

## **Psychological Challenges and Coping Strategies of Covid-19 Survivor Mothers**

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COVID-19 pandemic has been globally perceived as a major threat to the health and well-being of people. Parents, especially mothers are facing unseen challenges, as they have the responsibility to not only keep themselves safe from the disease but also to ensure the safety of their children. The current study aimed to explore the psychological challenges faced by mothers who were COVID-19 positive and survived. 5 mothers having children in the age range of 5 to 10 years were interviewed. A purposive sampling technique was used to collect data ( $N=05$ ) and demographic details of mothers were collected. Data were analyzed using interpretative phenomenological analysis. The results of this study delineated the psychological challenges of mothers by emerging 3 major themes, including (1) Experiencing COVID-19, (2) Psychological Challenges, and (3) Coping strategies. Psychological challenges reported by mothers included stress and anxiety, anger and irritability, stigmatization, social exclusion, guilt, difficulty in sleeping, and bereavement period. It was concluded that mothers experienced many psychological challenges during the pandemic therefore it is suggested the importance of psychological interventions to help mothers cope with these challenges.

*Keywords: Coronavirus disease 2019 (COVID-19), Psychological challenges, Professional working mothers, Qualitative Study*

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Over the span of history, illness episodes have desolated mankind changing the course of history and, now and again, flagging the finish of whole human advancements. There are many observably horrible infections and pandemics in history, dating from prehistoric to modern times. A pandemic, as a kind of a debacle, is a puzzling and irregular circumstance that may leave limited events to coordinate a lot of organized, made, and controlled clinical primers (Benight & McFarlane, 2007). At present, the outbreak of serious intense respiratory condition corona and its related illness, named COVID-19, has prompted a worldwide health emergency of unrivaled extents (Wang et al., 2020). Declared by WHO as a pandemic in March 2020, the corona has prompted plenty of impacts, in every country on the globe. Keeping in see the worldwide part of the emotional well-being emergency that this pandemic has brought, the current investigation intends to investigate the psychological difficulties experienced by mothers who tested positive for Covid-19 (Chen et al., 2020).

The COVID-19 pandemic is significantly affecting mothers with children as they battle to deal with their family and psychological well-being during this pandemic. In recent months, humanity has discovered one of its most prominent emergencies (Anderson et al., 2020). With over 1,089,479 total infected cases, the total number of recovered patients is 22,8005 and the mortality rate is 3.4% to date. (Ilyas, 2020). This hazard has pushed a lot of the populace to home-constraintment and the rest have connected with them rather sacrificially in a lopsided human battle against it (Thaler & Sunstein, 2008), making a circumstance of worldwide financial gridlock. Judicious perception of well-being mindfulness will contain the spread of illness until further notice yet without a doubt won't end the secret of this wretchedness (Kahneman, 2012). Despite others, mothers tainted with Covid (SARS-CoV2) supposedly are having milder sickness, low horribleness, uncommon instances of neonatal/childish contamination, no undoubted documentation of vertical transmission, better visualization, and most likely lesser helplessness (Sunstein, 2020).

Another examination by Serafani (2020) on the mental impact of COVID-19 on the mental well-being of everyone. This work intended to completely overview the flow expounding on the impact of COVID-19

infection on the mental prosperity of everyone. The psychological impact of seclusion related to COVID-19 infection has been likewise recorded alongside the most appropriate mental reactions in everybody related to COVID-19 erupting. The capacity of risk and protective parts against the likelihood to make mental issues in powerless individuals have been tended to likewise.

In addition, Junaid, Ali, and Nazim (2020) investigated the psychological on the mental effect of the Coronavirus pandemic on the Pakistani populace: overseeing difficulties through psychological well-being administrations. The psychological impact of fear and anxiety in response to this needs to be recognized for both government experts and policymakers to formulate methods or behavioral strategies for reducing the burden of the infection and mental health consequences of this outbreak.

