteract negative bias and enhance societal well-being by fostering hope and civic engagement and reducing polarised debate rather than promoting cynicism and apathy (McIntyre & Gyldensted, 2018). Furthermore, McIntyre & Gyldensted (2017) outline five positive psychology techniques that can be integrated into various stages of news production, from story conception and information gathering to final production, as detailed below.

*Consider the Well-Being Model of the World.* Journalists aiming to adopt a more constructive approach should cover events by presenting both positive and negative information in a more balanced way. This approach is underpinned by the concept of positive psychology, known as the well-being model of the world, which encompasses elements such as *accomplishment, growth, strong relationships, engagement, positive emotions, and resilience*. It is essential, however, for constructive journalists to maintain a balance in reporting on both negative and positive events or issues rather than solely focusing on aspects that align with the well-being model.

*Evoke Positive Emotions in News Stories.* The objective of constructive news is to enhance the well-being of individuals and society, with positive emotions playing a vital role in reaching this aim. Positive emotions are crucial in enabling constructive news to capture readers' attention and foster engagement.

*Include the PERMA Elements in News Work.* Journalists can enhance the constructiveness of news by incorporating elements such as *positive emotion, engagement, good relationships, meaning, and achievement*.

*Use Constructive Interview Techniques.* Journalists can take a more constructive approach by applying psychological techniques in interviews and conversations with sources. This interviewing style enables journalists and their sources to explore issues from perspectives, promoting productive change.

*Focus on Solutions.* Another technique rooted in positive psychology is highlighting potential solutions to social issues.

In climate change reporting, a previous study has critiqued mainstream journalism for failing to promote democratic discourse on climate issues, emphasising the need for a more constructive approach to framing news (Pepermans & Maesele, 2017). Additional studies confirm that constructive reporting with more varied coverage can reinvigorate public interest in climate change (Wicke & Taddicken, 2021).

This study explores how constructive climate change news can motivate audiences, particularly Generation Z (Gen-Z) in Indonesia, to engage in climate action. According to the Meteorology, Climatology, and Geophysics Agency (BMKG), Gen-Z and Generation Alpha are projected to be the most impacted by climate change. Consequently, young people must take concrete actions to mitigate climate change (Fadilah, 2024).

The European Union defines climate action as the collective efforts to address climate change and its effects, which include reducing greenhouse gas emissions (mitigation) and preparing for or adapting to anticipated impacts (adaptation) (European Union, n.d.). Additionally, the Global Goals identify several climate actions that individuals can adopt, such as composting food waste to reduce climate impact and recycle nutrients, purchasing eco-friendly products, using sustainable transportation options like biking, walking, or public transport, minimising paper usage, and opting

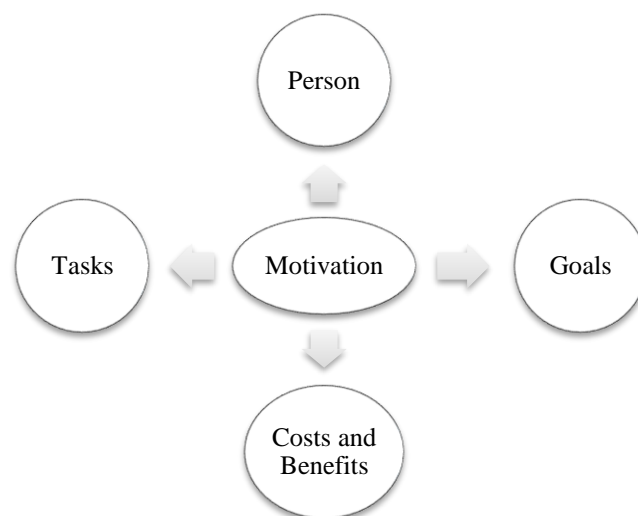
for reusable items like eco-friendly bags, water bottles, and cups to cut down on plastic waste (The Global Goals, n.d.).

This research draws upon five motivational models from various scholars, synthesising them into four core motivational components: *self* or *person*, *task*, *goals*, and *costs* and *benefits* (Hattie et al., 2020).

