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ATTITUDES AND PRO-ENVIRONMENTAL BEHAVIOURS: DETERMINING FACTOR OF PERSONALITY AND LIFESTYLE

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Abstract

Sustainability in well-being embodies the interconnecting course of how various systems influence each other. The more strongly individuals subscribe to values beyond their immediate interests, that is, prosocial, collectivistic and biospheric values, the more likely they are to engage in environmental behaviour. *Issue*: Existing research has limited evidence on specific values of Malaysian's personality and lifestyle (PL) that have significant impact on attitude and proenvironmental behaviour (AP). *Purpose*: This paper aims to verify the statistical predictability of AP based on PL. *Approach*: Multiple Correlation and Multiple Linear Regression were carried out to assess linear associations and parameters of linear equations to predict AP components based on PL items. *Findings*: AP components were moderately predictable by some of the PL items. Specifically, '*Urging media to raise environmental awareness*' and '*being mindful about environmental destruction*' were the two strongest predictors of AP.

Keywords: attitude and pro-environmental behaviour, personality and lifestyle

INTRODUCTION

Human interdependence with the environment (HIE) is a valuable aspect of architectural psychology as it is an extended understanding towards improving the well-being aspects of architecture. HIE is one of the main causes of subjective sustainable well-being (SSWB). Personality and lifestyle (PL) and attitude and pro-environmental behaviours (AP) are interrelated dimensions of HIE (Abu Bakar et al., 2017a, 2017b, 2017c, 2018), yet the impact of specific PL items on AP has limited proofs. This paper assesses the statistical predictability of AP based on PL items of Malaysian respondents.

LITERATURE REVIEW

Case studies based on articles from selected Asian Journals from the year 2011 onwards highlight conditional factors and potential determinants of Interaction with Nature (AP). Table 1 summarizes these findings.

 Table 1 Conditional Factors and Potential Determinants for Environmental Behaviour

Conditional Factors	Potential Determinants	References
Cultural orientations – consumers with high collectivistic values and low materialistic values had higher recycling tendency	Recycling attitude and behaviours (the approach to reclaiming the purpose of used materials)	(Latif & Omar, 2012)
Policies implementation supporting environmental purchasing behaviours such as promotion of energy rating, labelling green appliances, banning hazardous items, rebate, and green procurement practices	Purchase energy-efficient, recycled packaging, and biodegradable products, and green detergents	(Harizan et al., 2013)
Concerns about environment, social influence, accessibility to environmental facilities, monetary motivation, and altruism.	Waste separation, practising buy- back centres and recycling and reusing household items	(Zena et al., 2014)
High income and education level favour the green movement and have concerns for food safety	Purchasing and consuming organic food	(Teng et al., 2011)
Concern on solid waste management and readiness to adjust to new practices	Bring reusable bag for shopping	(Zen et al., 2013)
Awareness (familiarity to energy-efficient labels), attitude (standpoint on energy-savings) and social norms (environmental lifestyles)	Purchasing energy-efficient products and appliances based on energy efficiency labels	(Zainudin et al., 2014)
Perceived consumer effectiveness (environment related past experience behaviour, environment-related intention- behaviour, willingness to pay, and regulatory support - separating household waste, being a member of environmental groups	environmentally conscious consumer behaviour (purchasing biodegradable products, energy- saving products, and products that are less harmful to the environment)	(Ramly et al., 2012)
Environmental emotions, environmental cognition (well-informed, understanding and knowledge on green practices), environmental attitude (general sense of favourableness or unfavourableness for green behaviour)	Keeping materials out of the waste stream: reduce (minimising consumption), reuse (use again or repurpose used materials) and recycle	(Nameghi & Shadi, 2013)

The case studies generated three significant components of AP: (i) Energy Saving (APa), (ii) Waste Handling (APb) and (iii) Smart Consumer (APc).

