

## COPING STRATEGIES USED BY PEOPLE DURING CORONAVIRUS

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### *Abstract*

*Corona virus (COVID-19) a worldwide pandemic has significantly affected life of people around the globe. It has also caused various psychological issues among public such as uncertainty, fear, anxiety, and of course stress. Globalization has facilitated it and has added greater complexity to the containment of infection leading to urgent call for public health challenge. Consequently, a multilevel stress coping adjustment process is going on. Hence, it is imperative to explore how people are affected psychologically and how they are coping with it. People are adopting different strategies for coping up from this challenging situation. In this sense, the present study intended to: explore which coping strategies were of relevance for people for adjusting in COVID-19 crises and were sociodemographic factors influencing the coping strategies. Research is descriptive study. A sample of 475 participants was asked for coping strategies used by them using valid and reliable scales. Revealed that positive attitude and trust in God were the most used adaptive coping strategies and sociodemographic variables were playing a significant role in adaptive coping strategies. Understanding and identification of coping strategies and their relationship with demographic variables can help health professionals to direct interventions to control stressors related to the pandemics.*

**Keywords:** Coping skills, COVID-19, pandemic, stress

### **INTRODUCTION**

Outbreak of infectious disease is not a new phenomenon; they have emerged at various times in history. In recent years, globalization has acted as catalyst and has facilitated the spread of pathological agents, which ultimately results in worldwide pandemics. This is not only a threat on political, economical, and psychological aspects but has also added greater complexity to the containment of infection leading to urgent call for public health challenges

Coping acts as stabilizing factor that may help individual maintain psychological adaptation during stressful period. Coping mechanisms can be divided into two categories. The first of these is adaptive coping strategies, which traditionally benefit or positively affect the lives of those who use them. Examples of this approach include religious/spiritual coping such as prayer and reading scripture, exercise meditation; listening to music; and socializing with friends and family.

### **MATERIALS AND METHODS**

The research is descriptive study and conducted during the 2021. A sample of 475 participants was asked for coping strategies used by them using valid and reliable scales. The data were analyzed by SPSS Descriptive and inferential statistics.

### **SAMPLE**

A Google form was created and circulated on different online platforms through snowball sampling technique. Online written consent was taken from all the participants before they answered the questions. Participation in the study was voluntary and anonymous. Participants have been briefed about the purpose of the study and were assured of confidentiality.

The sample comprised a total of 475 respondents out of which 236 were male and 239 were female. The age ranged from 15 to 80 years and the mean age was 27.51 (standard deviation = 7.77).

### **SOCIO DEMOGRAPHIC DATA**

It contained information about socio-demographic variables such as age, sex, religion, education, marital status, domicile, occupation, profession, country living in and whether the subject was living with family or not.

### **RESULTS**

As all the data were self-reported therefore data were checked for common method variance. Harman Single factor test was run and it was found that 17.33% of the variance loaded on the single factor which is below the 50% standard. Thus, it can be safely said that data of the present study do not suffer from common method variance.

### **DISCUSSION**

During the course of any pandemic, people face lots of physical and emotional stressors yet little is known about their coping strategies or the relationship between coping style and life satisfaction. Due to highly contagious nature of COVID-19, a public health emergency is being declared to prevent the contagion and limit the outbreak. Thus, a multilevel stress coping adjustment process is going on. Hence, it is imperative to explore how people are affected psychologically and how they are coping with it.

### **CONCLUSION**

Study is found one of its types during this COVID pandemic and will add significantly in the research gap. It can be inferred that our subjects used a variety of coping strategies during this pandemic phase. Notably, most reported high utilization was positive attitude and trust in GOD, but a concerning proportion also reported high utilization of Trust in medical help and conscious way of coping. These findings highlight an important need to better understand how people during crises cope with the situation and to determine whether interventions can enhance more adaptive coping behavior.

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