The *person* dimension encompasses self, social, and cognitive elements (Hattie et al., 2020). Self-aspect includes success expectations, self-efficacy, and a sense of competence for learning and performing actions at a certain level. The social aspect suggests that individuals learn actions by observing examples, anticipating outcomes through comparison with others, or relating to past experiences. Meanwhile, the cognitive aspect involves self-regulation and attributions, which focus on understanding one's thoughts, emotions, and behaviours toward achieving goals. Additionally, the cognitive dimension includes intrinsic and extrinsic motivations: intrinsic motivation relates to personal interest and enjoyment, while extrinsic motivation pertains to instrumental reasons aiding goal achievement. It also includes *amotivation*, which reflects a lack of desire often stemming from a perceived lack of competence to act.

The *task* dimension encompasses work that holds *value*, *importance*, or *usefulness*, especially when it aligns with desired outcomes (Hattie et al., 2020). This dimension also considers the attribution of results and their underlying causes, categorised into three factors: locus (whether internal or external), stability (whether outcomes persist over time), and controllability (the extent to which an individual's control influences outcomes). *Goals* help direct and maintain focus on achieving a task successfully. These goals may be oriented toward performance or mastery and involve approaching or avoiding (*social*) situations.

The dimensions of *costs* (consequences) and *benefits* play a significant role in motivation (Hattie et al., 2020). These elements can significantly influence an individual's decision to engage in a task or pursue a goal. Consequences include the perception of the *effort* required, which relates to the intensity of effort and investment needed and whether it is worth the commitment. Additionally, the *opportunity* cost reflects how much a task might limit one's capacity or time for other valuable activities. In contrast, *emotional costs* pertain to the need to manage anxiety or other emotions associated with potential failure. Conversely, *benefits* include *external rewards*, *intrinsic satisfaction*, *identification of core values*, *compliance*, *autonomy* or *agency*, and *a sense of competence*.



Source: Adapted from Hattie et al. (2020)

Picture 1. Four components of motivation

Building upon these motivational dimensions, this study seeks to investigate Gen-Z's motivation to engage in climate action after exposure to constructive climate change news. Specifically, the study aims to assess (1) their confidence in their abilities to take climate action; (2) their perception of the *importance*, *value*, and *relevance* of climate action; (3) their goals or expectations regarding climate change; and (4) their understanding of the consequences involved and the potential benefits to be gained.

## 2. METHODS

This study employs a qualitative approach, utilising focus group discussions (FGD) for data collection. Before the FGD, a content analysis was conducted on news articles published on the platform *lestari.kompas.com* under the "Penanganan Perubahan Iklim" (Climate Change Mitigation) category. This content analysis solely selects news accounts through a constructive lens. Thus, selecting articles focuses on climate change themes that incorporate elements of constructive journalism, specifically solution-based climate change articles, starting from the first publication in the category until the data analysis was done. The researcher identified eight solution-based climate change news articles as the final sample. These eight articles were published between March 29 and September 11, 2023.

The *Kompas Lestari* platform, launched by KG Media in July 2023, aims to accelerate progress on the Sustainable Development Goals (SDGs) (Pristiandaru, 2023). Accessible through *lestari.kompas.com*, this platform reflects KG Media's commitment to sustainability by featuring concrete actions that support the advancement of all 17 SDG agendas, utilising media outlets within the KG Media network. This study employs the Lestari platform due to its consistent coverage of all SDG objectives, including climate change, addressed under the platform's "Penanganan Perubahan Iklim" section.

In this study, all news articles from a previous study served as stimuli for the informants. Before the focus group discussion commenced, the informants were instructed to read the climate change news articles.

**Table 1.** Climate change constructive news

No.	News Title	Link	Date of publication
1	Sulap Limbah Tahu Jadi Biogas, Warga Sambak Lepas Ketergantungan Elpiji	<a href="#">Link 1</a>	3 August 2023
2	Singkong dan Sekam Padi, Material Bangunan Sekolah Ramah Lingkungan	<a href="#">Link 2</a>	2 April 2023
3	Ruang Terbuka Hijau Minim, Kolong Tol Becakayu Disulap Jadi Taman	<a href="#">Link 3</a>	29 March 2023
4	"Wonderwoods", Hutan Vertikal yang Hasilkan 41 Ton Oksigen Per Tahun	<a href="#">Link 4</a>	4 June 2023
5	Manfaatkan Halaman Kantor, ASN di Babel Nikmati Aneka Sayuran Gratis	<a href="#">Link 5</a>	7 June 2023
6	Menggali Potensi Gas Rawa di Jateng dan Pemanfaatannya	<a href="#">Link 6</a>	7 July 2023
7	Resep Sukses Stockholm, Kota Paling Hijau dan Berkelanjutan di Dunia	<a href="#">Link 7</a>	7 August 2023
8	Paus Mampu Serap Banyak Karbon daripada Pohon, Solusi Alami Krisis Iklim	<a href="#">Link 8</a>	11 September 2023