According to previous studies, multiple psychological factors and challenges were faced by patients with COVID-19. Albeit past exploration has proposed that the psychological effect of a significant calamity had a more extensive and longer impact on individuals contrasted with physical wounds, emotional wellness pulls in far less workforce for arranging and assets (Allsopp et al., 2019).

This pandemic situation has significantly increased the risk of experiencing negative emotions, stress, and anxiety in parents especially due to children. It also has a potential cascading effect on children's well-being. All countries involved in the pandemic want to promote Mother's psychological well-being, and children's well-being and also prevent emotional and behavioral problems. For this, firstly we need to explore how mothers describe their lived experiences with Covid-19. As we have not found any indigenous research to date that examined the lived experiences of covid survivors' mothers. To fill this knowledge gap, we directed to explore the lived experiences of mothers who survived from the Covid-19. The study results will be helpful in sufficiently addressing the needs of mothers and providing guidelines to others in this outbreak.

### Research Questions

**Q1:** Can you please tell me in detail about your COVID experience?

**Q2:** What was the behavior of your family members with you when you were ill?

**Q3:** What challenges did you face during this disease? (Psychological, physical and emotional)

**Q4:** What was your course of action to deal with these problems?

## Method

### Research Design

Based on these parameters, the current study falls under the head of qualitative research design as the aim of the current study is to explore the lived experiences of Covid survivors' mothers. Hermeneutics phenomenological approach by Heidegger (2001) was used.

### Sampling Strategy

A purposive sampling technique was used to collect the data. The sample was comprised of 05 ( $N=05$ ) mothers, who were diagnosed with covid-19 and recovered from corona-virus. They had no history of medical illness or psychiatric illness. Single mothers were not included in the study.

### Participant's Characteristics

Table 1

*Socio-Demographic Characteristics of the Participants (N=5)*

Name	Age	Duration of Marriage (Years)	Education	Occupation	Years of Occupation	No. of Children
M.M	30	5	MBA	Business	5	2
H.I	32	7	MS	Lecturer	3	2

N.H	35	11	B.A	Baker	3	3
S.G	33	7	MBBS	Doctor	6	2
S.S	39	9	MBBS	Doctor	9	3

### Data Collection Tools

**Interviews.** According to the interview guide, the interview covers a broad range of issues. Add the questions to address the issue that you are interested in and the according to guide possible probes and prompts could be given. A semi-structured interview guide was developed with open-ended research questions. As, can you please tell me in detail about your COVID experience? The interview began with a question that allowed the participant to share their detailed experience and the factors behind them. The interview guide involved questions regarding experiences, coping strategies, difficulties, Socioeconomic status, and familial factors to identify the underlying psychological challenges of mothers experiencing covid-19. For Example: What challenges did you face during disease, psychological, physical, and emotional?

**Demographic Information.** The demographic information sheet was given to the participant before the interview for some specific details.

After rapport building, the formal interview started. each interview was completed in almost thirty minutes. The interviews were recorded and transcribed later for data analysis. The interviewer was free to explain. The interviews were conducted on video call because of lockdown. The researcher assured the participants that the data will be kept confidential and will only be assessed by the supervisor and researcher.

### Data Analysis

An interpretive phenomenological approach was used to generate themes from the data and systematic exploration of the personal experiences of participants. The steps of IPA (Smith, Jarman & Osborn, 1999) were as follows: 1. Looking for themes in the first case. 2. Looking

for connections. 3. Producing a table of themes. 4. Continuing the analysis with other cases. 5. Writing up.

### **Procedure**

A consent letter was sought from the Centre for Clinical Psychology to begin the research. The topic was approved by the departmental doctoral committee. A semi-structured interview guide was constructed with a demographic information sheet. Consent was sought from the participants. Before that researcher called participants to seek permission and availability of time. After taking the consent of the participants, interviews were conducted. All the interviews were telephonic. All the interviews were videotaped. The researcher gave an introductory summary in which she introduced her department and study objectives with basic information regarding the interview. The researcher assured participants about their confidentiality. After the completion of data, collection data was arranged and transcribed, then analyzed and the results are discussed in the light of interpretative phenomenological analysis.