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Definition of AP	Components	Indicators	Code
The positive and	Energy	turning off fans and lights when they are switched on	A Do
responsible	Saving	turning off taps when brushing teeth	APa
behaviours		throwing rubbish according to designated recycle bins	
throughout	Waste	separating rubbish at home (metals, paper, glass, etc.)	A Dla
everyday	Handling	reusing grocery bags/ jars/ bottles/ boxes/ cans, etc.	
decisions and		using towels instead of tissues	
actions attempted		using water tumbler instead of purchasing water	
to favour and	Smart	purchasing refillable detergents	A Do
safeguard the	Consumer	purchasing energy-savings appliance	APC
environment		purchasing products that are organically produced	

 Table 2 Components and Determinants of Attitude and Pro-Environmental Behaviour

Personal Lifestyle (PL) manifests in the personal outlook and approach to life in relation to environmental consciousness (Abu Bakar et al., 2017a, 2017b, 2017c, 2018). Qualities adhere to PL include (i) moral stance in collectivistic values (Laurens, 2012; Clark et al., 2014; Caesar, 2016), (ii) commitment to modest and environmental choices (Horayangkura, 2012; Laurens, 2012; Khare, 2015; Ming et al., 2015), and (iii) environmental concerns through knowledge and awareness (Horayangkura, 2012; Masud et al., 2013; Ming et al., 2015).

 Table 3 Determinants of Personal Lifestyle

Definition of PL	Indicators	Code		
	favouring relationships with others over personal success	PL1		
	choosing to disappointing self over disappointing family	PL2		
771 1	taking account others' opinions in making life decisions	PL3		
The personal orientation that	taking the pleasure of working with others			
portrays collectivistic worldviews,	practising moderation in purchasing and using resources	PL5		
others as well as consciousness of	feeling unconcerned if not being able to afford things	PL6		
environmental issues	believing that having many assets does not lead to happiness	PL7		
citvitolimental issues	being mindful about environmental destruction	PL8		
	feeling affected by the environmental loss of other countries	PL9		
	urging media to raise environmental awareness	PL10		

According to theoretical fundamentals, the research hypothesize that AP components are predictable by PL. The following sections provide empirical evidence on the predictability of APa, APb and APc based on PL items.

METHOD

A sample of 4315 was pooled and statistically assessed. An 11-point Likert scale was given to the Malaysian respondents to reply to questionnaire items which consist of the components of AP and the ten (10) PL items. Pearson correlation analyses were carried out to determine significant linear associations between the AP components and PL items. The significant correlations warrant for multiple linear regression analyses to estimate parameters of the linear equations in order to predict values of APa, APb and APc from PL items.

RESULTS AND DISCUSSION

Table 4 Multiple Correlations between PL items and APa, APb an	id APc
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H ₀	H_0 There is no statistically significant correlation between APb and respective PL items										
H ₀ There is no statistically significant correlation between APc and respective PL items											
Correlation Strength Threshold (Dancey & Riley, 2004)											
0	.1	.2	2.	3	.4	.5	.6	.7	.8	.9	1
zero		we	ak		mo	derate			strong		perfect
DV	Stats	PL1	PL2	PL3	PL4	PL5	PL6	PL7	PL8	PL9	PL10
	r	.339**	.317**	.330**	.380**	.364**	.325**	.294**	.330**	.307**	.392**
APa	р	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	N	4315	4315	4315	4315	4315	4315	4315	4315	4315	4315
	r	.261**	.259**	.284**	.305**	.302**	.278**	.277**	.301**	.254**	.267**
APb	р	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	Ν	4315	4315	4315	4315	4315	4315	4315	4315	4315	4315
	r	.313**	.301**	.317**	.370**	.338**	.320**	.312**	.334**	.300**	.341**
APc	р	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000
	Ν	4315	4315	4315	4315	4315	4315	4315	4315	4315	4315
			Statistica	al Interpr	etation of	Multiple	Correlatio	on Analys	es		
	4 . 0.50	<u> </u>	1 1	4		11	<u>۲</u> (1	1	1.7	1 /	A.D. 1