Source: Researcher's document (2023)

According to Taylor et al. (2016), FGD involves the interviewer facilitating a group discussion in which participants openly share their perspectives and experiences through an indirect approach. Unlike one-on-one interviews, researchers in group interviews must act as facilitators and

moderators, guiding interactions among group members. As a structured group interview method, FGD follows specific implementation guidelines. It is recommended that FGDs include 5 to 10 participants, last between 60 and 90 minutes, involve individuals with similar backgrounds or experiences, and focus on a single topic or a limited set of issues (Taylor et al., 2016). Additionally, the purpose of an FGD is not to reach a consensus but to uncover participants' diverse perspectives.

Given that Gen-Z is projected to be the most affected by climate change, the present study targeted Gen-Z participants to explore their motivations in responding to constructive climate change news. The selection criteria for informants included: (1) belonging to Gen-Z, born between 1997 and 2012 (Rizal & Nugroho, 2021); (2) demonstrating interest or concern for environmental issues; and (3) regularly reading or viewing climate change news on online news platforms or social media.

**Table 2.** Informants participated in Focus Group Discussion

<b>Informant code</b>	<b>Name</b>	<b>Year of Birth</b>	<b>Background</b>
<b>I-1</b>	Dwiandra Erlangga	2002	University student
<b>I-2</b>	Siti Tazkia Qolbi	2000	Employee
<b>I-3</b>	Amirah	2002	University student
<b>I-4</b>	Fany Zahrany	2001	University student
<b>I-5</b>	Delya Marchianita	1998	Employee
<b>I-6</b>	Muhamad Abdurroffi	1997	Employee
<b>I-7</b>	M. Abi Rafdi	1998	Employee
<b>I-8</b>	Cahaya Rabbani	2002	Employee
<b>I-9</b>	Alam Chandra Gumilang	2001	Employee
<b>I-10</b>	Jonathan Firman	2002	University student

Source: Researcher's document (2024)

The FGD conducted with the informants was divided into two sessions, each lasting one hour, on February 4 and 6, 2024, with 10 participants. The FGD participants consisted of 4 women and six men born between 1997 and 2002. The Gen-Z participants in this FGD came from diverse backgrounds. Some informants were employees based in Indonesia, working in various industries such as pharmaceuticals, media, service providers, and educational consulting. Additionally, two informants were working and residing in Japan in the manufacturing sector at the time of the FGD. The remaining participants were undergraduate students, most of whom lived in the Greater Jakarta area (Jabodetabek). The participants were selected based on a brief pre-interview conducted by the researcher, which assessed their level of concern or interest in environmental issues, particularly climate change. Links to the articles referenced in the discussion were provided to the informants one or two days prior to the FGD to allow them to review the materials beforehand.

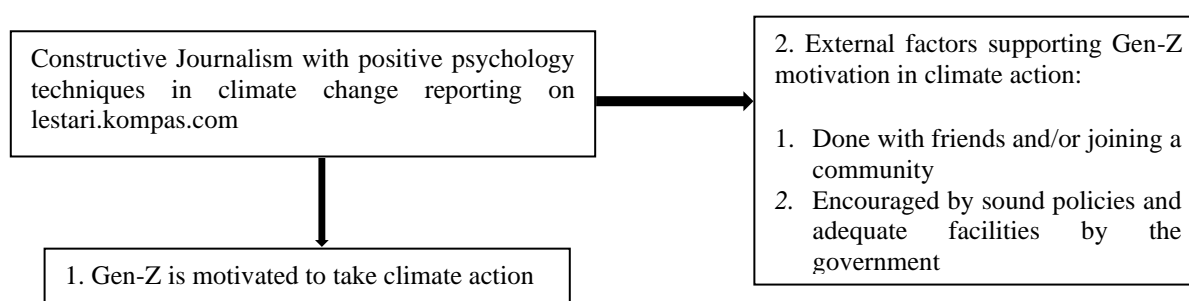
The research data were analysed using thematic analysis techniques, which involve identifying patterns or themes within qualitative data (Maguire & Delahunt, 2017). This methodological approach is employed to gain insights into experiences, thoughts, and behaviours (Kiger & Varpio, 2020). In thematic analysis, 'theme' refers to a patterned response or meaning extracted from the data that illuminates the research questions (Kiger & Varpio, 2020). The process of thematic analysis comprises six distinct stages (Braun & Clarke, 2022).

