

Abstract

Collective actions aim at promoting social justice. People could be motivated in different ways, among which raising critical consciousness is well-established as an effective way to encourage collective action. From the Buddhist psychological perspective, in addition to critical consciousness, raising one's interconnectedness, which refers to people seeing oneness in all things with no true separation deeper than appearance, may be another way to promote collective action. This study aimed to investigate if interconnectedness training could outperform critical consciousness training in expanding compassion circle size and reducing emotional burden and examine if the training effect may differ between privileged and marginalized social groups. An online experiment was conducted to two groups, cisgender heterosexual individuals and LGBT+ individuals. 223 participants were randomly assigned into three conditions and were shown different animated video clips about critical reflection, interconnectedness, and rock (control) respectively. Respondents of all conditions completed pre-manipulation and post-manipulation questionnaires. Findings suggested that both critical reflection and interconnectedness increased one's intention to participate in LGBT+ collective actions, but not collective actions concerning other minority groups. Also, positive emotions, compassion towards heterosexual individuals, was induced by interconnectedness manipulation. Given preliminary support, further research is needed to investigate the mechanism behind the relationship between interconnectedness awareness and collective action participation.

Keywords: collective action; LGBT and related communities (LGBT+); critical reflection; interconnectedness