



**THAMMASAT UNIVERSITY**  
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# **Climatic Youth Activist Fatigue and Physiological Bureaucratic Red Tape Nexus in Thailand**

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# **General Comment No.26 to life - UDHR Article 6**

**Affirming the right of children and young people to live in  
a clean, healthy, and sustainable environment, and  
recognizing them as essential agents of change in  
shaping the future of climate governance (OHCHR, 2023)**





# What is happening in Thailand ?

- Young people are at forefront of climate change both in terms of affect and advocacy
- Ranked 50th out of 163 Children Climate Risk Index (UNICEF, 2021) which higher than Malaysia (61) South Korea (74 ) and Japan (94)





# Research Gaps & Question

- Understanding about youth activist burnout patterns, especially when it is involved with bureaucratic procedure, is unexplored in Thailand
- As a consequence of this there are a lessen number of youth activists and meaningful participation that include young people as stakeholders



**How Physiological Bureaucratic Red Tape  
leads to climatic youth activist fatigue?**







# Research Objective

- To analyze the patterns of Physiological Bureaucratic Red Tape towards climatic youth activist fatigue
- To analyze coping mechanisms of youth activist in response to Physiological Bureaucratic Red Tape

## Physiological bureaucratic red tape

Emotional and physical stress that individuals experience due to excessive bureaucratic rules, regulations, and procedures







# Methodology : Data Collection

| Key Informant Interview                   |                                                                  |                                                                                                                                                                                                                                     |
|-------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Target Group                              | Expected Characteristics                                         | Key topics to be interviewed                                                                                                                                                                                                        |
| <b>Youth Climate Activist in Thailand</b> | Active involvement with climate change advocacy at least 3 years | <ul style="list-style-type: none"><li>• Current Advocacy campaign in climate change</li><li>• Involvement with Bureaucratic process</li><li>• Challenge and coping mechanism during engagement with bureaucratic red tape</li></ul> |



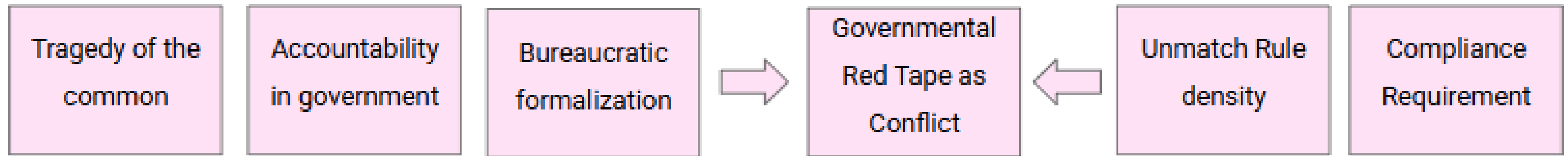
# Methodology : Data Collection

| Key Informant Interview                                          |                                                                                                                   |                                                                                                                                                                                                                                                   |
|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Target Group                                                     | Expected Characteristics                                                                                          | Key topics to be interviewed                                                                                                                                                                                                                      |
| <b>Mentor who is working to support youth and their advocacy</b> | Have played an active role in supporting young people participation in climate change making for at least 5 years | <ul style="list-style-type: none"><li>• Situation of young people advocacy in climate change-making</li><li>• Challenge of young people climate change-making in Thailand</li><li>• Engagement of young people and bureaucratic process</li></ul> |