Firstly, the researchers familiarise themselves with the data by actively engaging with it through repeated readings. In this study, the data collection consisted of transcripts or verbatim records from focus group discussions. The second stage involves initial coding, which organises the data in more detail and specifically by identifying potential content within the data. Following this, the researcher searches for and examines themes, which entails analysing, synthesising, comparing, and mapping the relationships between the codes. In the fourth stage, the author

reviews the previously identified themes, which includes evaluating all relevant codes categorised within each theme. This step determines whether each theme accurately represents the data set and whether the thematic map effectively captures the overall data landscape. After refining the thematic map, the fifth step involves creating definitions and narrative descriptions for each theme, explaining their significance to the broader research question. Lastly, the researcher compiles a comprehensive analysis and articulates the findings (Braun & Clarke, 2022).

### 3. RESULTS AND DISCUSSION

The findings from the present study employing thematic analysis revealed two predominant themes that summarise the results. Firstly, Gen-Z is inspired to engage in climate action after reading constructive climate change news from *lestari.kompas.com*. Secondly, while Generation Z is eager to participate in tackling climate change initiatives, two external factors are identified as facilitators of their involvement in climate action.



Source: Thematic analysis results (2023)

**Picture 2.** A thematic framework of constructive climate change news aimed at motivating climate action among Gen-Z

#### 3.1. Climate Change News Motivates Gen-Z to Take Climate Action

In this study, Generation Z demonstrates self-confidence and a sense of capability in addressing climate change, aligning with the dimension of *person*. They regard climate action as significant and beneficial, corresponding with their objectives within the *task* dimension. Furthermore, Generation Z has short- and long-term *goals* regarding climate change. From the perspective of the *cost and benefit* dimensions, they recognise the repercussions and advantages of climate action and are prepared to implement the solutions proposed in constructive news articles.

Within the person dimension, Gen-Z expresses confidence in their ability to contribute to environmental sustainability. Constructive climate change news enhances this confidence, as the information motivates them to initiate climate action within their immediate surroundings. Their self-assurance in addressing climate change manifests in their daily activities:

*"...we can start with what we can do, like reducing plastic use, bringing a tumbler when going out, ...actually since high school I have participated in community clean-up events in my city, Cirebon." (Informant 3, University student)*

*"...we can reduce the use of private vehicles and opt for public transportation. ...cycling is also an option." (Informant 9, Employee)*

Constructive climate change news further reinforces their belief that engaging in climate action can be accessible and low-cost, similar to the solutions highlighted in the articles.

*"...I think it is a good approach, and I want to try it too... The benefits are twofold; we can adopt environmentally friendly practices without needing to spend money on purchasing vegetables." (Informant 5, Employee)*

Regarding the *task* dimension, this study explores the participants' perceptions of the responsibilities associated with climate change mitigation. For Gen-Z, climate action is perceived as a vital and valuable endeavour for themselves and others. They have learned that constructive climate change reporting on *Kompas Lestari* holds significant value, positioning it as a fundamental task that should be initiated promptly with small, manageable steps.

*"It is very important and useful; it makes us more aware and motivates us to start small actions that might inspire others." (Informant 7, Employee)*

This perspective inspires participants, as they view climate action positively and are inclined to emulate the activities described in the articles.

*"...there are individuals who have already taken action, and that is a positive example for us to follow." (Informant 1, University student)*

Gen-Z emphasises the alignment between climate action and their personal goals, noting how this connection influences their willingness to engage. They find news content that addresses personal concerns and inspires them to promote climate change awareness via social media.

