

Growth Mindset and Resilience for Sustainable Development: Equipping Learners for the 21st Century

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Abstract

Education is an essential element for achieving global sustainability. Sustainable development is defined as development that satisfies current demands without compromising future generations' ability to meet their own needs. The fundamental premise behind sustainable development is a set of economic, social, and environmental conditions that we all share. Education for sustainability makes use of the entire educational system to teach students what they need to do to help alter our societies and attain a sustainable future. Sustainable development should also acknowledge and honor past generations' positive heritage and legacy. Sustainable development aims to educate learners to make informed decisions that promote sustainability and address global challenges such as climate change, biodiversity loss, and social inequity. Growth Mindset and resilience are essential for learners to tackle these challenges. Learners who have growth-oriented mindset believe knowledge, skills, and attitudes are developed through effort and hard work. Resilient students are adaptable, dedicated to lifelong learning. These attributes are essential for achieving sustainable development. This paper discusses the role of education in promoting a growth mindset and resilience. This paper highlights the National Education Policy 2020 and sustainable development in education. This study also explores the challenges in promoting growth mindset and resilience for sustainable development.

Keywords: *Growth Mindset, Resilience, Sustainable Development, NEP 2020*

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I. Introduction

Sustainable development is the development that meets the present needs without compromising the ability of future generations to meet their own needs (Brundtland Commission Report- Our Common Future, 1987). Achieving this goal requires citizens who possess the flexibility, perseverance, and inventiveness necessary to tackle complex and rapidly evolving issues. Education plays a crucial role in this process by influencing learners' attitudes, mindsets, and emotional intelligence in addition to imparting knowledge. These abilities include resilience and a growth mindset, which are essential because they enable learners to overcome obstacles, learn from their mistakes, and make significant contributions to the worldwide sustainable development.

An important instrument for achieving environmental sustainability is education. There can be no sustainable development at all without education. The increasing economic trends and spending patterns of people reveal a lack of vision for a sustainable future. And in order to address this issue, a constructive shift in awareness, knowledge, mindset, and conduct is required, and education can be used as a vehicle to achieve this. When the United Nations established the Sustainable Development Goals in 2015, nations from all around the world signed up to implement the global objectives.

In the context of education for sustainable development (ESD), cultivating a growth mindset might enable students to take an optimistic and proactive attitude to environmental and social issues. Students are more likely to take charge of sustainability projects, develop eco-friendly behaviours, and participate in group solutions when they feel that learning may help them develop their skills. Thus, this psychological approach fosters the flexibility and creativity necessary for long-term sustainability, which supports resilience's overarching objective.

Objectives of the study

1. To discuss the role of education in promoting a growth mindset and resilience in the context of sustainable development.
2. To highlight the National Education Policy 2020 and Sustainable Development in Education.
3. To explore the challenges in promoting growth mindset and resilience for sustainable development.

II. Methodology of the study

The study is entirely descriptive and based on secondary data sources. Data for the study is gathered from a variety of secondary sources, including research papers, journals, government official publications, and websites, etc.

Conceptual Framework

Growth Mindset:

The growth mindset idea was first introduced by Carol Dweck in her book “Mindset: The New Psychology of Success” (2006). According to Carol Dweck, there are two types of mindsets: growth mindset and fixed mindset. According to Dweck (2006), a growth mindset is the belief that one’s knowledge and abilities may be enhanced by practice, effort, and education. Fixed mindset believes that intelligence, skills can not be changed. Growth Mindset refers to basic views about how human qualities may be changed (Dweck & Leggett, 1988; Molden & Dweck, 2006; Yeager & Dweck, 2012). Growth mindset learners typically welcome obstacles rather than run from them because they see them as chances to grow and learn. They take criticism positively and believe that work is a necessary part of mastery. Such a mindset is essential for sustainable development because it fosters innovative problem-solving, promotes trying out novel ideas, and permits perseverance in addressing global issues.