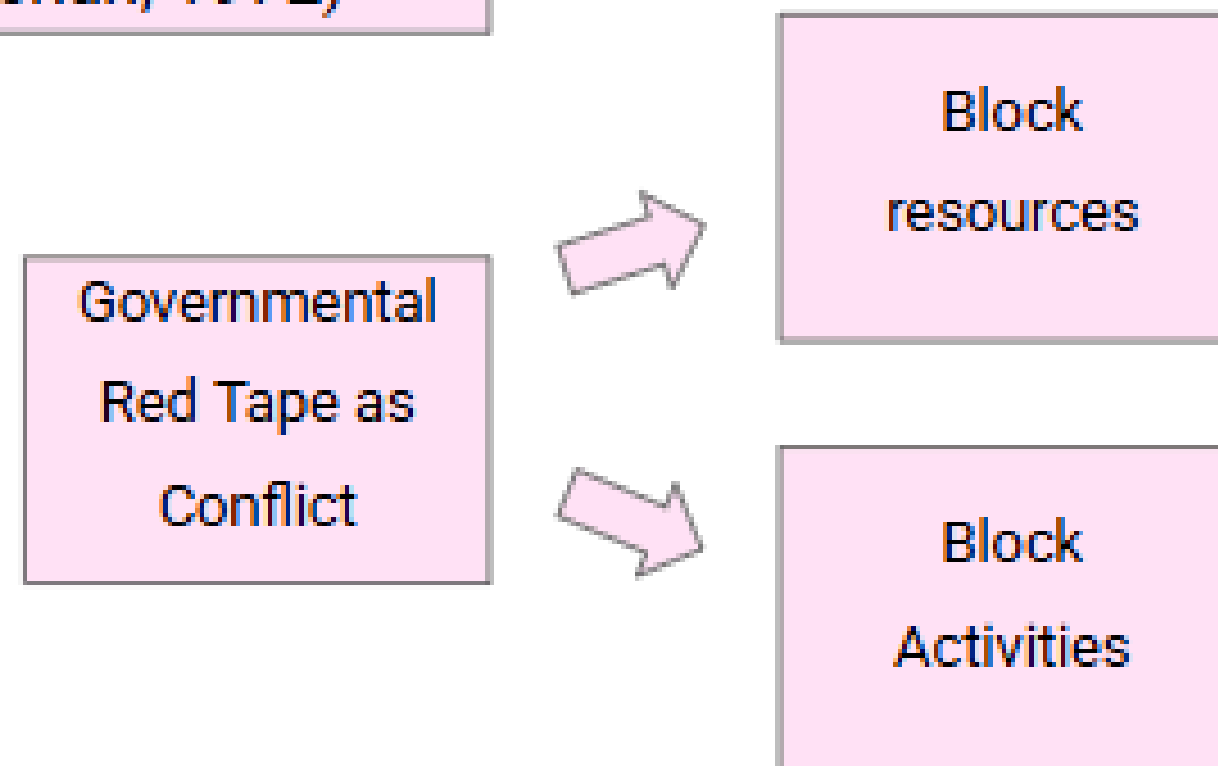


# Theoretical consideration

## Theory of governmental red tape (Bozeman, 1993)

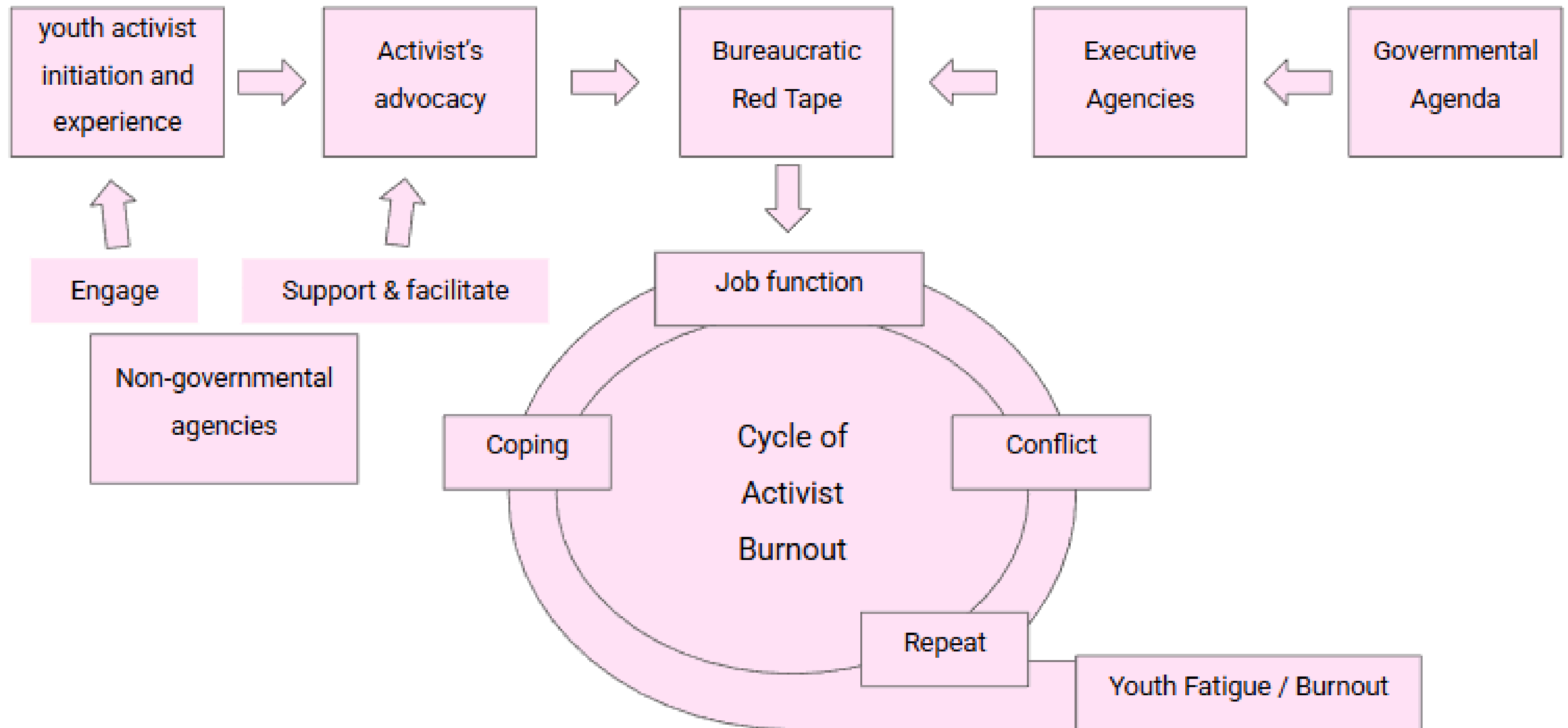


## Theory of Conflict (Schmid & Kochan, 1972)





# Conceptual Framework





# Research Key Findings



- **1 Expectation mismatch with executive agency manipulate youth movement and agenda that conceal youth primary initiation**

- **2 Low self esteem and constant awkwardness contribute to ineffectiveness of conflict resolution when working with governmental agency**
  - **3 Excessive bureaucratic rule and procedure force physical and emotional stress, resulting in lesser ability to cope with burnout**
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# 1st Finding

## Expectation Mismatch → Self-Devalue

Thew (2018) suggested that youth are often included in decision-making processes in ways that are more symbolic than substantive, with their input staged for visibility rather than real influence

State-organized youth forums are designated to promote compliant activism, with official agendas set by policy makers, though youth sometimes navigate and negotiate these constraints stated by Silvan (2021)





# 2nd Finding

## Awkwardness → Indecisiveness

In governmental or state organizations, high-self esteem correlates with stronger sense of security and affiliation, are crucial for effective collaboration and job satisfaction supported by Rus and his research team (2022)