*"I found solutions in the news I read about climate change, which often focused on its adverse impacts rather than outlining actionable steps." (Informant 2, Employee)*

*"...as a content creator, I feel obligated to help disseminate information about climate change..." (Informant 8, employee)*

The discussion within the *task* dimension sought to ascertain how participants perceived climate action. All informants concurred that managing climate change is both a crucial and beneficial task, relevant to their lives. In the dimension of the goal, the researchers investigated Gen-Z's expectations related to climate change. Constructive climate change reporting on *Lestari.kompas.com* has inspired Gen-Z to contribute to the 13<sup>th</sup> Sustainable Development Goal, leading them to become more informed about the consequences of failing to act on climate change.

The Gen-Z cohort is aware of the goals they wish to achieve, which ultimately shapes their perception of sustainability objectives. They collectively agree that everyone has a role in the ongoing efforts to maintain a sustainable and livable Earth.

*"...in the future, I want the Earth to be a suitable place for us to inhabit in our daily lives, and that journey begins with individual action..." (Informant 3, University student)*

*"I believe everyone agrees that the ultimate goal is sustainability... In the short term, it serves as motivation for me, as I am convinced that everything starts with individual efforts." (Informant 2, Employee)*

Gen-Z is inspired by the constructive climate change articles they encounter, recognising that climate action is crucial and should commence at the individual level with small steps leading to greater achievements. However, they also understand that engaging in climate action necessitates increased effort and energy.

Generation Z is cognizant of the consequences associated with climate action within the *cost* and *benefits* dimensions. They are inclined to prioritise which climate action opportunities to pursue first, acknowledging both the implications and advantages of such actions. They have begun taking steps towards climate action within their communities and have experienced tangible benefits.



The study's results indicate that Generation Z believes that the mission of climate action should be initiated, and they are ready to undertake measures to combat climate change individually.

*"...we can implement these solutions. We can do it together or even individually by starting small." (Informant 5, Employee)*

*"We start with ourselves, and that can spread to others." (Informant 9, Employee)*

*"I am willing. It truly needs to be started." (Informant 8, Employee)*

*"...currently, ...I am actively reducing my reliance on plastic bottles by bringing my containers for drinks, though it can be challenging to remember sometimes. Nevertheless, I strive to separate plastic from non-organic waste..." (Informant 4, University student)*

*"...perhaps we can start raising awareness about these issues, introducing them to others, ...fostering a collective sense of responsibility." (Informant 5, Employee)*

Constructive climate change news also encourages Gen-Z to share this information, ensuring that others are exposed to news that emphasises solutions and promotes positive emotional engagement. This can potentially enhance their peers' involvement in climate action to address climate change.

### **3.2. External Factors Enhancing Generation Z's Motivation for Climate Action**

The findings of this study suggest that Gen-Z exhibits a positive response to climate change news articles published on *lestari.kompas.com*, particularly those addressing issues that resonate closely with their daily lives. Gen-Z perceives constructive climate change reporting as beneficial, fostering greater awareness of environmental concerns. This awareness inspires action, prompting individuals to utilise their home environments for initiatives such as vegetable gardening.

*"...in my view, it serves as an inspiration... I also aspire to make use of the area around my house to reap the benefits." (Informant 5, Employee)*

*"The positive nature of the news makes me think, 'Wow... this is something we can do at home.' We can plant vegetables in our front yards and experience the results ourselves." (Informant 4, University student)*

*"...it awakens a sense of responsibility in those who previously showed indifference." (Informant 8, Employee)*

Information regarding other countries' approaches to climate change, as highlighted in articles on *Lestari.kompas.com*, further enriches Gen-Z's understanding and broadens their perspective on climate action.

*"...in countries like the Netherlands or Sweden, the government's role is significantly greater. In Indonesia, there is also a push to engage the community in initiatives, such as utilising tofu waste." (Informant 2, Employee)*

*"There are both positives and negatives. We can maintain an open dialogue about environmental issues... On the downside, Indonesians can sometimes struggle to sustain these efforts consistently." (Informant 10, University student)*

Nonetheless, the recommended climate actions are perceived to be more effective when undertaken collectively. Community-supported activities, or at least collaboration with peers sharing similar goals, enhance Gen-Z's enthusiasm for implementing concrete actions. Strengthening governmental support through programs that assist communities in climate change initiatives is also regarded as essential by Gen-Z, as it bolsters their confidence in participating in climate action.