Resilience:

Dugan and Coles (1989) defined resiliency as “the capacity to bounce back or recover from a disappointment, obstacle, or setback” (p. 3). Resilience is also defined as the “process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands” (American Psychological Association, 2022). Resilience does not imply that one is immune to stress, mental distress, hardship, or loss. Working through all of these instead fosters greater growth and strength (Hurly, 2022; Cherry, 2022). These people do experience loss and disappointments, but they can bounce back and move on to a better life because of their mental fortitude. Being adaptable and persistent as well as implementing adjustments in attitudes, beliefs, and behaviours are ways to foster resilience (Hurley, 2022; Cherry, 2022; American Psychological Association, 2020).

III. Analysis and Discussion

Role of Education in Fostering Growth Mindset and Resilience in the Context of Sustainable Development

Sustainability and education are strongly related, and a sustainable future depends on the quality and extent of education that promotes sustainable development. Education is essential for establishing a more sustainable world because it increases awareness, develops critical thinking and problem-solving abilities, and promotes moral and responsible conduct.

1. **Education promotes sustainability literacy:** Education encourages sustainability literacy by providing students with the knowledge, skills, and mindsets needed to understand how social, economic, and environmental systems are interconnected. It gives students the knowledge and skills they need to tackle the complex challenges that our world faces sustainably.
2. **Education fosters sustainable behavior:** Education can shape individuals’ values and attitudes, leading to more sustainable lifestyles. It educates individuals about the environmental, societal, and economic effects of their behaviors, empowering them to make sustainable decisions.
3. **Education promotes environmental stewardship:** Education may encourage environmental stewardship by raising awareness of environmental challenges, teaching responsible use of natural resources, and encouraging conservation initiatives. Education can help people to take responsibility for environmental protection and the creation of a more sustainable world.
4. **Education promotes sustainable development:** Education is crucial for developing a workforce that can sustainably solve complex challenges. Sustainable development requires a multidisciplinary approach. Individuals can acquire the information and abilities necessary for sustainable development through education in fields like sustainable agriculture, green technology, and renewable energy.
5. **Education Integrates Sustainable Development Goals into Curriculum:** In addition to fostering a growth mindset, experiential learning approaches, including project-based learning, service-learning,

and environmental stewardship initiatives, give students the chance to practice problem-solving. These methods also help students become more resilient by exposing them to a variety of viewpoints and forcing them to modify how they tackle difficult problems.

6. **Developing Self-Regulation and Emotional Intelligence:** A key element of resilience, emotional intelligence helps students in managing stress and staying motivated when faced with obstacles. Students can control their emotions, sympathize with others, and persevere toward long-term objectives when social-emotional learning (SEL) is incorporated into their educational programs. Teachers can develop emotionally resilient and socially conscious students by combining SEL with sustainability education.
7. **Promoting Inclusive and Collaborative Learning Environments:** Collaborative learning fosters varied viewpoints, peer support, and shared problem-solving, all of which strengthen resilience. Every student, regardless of background or ability, has the chance to cultivate growth-oriented views about their potential thanks to inclusive educational approaches.

To sum up, education encourages sustainability literacy, sustainable behavior, sustainable development, and environmental stewardship, it is essential to achieving sustainability.

National Education Policy 2020 and Sustainable Development in Education

According to India's National Education Policy (NEP) 2020, education is crucial for Sustainable development, and all educational levels must incorporate sustainability principles.

NEP 2020 supports sustainable development in education in the following ways:

1. **Integration of environmental education:** The NEP places a strong emphasis on the necessity of incorporating environmental education throughout all educational levels, from elementary to university. This includes developing sustainable behavior, raising awareness of environmental challenges, and cultivating the abilities required for sustainable development.
2. **Promotion of experiential learning:** The NEP emphasizes experiential learning, which includes practical and hands-on learning opportunities, to cultivate the knowledge and attitudes required for sustainable development.
3. **Emphasis on vocational education:** The NEP emphasizes skill-development and vocational education initiatives that support sustainable livelihoods and are relevant to the local environment.
4. **Use of technology for sustainability:** The NEP supports the use of technology in education to raise awareness and encourage sustainable behavior because it acknowledges the potential of technology to support sustainable development.

With provisions to support environmental education, experiential learning, vocational education, teacher training, and the use of technology for sustainability, India's National Education Policy 2020 acknowledges the significance of education for sustainable development. By incorporating sustainability principles into education at every level, the NEP seeks to build a more inclusive and sustainable educational system that gives students the abilities, knowledge, and mindsets needed for sustainable growth.