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	At 95% confidence level, there were statistically significant and weak correlations between APa and
ΔPa	(i) PL1 (r =.339, p = .000); (ii) PL2 (r =.317, p = .000); (iii) PL3 (r =.330, p = .000); (iv) PL4 (r
7 H u	=.380, p = .000); (v) PL5 (r =.364, p = .000); (vi) PL6 (r =.325, p = .000); (vii) PL7 (r =.294, p =
	.000); (viii) PL8 (r =.330, p = .000); (ix) PL9 (r =.307, p = .000); and (x) PL10 (r =.392, p = .000).
	At 95% confidence level, there were statistically significant and weak correlations between APb and
A DL	(i) PL1 (r =.261, p = .000); (ii) PL2 (r =.259, p = .000); (iii) PL3 (r =.284, p = .000); (iv) PL4 (r
APO	=.305, p = .000); (v) PL5 (r =.302, p = .000); (vi) PL6 (r =.278, p = .000); (vii) PL7 (r =.277, p =
	.000); (viii) PL8 (r =.301, p = .000); (ix) PL9 (r =.254, p = .000); and (x) PL10 (r =.267, p = .000).
	At 95% confidence level, there were statistically significant and weak correlations between APc and
AD-	(i) PL1 (r =.313, p = .000); (ii) PL2 (r =.301, p = .000); (iii) PL3 (r =.317, p = .000); (iv) PL4 (r
APC	=.370, p = .000); (v) PL5 (r =.338, p = .000); (vi) PL6 (r =.320, p = .000); (vii) PL7 (r =.312, p =
	.000); (viii) PL8 (r = .334, p = .000); (ix) PL9 (r = .300, p = .000); and (x) PL10 (r = .341, p = .000).

At 95% confidence level, there were statistically significant positive correlations between (i) APa and each of PL items, (ii) APb and each of PL items, and (iii) APc and each of PL items. The null hypotheses claiming there are no statistically significant correlations between (i) APa and respective PL items, (ii) APb and respective PL items, and (iii) APc and respective PL items were all rejected.

Three (3) multiple regression analyses were carried out to predict the values of each of dependent variables (i) APa, (ii) APb and (iii) APc given the set of PL explanatory variables (PL1, PL2, PL3, PL4, PL5, PL6, PL7, PL8, PL9, and PL10).

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	Table 5	Multipl	e Linear Reg	gressi	on – PL pr	edicting	APa	
			E	I ₀				
There will be n	o significant	t predictior	n of APa by PL	1, PL2	, PL3, PL4, P	L5, PL6, I	PL7, PL8, Pl	L9 & PL10
			M- 1-16					
			Model S	umma	ry	0(1 F	C	D 1
Model	R		R Square	Adjusted R		Sta. Er	ror of	Durbin-
1	456	a	208		206	1 60	1111ate 886	1 552
1			.200		.200	1.07	000	1.332
			ANG	OVA				
Model	Sum o	of	df	Mean Square		F		Sig.
D .	Squar	es	10			112.02	0	oooh
Regression	3259.3	254	10	325.931		112.93	50	.000°
Residual	12421.9	954	4304	2.886				
lotal	15681.2	265	4314					
			Coeffi	cients				
	Unstand	lardized	Standardi	zed			95.0% C	onfidence
	Coefficients		Coefficie	nts		<i>a</i> .	Interv	al for B
Model	В	Std Error	β		- t	Sig.	Lower Bound	Upper Bound
(Constant)	3.151	.167			18.893	.000	2.824	3.477
PL1	.105	.025	.095		4.256	.000	.057	.153
PL2	.000	.027	.000		.007	.994	052	.052
PL3	.009	.029	.008		.320	.749	047	.065
PL4	.118	.028	.102		4.230	.000	.063	.173
PL5	.085	.027	.074		3.098	.002	.031	.139
PL6	.072	.024	.066		2.985	.003	.025	.120
PL7	002	.025	002		091	.927	051	.046
PL8	.029	.027	.024		1.060	.289	024	.082
PL9	014	.023	013		596	.551	059	.032
PL10	.223	.022	.211		10.273	.000	.181	.266

A multiple regression was generated to predict APa based on PL items. R value of .456 indicated an adequate level of prediction (R > 0.4). The Durbin-Watson statistic was 1.552 which is greater than 1.0 and therefore the data was not autocorrelated. A significant regression equation was found, F (10, 4304) = 112.930, p = .000, with an R² of .208; indicating that the proportion of variance in APa that can be explained by PL items was 20.8%.

At 95% confidence level, PL1 (B = .105, t = 4.256, p = .000); PL4 (B = .118, t = 4.23, p = .000); PL5 (B = .085, t = 3.098, p = .002); PL6 (B = .072, t = 2.985, p = .003) and PL10 (B = .223, t = 1.273, p = .000) were significant predictors of APa. On the contrary, it was found that PL2 (B = .000, t = .007, p = .994); PL3 (B = .009, t = .32, p = .749); PL7 (B = -.002, t = -.091, p = .927); PL8 (B = .029, t = 1.06, p = .289) and PL9 (B = -.014, t = -.596, p = .551) were not significant predictors of APa.