*"...for instance, if there are friends involved, like if there is a community dedicated to this cause, ...I am more likely to participate." (Informant 4, University student)*

*"I firmly believe that even small actions can lead to significant outcomes. However, larger impacts will undoubtedly require more substantial efforts." (Informant 2, Employee)*

The study reveals that Generation Z views climate action as a precious endeavour. They believe such efforts will be most effective when all societal elements, including government, align in their vision to collectively pursue the mission, thereby reinforcing one another's capabilities in mitigating climate change. Furthermore, the objectives they seek to achieve are considerable, as they will significantly influence their future and subsequent generations.

Generation Z sees potential for raising awareness about climate action through youth-led initiatives, such as the well-known Pandawara Group on TikTok. This group has taken action to clean up litter in various Indonesian waterways, including rivers, reservoirs, and beaches, sharing their efforts on social media. Gen-Z considers this social media approach an engaging and suitable method for fostering awareness of environmental issues among their peers.

*"...recently, the Pandawara Group has emerged from Generation Z... I am confident that we will be able to change." (Informant 8, Employee)*

*"For me, the solution is to increase movements like the Pandawara Group... Therefore, we can focus on expanding such initiatives." (Informant 9, Employee)*

*"...the community serves as a vital platform that can encourage my involvement, and each community have their unique ideas." (Informant 2, Employee)*

*"...I hope that more non-profit organisations will emerge to support our small steps." (Informant 7, Employee)*

### **3.3. Discussion**

This study explores the motivations of Generation Z for engaging in climate action following their exposure to climate change news presented through a constructive journalism lens. The findings indicate that narratives centred on constructive climate change reporting motivate Gen-Z to undertake climate action initiatives. This cohort tends to initiate these actions independently, reflecting their commitment to actively participate in addressing climate change, especially given that they are among the groups most adversely affected by it (Fadilah, 2024).

**Table 3.** A summary of Gen-Z's motivation for engaging in climate action

<b>Motivation components</b>			
<b>Self or person</b>	<b>Task</b>	<b>Goals</b>	<b>Costs and benefits</b>
<p>Gen-Z develops expectations of success, self-confidence, and competence in participating in climate action.</p> <p>They can gain greater confidence in climate action through external social influences, encouraging Gen-Z to connect with others who share the same goal: climate action.</p>	<p>Generation Z regards climate action as a meaningful, valuable, and advantageous pursuit, fostering their willingness to engage, particularly when inspired by constructive climate change narratives.</p>	<p>Gen-Z demonstrates significant enthusiasm for advancing the 13<sup>th</sup> Sustainable Development Goal.</p> <p>Gen-Z's contributions and those of their peers help maintain Gen-Z's focus on achieving successful outcomes in climate action.</p>	<p>Gen-Z acknowledges that climate action requires significant effort, which involves sacrifices in time, energy, and intellectual engagement, with effectiveness varying by individual capability. Despite recognising the need to intensify efforts and allocate more resources, Gen-Z remains undeterred, driven by the potential benefits of fostering a better environment for future comfort.</p>

Source: Data processed by the researcher (2024)

Concerning the theoretical framework employed in this study, the findings align with the motivation theory articulated by Hattie et al. (2020). The *person* dimension reveals that Gen-Z, upon encountering constructive climate change narratives, develops expectations of success, exhibits self-confidence, and feels equipped to engage in climate action. However, Gen-Z can further enhance their confidence through external social influences, such as communities exemplified by the Pandawara Group, which foster connections with like-minded individuals committed to climate action.

In the *task* dimension, Generation Z perceives climate action as a significant, valuable, and beneficial endeavour, leading them to express a willingness to participate, mainly when motivated by constructive narratives on climate change. Within the *goals* dimension (Hattie et al., 2020), Generation Z demonstrates considerable enthusiasm for supporting the 13<sup>th</sup> Sustainable Development Goal (SDG). The *goals* dimension focuses on and sustains Generation Z's efforts in climate action, effectively reinforcing their motivation. Contributions from themselves and their peers help keep Gen-Z oriented towards achieving successful climate action outcomes, ultimately facilitating a more sustainable future for the planet.