(Dobbin et. al. 2015)  
Bureaucratic reforms can slow job segregation and inequality, but effective reforms are rare and often involve managers promoting diversity and increasing transparency





# 3rd Finding

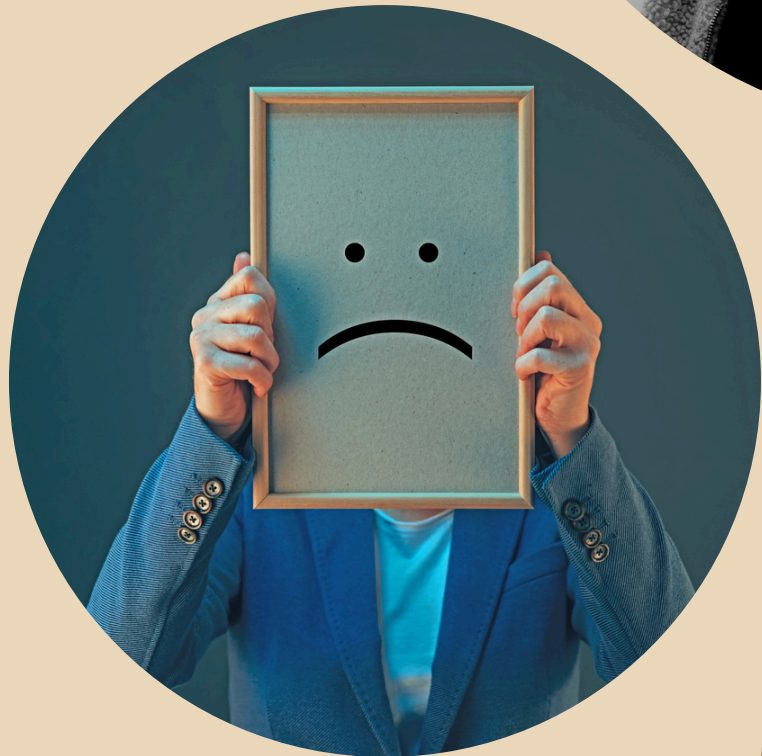
## Bureaucratic procedure → Cope & Burnout

Rule-based climate can primary leads to emotional exhaustion and depersonalization (Santiago-Torner and team, 2025)

Adaptive emotion regulation strategies are positively associated with reduced academic burnout in youth, while difficulties in emotion regulation are linked to increased burnout and its dimensions (Iuga et. al. 2024)







# Research Conclusion

- Youth activists experience fatigue rooted in excessive rules, strict procedures, and institutional conflicts.
- Stress from bureaucratic engagement reduces emotional resilience, confidence in making decision, and long-term participation.
- A more supportive, transparent, and youth-friendly system is needed to sustain young leaders in climate advocacy



# Research Recommendations



**Reducing the bureaucratic red-tape and make it more youth accessible for young people for the better youth advocacy and collaboration**



**To implement the adult-young activist mentorship program to undergo the bureaucratic process together effectively**



**Like New Zealand, Thailand should adopt the mental health welfare for young activist to consult during their active advocacy timeframe**





# THANK YOU