Personality and Lifestyle (PL) items account for 20.8% of Energy Saving (APa). Five (5) of PL items were significant predictors of APa.

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	Table	6 Multiple	Linear Reg	gressio	on – PL pi	redicting	g APb	
			Н	-0				
There will be r	no significat	nt prediction	of APb by PL	1, PL2,	PL3, PL4, I	PL5, PL6,	PL7, PL8, P	L9 & PL10
			M- J-16					
			Model S		ry liusted R	Std F	rror of	Durbin-
Model	R	. 1	R Square	Au	Square	the Es	timate	Watson
1	.36	5ª	.133		.131	1.82	2230	1.542
	1 1000 1100 1101 1102200							
			ANC	DVA				
Model	Sum of Squares		df	Mean Square		F		Sig.
Regression	2190.153		10	219.015		65.953		.000 ^b
Residual	14292	.658	4304	4 3.321				
Total	16482		4314					
	* *		Coeffi	cients			0.5.00/ 0	
	Unstandardized		Standardı	zed			95.0% C	Confidence
Model -	Coefficients		Coefficie	t t		Sig.	Interv	al for B
	В	Std Error	β			U	Lower Bound	Upper Bound
(Constant)	3.110	.179			17.387	.000	2.759	3.461
PL1	.037	.026	.033		1.413	.158	014	.089
PL2	.008	.029	.007		.272	.786	048	.064
PL3	.065	.031	.052		2.122	.034	.005	.125
PL4	.083	.030	.070		2.780	.005	.025	.142
PL5	.065	.029	.056		2.224	.026	.008	.123
PL6	.059	.026	.053		2.292	.022	.009	.110
PL7	.050	.027	.042		1.879	.060	002	.102
PL8	.132	.029	.109		4.542	.000	.075	.189
PL9	002	.025	002		067	.946	050	.047
PL10	.044	.023	.041		1.890	.059	002	.090

A multiple regression was generated to predict APb based on PL items. R value of .365 indicated slightly a weak level of prediction (R < 0.4). The Durbin-Watson statistic was 1.542 which is greater than 1.0 and therefore the data was not autocorrelated. A significant regression equation was found, F (10, 4304) = 65.953, p = .000, with an R² of .133; indicating that the proportion of variance in APb that can be explained by PL items was 13.3%.

At 95% confidence level, PL3 (B = .065, t = 2.122, p = .034); PL4 (B = .083, t = 2.78, p = .005); PL5 (B = .065, t = 2.224, p = .026); PL6 (B = .059, t = 2.292, p = .022) and PL8 (B = .132, t = 4.542, p = .000) were significant predictors of APb. On the contrary, it was found that PL1 (B = .037, t = 1.413, p = .158); PL2 (B = .008, t = .272, p = .786); PL7 (B = .050, t = 1.879, p = .060); PL9 (B = -.002, t = -.067, p = .946) and PL10 (B = .044, t = 1.89, p = .059) were not significant predictors of APb.

Personality and Lifestyle (PL) items account for 13.3% of Waste Handling (APb). Five (5) of PL items were significant predictors of APb.

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	Table	7 Multiple	e Linear Regr	ession – PL p	redicting	g APc		
			H ₀					
There will be r	no significa	nt prediction	of APc by PL1,	PL2, PL3, PL4, I	PL5, PL6,	PL7, PL8, P	L9 & PL10	
			Madal Sur					
			Model Sur	A diusted P	Std E	mor of	Durhin	
Model	R	-	R Square	Adjusted K	the Es	rror or timate	Watson	
1	.42	8 ^a	.183	.181	1.50	6634	1.532	
			ANOV	/A				
Model	Sur Squa	n of ares	df	Mean Square	F		Sig.	
Regression	2363	.151	10	236.315	96.321		.000 ^b	
Residual	10559	9.512	4304	2.453				
Total	12922	2.663	4314					
			Coeffici	ents				
	Unstar	ndardized	Standardize	d		95.0% C	Confidence	
Model -	Coet	ficients	Coefficient	t t	Sig.	Interv	al for B	
	В	Std Error	β		e	Lower Bound	Upper Bound	
(Constant)	3.181	.154		20.690	.000	2.880	3.482	
PL1	.066	.023	.066	2.896	.004	.021	.110	
PL2	.000	.025	.000	.009	.993	048	.048	
PL3	.007	.026	.006	.270	.787	044	.059	
PL4	.154	.026	.146	6.005	.000	.104	.205	
PL5	.012	.025	.011	.463	.643	038	.061	
PL6	.075	.022	.075	3.344	.001	.031	.118	
PL7	.053	.023	.050	2.333	.020	.009	.098	
PL8	.070	.025	.065	2.787	.005	.021	.119	
PL9	.007	.021	.008	.349	.727	034	.049	
PL10	.109	.020	.113	5.426	.000	.069	.148	