Additionally, Gen-Z recognises that undertaking climate action entails various consequences, including the demand for significant effort. This is illustrated in the *costs and benefits* dimension, where the pursuit of climate action necessitates considerable effort and sacrifices in terms of time, energy, and intellectual engagement, even though the effectiveness of their climate actions may vary according to individual capabilities. The most prominent consequence acknowledged by Gen-Z is the realisation that they must enhance their intensity of efforts and allocate resources, such as time, to climate action. Nevertheless, the perceived magnitude of these consequences does not deter their participation, as they comprehend the potential benefits of climate action: creating an improved environment that allows for future comfort.

The motivations of Generation Z towards climate action underscore their positive response to constructive climate change narratives. This aligns with previous research suggesting that news

framed around solutions and that evokes positive emotions yields a more favourable impact and greater intent to engage in positive actions (Baden et al., 2019). The current study also supports the findings by (van Venrooij et al., 2022), which assert that solution-oriented news can mitigate negative emotions and foster greater engagement (Kleemans et al., 2017).

Moreover, the positive effects of constructive narratives experienced by Gen-Z in this study resonate with earlier research on solution-based restorative narratives and their role in optimistic crisis reporting, particularly in the context of the climate crisis (Schäfer et al., 2024). Restorative narratives positively influence audience emotions and engagement with news content. Restorative narratives are characterised by their focus on ordinary individuals and their experiences in adversity, solution-driven storytelling, and the provision of meaningful context to negative events, thereby inspiring emotions such as optimism, gratitude, and resilience (Fitzgerald et al., 2020). These characteristics are evident in the climate change coverage by *Lestari.kompas.com* featured in this study. For instance, the narrative detailing the residents of Sambak Village in Magelang, Central Java, who successfully developed renewable energy from tofu waste to produce biogas, highlights their recognition as an Energy Independent Village (Desa Mandiri Energi) in 2022 (Adhi & Alexander, 2023).

Inspirational narratives of this nature contribute to Gen-Z's robust desire to engage in climate action. The capacity of constructive climate change news to motivate Gen-Z is enhanced by pleasure and inspiration derived from the presented information (McIntyre & Gibson, 2016). This finding corroborates research by Thier & Lin (2022) & Wicke & Taddicken (2021), which suggests that constructive information and solution-framed narratives can revitalise interest and stimulate community participation in adapting to climate change.

#### 4. CONCLUSIONS

This study explores the motivations of Generation Z for engaging in climate action following their exposure to climate change news presented through a constructive journalism lens. Through thematic analysis, the findings reveal that Gen-Z possesses self-confidence and capability, regards climate action as a significant responsibility, is driven to achieve sustainable goals, and recognises the associated consequences and benefits. Despite facing substantial obstacles that affect the execution of these initiatives, they remain committed to taking individual action against climate change and express hope for additional support from both the community and the government. The climate change narratives presented on *lestari.kompas.com* motivate Generation Z to take proactive measures in addressing climate change.

This research offers valuable insights into how a constructive journalism approach, coupled with techniques from positive psychology, can enhance Gen-Z's motivation to act on climate change. Nonetheless, this research relies solely on qualitative methods to investigate the motivations of Generation Z after being exposed to climate change news framed through a constructive perspective.

Future research could adopt a quantitative approach to assess the broader potential of Gen-Z or to explore further how external factors such as community support, government policies, and other influences may affect their motivation to engage in concrete climate action.

The present study's outcomes underscore the importance of considering how news is presented and its implications for motivating individuals to take action against climate change. Indonesian media outlets should highlight solutions to climate change and the lived experiences of those affected by its impact (UNESCO, 2018; Wahyudin et al., 2022). Therefore, mass media outlets like *Kompas Lestari* are encouraged to enhance their constructive journalism strategies and incorporate positive psychology techniques to inspire their audiences more effectively. It is hoped that other

news organisations will adopt similar approaches. As Pepermans & Maesele (2017) emphasised, mainstream journalism must adopt a more constructive framing of climate change narratives to foster citizen engagement and facilitate more democratic discourse.

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