

# Climate Change & coping strategies

This research aims to evaluate how extreme heat impacts the daily routines, physical health, and academic productivity of students within the campus ecosystem

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Not shared

\* Indicates required question

## A-Participant Consent Statement \*

This survey is being conducted to understand the physical, academic, and related experiences of participants for research purposes. Your participation in this study is completely voluntary. There are no known risks, harms, or direct benefits associated with taking part in this research.

All information provided will be kept strictly confidential. Your identity will remain anonymous, and the data collected will be used solely for research purposes.

By proceeding, you confirm that you have understood the information above and voluntarily agree to participate in this study.

Please indicate your consent by selecting one of the following options.

Yes

No

## B. Demographic details \*

(a) Provide your Email-ID

Your answer



(b) Please provide the following information: \*

Age (in years): \_\_\_\_\_

Your answer

(c) Gender \*

- Male
- Female
- Other:

1. General Impact: In the past 3-6 months, how significantly has extreme heat disrupted your typical daily routine (travel, study, or chores)? \*

- Not at all
- Slightly
- Moderately
- Significantly
- Severely



2. Physical Health: Which of the following heat-related symptoms have you experienced during peak temperature weeks?

- Excessive fatigue or lethargy
- Headaches or dizziness
- Muscle cramps
- Dehydration
- Reduced appetite
- None of the above

3. Sleep Quality: How has the temperature affected your sleep patterns recently?

- No change
- Difficulty falling asleep due to heat
- Frequent waking up during the night
- Feeling unrefreshed despite sleeping

4. Academic Concentration: On extremely hot days, to what extent do you feel your ability to concentrate in classrooms or labs (like the Nalanda complex or your research lab) is reduced?

- No reduction in focus
- Minor distractions
- Difficulty staying awake or focused
- Total inability to perform complex tasks



5. Commuting & Travel: How have you modified your travel within the campus (e.g., from Hall of Residence to Department) due to heat?

- I travel as usual
- I avoid traveling between 12 PM and 4 PM
- I use covered paths/shades exclusively
- I have increased my use of cycles/vehicles to minimize time in the sun

6. Immediate Personal Relief: What is your primary method for immediate cooling when you feel heat-stressed?

- Drinking cold water or electrolyte drinks (ORS)
- Taking multiple showers a day
- Using portable/handheld fans
- Applying cold water to the face/nec

7. Behavioral Adaptation: Have you shifted your heavy academic or research work to different hours to cope with the heat?

- Yes, I work late at night/early morning
- I try to finish everything before noon
- No, my schedule remains fixed
- I only work in air-conditioned spaces (Library/Computer Labs)



8. Institutional Reliance: How often do you seek out air-conditioned "cooling zones" (like the Central Library or specific AC labs) specifically to escape the heat?

- Daily
- 3-4 times a week
- Rarely
- Never

9. Dietary Changes: Have you made any specific changes to your diet to manage heat stress?

- Increased intake of water/liquids
- Avoiding heavy or oily meals
- Increasing consumption of fruits (watermelon, cucumber, etc.)
- No specific change

10. Long-term Awareness: How concerned are you about the impact of climate change on your future ability to live and work in this region?

- Very concerned
- Somewhat concerned
- Neutral
- Not concerned



11. Emotional Well-being: How does prolonged exposure to high temperatures affect your mood or irritability levels?

- No noticeable change
- Occasional irritability
- Frequent frustration and low patience
- Significant impact on mental fatigue and burnout

12. Cognitive Performance: During peak heat, do you notice an increase in errors while performing technical tasks?

- No change in accuracy
- Minor increase in "silly" mistakes
- Significant difficulty in logical reasoning
- I avoid complex technical work during heat peaks

13. Social Withdrawal: Does extreme heat lead you to cancel social activities or skip meals at the mess/canteen to avoid walking in the sun?

- Often
- Sometimes
- Rarely
- Never



14. Residential Comfort: How would you rate the ventilation and cooling efficiency of your current room in the Hall of Residence?

- Excellent (stays cool)
- Average (tolerable with a fan)
- Poor (retains heat even at night)
- Unbearable without additional cooling measure

15. Classroom Environment: In non-AC classrooms, how much of the lecture content do you feel you "miss" or lose track of due to thermal discomfort?

- 0% – I can focus regardless
- 10–25%
- 25–50%
- More than 50

16. Resource Accessibility: How would you rate the availability of cold drinking water points across the academic and residential areas?

- Widely available and always cold
- Available but often not cold enough
- Insufficient water points
- Frequently run out of water during peak hours



17. Financial Impact: Have you incurred extra personal expenses to cope with the heat (e.g., buying a high-speed cooler, extra electricity costs, or ordering more beverages)?

- No extra cost
- Minimal (under ₹500/month)
- Moderate (₹500–₹2000/month)
- Significant (Over ₹2000/month)

18. Clothing Adaptation: To what extent have you changed your wardrobe (e.g., switching strictly to light cottons or UV-protective gear) specifically for campus travel?

- No change
- Partial change
- Complete shift to heat-appropriate clothing

19. Information Sources: How do you stay updated on heatwave warnings or "Real Feel" temperatures to plan your day?

- Weather apps
- Social media/News
- I don't check; I just react to the heat
- Institutional/University notice



20. Suggested Improvements: Which of the following would most improve your ability to cope with heat on campus? \*

- More shaded walkways between departments
- 24/7 access to air-conditioned study halls
- Changes in class timings (early morning/evening shifts)
- Improved ventilation in hostel room

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