A multiple regression was generated to predict APa based on PL items. R value of .428 indicated an adequate level of prediction (R > 0.4). The Durbin-Watson statistic was 1.532 which is greater than 1.0 and therefore the data was not autocorrelated. A significant regression equation was found, F (10, 4304) = 96.321, p = .000, with an R² of .183; indicating that the proportion of variance in APc that can be explained by PL items was 18.3%.

At 95% confidence level, PL1 (B = .066, t = 2.896, p = .004); PL4 (B = .154, t = 6.005, p = .000); PL6 (B = .075, t = 3.344, p = .001); PL7 (B = .053, t = 2.333, p = .020); PL8 (B = .070, t = 2.787, p = .005) and PL10 (B = .109, t = 5.426, p = .000) were significant predictors of APc. On the contrary, it was found that PL2 (B = .000, t = .009, p = .993); PL3 (B = .007, t = .27, p = .787); PL5 (B = .012, t = .463, p = .643) and PL9 (B = .007, t = .349, p = .727) were not significant predictors of APc.

Personality and Lifestyle (PL) items account for 18.3% of Smart Consumer (APc). Six (6) of PL items were significant predictors of APc.

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					IV (P	redictor	Variable	s) - β			
		PL1	PL2	PL3	PL4	PL5	PL6	PL7	PL8	PL9	PL1
DV (Outcome Variables)	APa	.095 🗸	X 000.	.008 X	.102 🗸	.074 🗸	.066 🗸	002 🗙	.024 🗙	013 🗙	.211
	APb	.033 🗙	.007 🗙	.052 🗸	.070 🗸	.056 🗸	.053 🗸	.042 🗙	.109 🗸	002 🗙	.041
	APc	.066 🗸	.000 X	.006 X	.146 🗸	.011 🗙	.075 🗸	.050 🗸	.065 🗸	.008 🗙	.113
	= sta	tistically	significa	nt predic	tor: X =	not statis	stically s	ionifican	t predicto	or	

DV	Indicators	IV	Top 3 Strongest Predictors	β
AP a Energy		PL10	urging media to raise environmental awareness	.211
	• turning off tans and lights when they are switched on	PL4	taking the pleasure of working with others	.102
Saving	• turning on taps when brushing teeth	PL1	favouring relationships with others over personal success	.095
	• throwing rubbish according to designated recycle bins	PL8	being mindful about environmental destruction	.109
AP b • Waste Handling •	• separating rubbish at home (metals, paper, glass, etc.)	PL4	taking the pleasure of working with others	.070
	 reusing grocery bags/ jars/ bottles/ boxes/ cans, etc. using towels instead of tissues 	PL5	practising moderation in purchasing and using resources	.056
APc Smart	• using water tumbler instead of purchasing water	PL10	urging media to raise environmental awareness	.113
	 purchasing refillable detergents purchasing energy-savings appliance 	PL1	favouring relationships with others over personal success	.075
consumer	purchasing products that are organically produced	PL6	feeling unconcerned if not being able to afford things	.066

Findings show that PL10, designating '*urging media to raise more* environmental awareness' was the strongest predictors of APa and APc. PL8, denoting '*being mindful about environmental destruction*' was the strongest predictor for APb. Environmental concerns through mindfulness, awareness and responsiveness are influential in determining environmentally responsible behaviours. On this basis, environmental education that allows individuals to delve into environmental issues, learn to resolve environmental challenges, and take action independently and collectively to improve the environment is crucial. Exposure from the education develops the skills, commitment and eventually habits of making informed and responsible decisions for the environment.

CONCLUSION

HIE in SSWB suggests that moral concerns explain environmental behaviours. This paper evidence that AP is moderately predictable by PL. In future work, statistical modelling on the constructs elaborated in this paper, along with cultural and economic background intervention, shall prove the research's importance.

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