Challenges in Promoting Growth Mindset and Resilience for Sustainable Development

There are several challenges to promoting growth mindset and resilience for promoting sustainable development. Here are some of the challenges as follows-

1. **Lack of awareness:** The major challenge to promote growth mindset and resilience for sustainable development is the lack of awareness of students, parents, and educators who are not well-informed on sustainable development and its principles. Because of this, promoting sustainable development is challenging.
2. **Lack of funding:** The Indian education sector lacks sufficient funds, although sustainable development necessitates substantial funding for program development and implementation. Initiatives for sustainable development in education are, therefore, difficult to implement. Without sufficient funds, educational institutions struggle to implement innovative practices.
3. **Inadequate teacher preparation:** Teachers play a critical role in promoting growth mindset, resilience, and sustainable development in education, but many educators lack the necessary training and skills to teach sustainable development effectively. Teachers need adequate training and skills to effectively teach students.
4. **Socioeconomic disparities:** India's substantial socioeconomic divide makes it difficult for people to get the education they need for sustainable development. In many underprivileged communities, it is challenging to advance sustainable development because they lack access to resources and quality education.
5. **Emphasis on traditional education:** The Indian educational system emphasizes traditional topics like science, math, and language, while placing less attention on sustainable development. Because of this,

it is difficult to include sustainable development concepts into the curriculum. The traditional classroom only relies on rote memorization, does not emphasize critical thinking, problem-solving skills of learners. It will be difficult for learners to meet 21st-century demands.

6. **Resistance to change:** There is resistance to change from various stakeholders, including parents, teachers, and legislators, who are opposed to change because they are wary of novel ideas and are used to conventional educational institutions. This resistance within the educational institution slows down the integration of growth growth-oriented mindset and the resilience of the learners. This resistance does not help the learners to develop creative thinking and problem-solving abilities.

Thus, lack of awareness, poor infrastructure, low financing, inadequate teacher preparation, socioeconomic inequities, a concentration on traditional education, and resistance to change are some of the obstacles to sustainable development in Indian education. To overcome these obstacles and build a more sustainable future, a multifaceted strategy including public awareness campaigns, education reform, community involvement, and government support is needed.

Suggestions to Overcome Challenges and for Effective Implementation of Sustainable Development in India

To overcome the challenges and ensure effective implementation of sustainable development, here are some suggestions:

1. **Increase public awareness:** Public awareness initiatives can help spread knowledge about sustainable development and its tenets and generate demand for sustainable development.
2. **Strengthen teacher training:** Teachers play a crucial role in promoting sustainable development; it is essential to provide professional development and training opportunities for educators to effectively teach sustainability.
3. **Provide adequate funding:** Sustainable development needs a lot of money to create and carry out programs; thus, it's critical to provide sufficient funds to support educational initiatives for sustainable development.
4. **Integrate sustainable development into the curriculum:** Project-based and experiential learning should be emphasized, and sustainable development ideas should be incorporated into the curriculum for all disciplines and grade levels.
5. **Focusing on underprivileged communities:** In particular, attention should be paid to underprivileged populations, such as rural and marginalized communities, to ensure that they have access to quality education and resources.
6. **Promoting community engagement:** The effective execution of sustainable development programs depends on community participation. This involves including parents, local authorities, and other interested parties in the development and execution of sustainable development initiatives.

Increased public awareness, improved teacher preparation, adequate funding, curriculum integration, infrastructure support, addressing socioeconomic disparities, stakeholder engagement, and partnerships are all critical to the successful implementation of sustainable development in India.

IV. Conclusion

In conclusion, sustainability education is essential for addressing global issues, building a sustainable future, enhancing employability, strengthening communities, and promoting social justice. By integrating sustainability into educational policies, curricula, and instructional strategies, we can equip the next generation with the knowledge and abilities they need to become responsible citizens who can positively impact social and environmental change. Addressing global concerns, developing critical thinking and problem-solving skills, and preparing the next generation of leaders for a sustainable future all depend on 21st-century sustainability education and practices. Educators must employ a cross-disciplinary approach, provide opportunities for experiential learning, leverage technology and innovation, and foster collaborations to effectively promote sustainability education. Educating and training the next generation is crucial for ensuring a sustainable future.

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