### **Ethical Considerations**

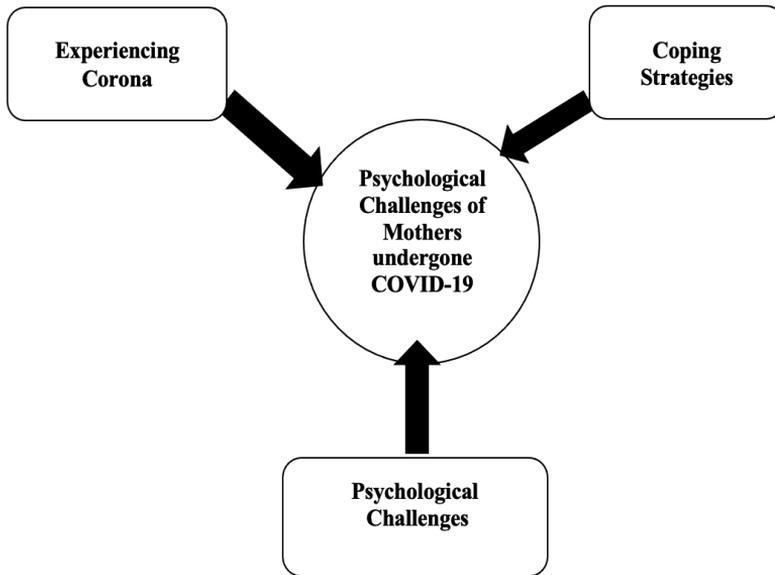
To conduct the research, the following ethical considerations were kept in mind. The consent was taken from the participants and they were given the right to withdraw from participation and terminate at any point of the study if they wanted. It was explained to the participant that they could stop the questionnaire or skip questions throughout the telephonic interview. Prompts regarding the ability to stop or skip questions were given before questions about sensitive behaviors. Due to the moral and professional commitment of the researcher to not abusing the data, essential data security measures of confidentiality were taken to keep the information secure and under strict supervision to avoid any risk.

### **Results**

Interpretative phenomenological analysis to generate themes was used under the following steps according to Smith: Read and reread the transcript and look for themes in the first case then the emergent themes

are listed and look for the connections between them. After this continuing the analysis with other cases and a final table of superordinate themes is constructed. The last step is moving from a final theme to a write-up.

*Figure 1:* Major themes of psychological challenges faced by mothers undergoing COVID-19



*Figure 2:* Summary of findings of sub-themes of experiencing corona faced by mothers undergoing COVID-19

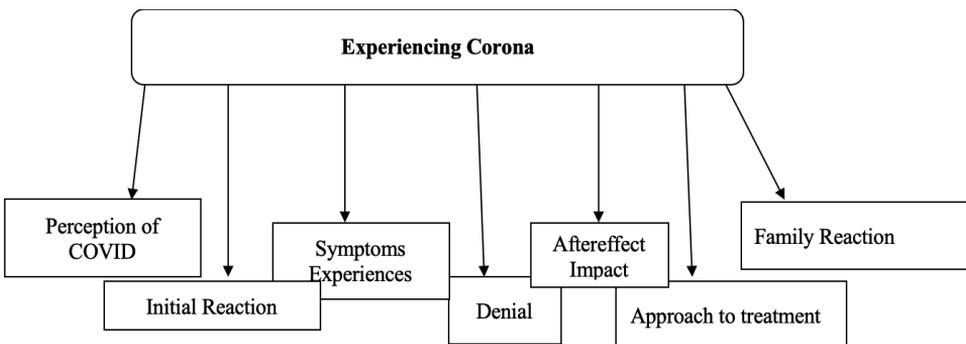


Figure 3: Summary of findings of sub-themes of psychological challenges faced by mothers undergoing COVID-19

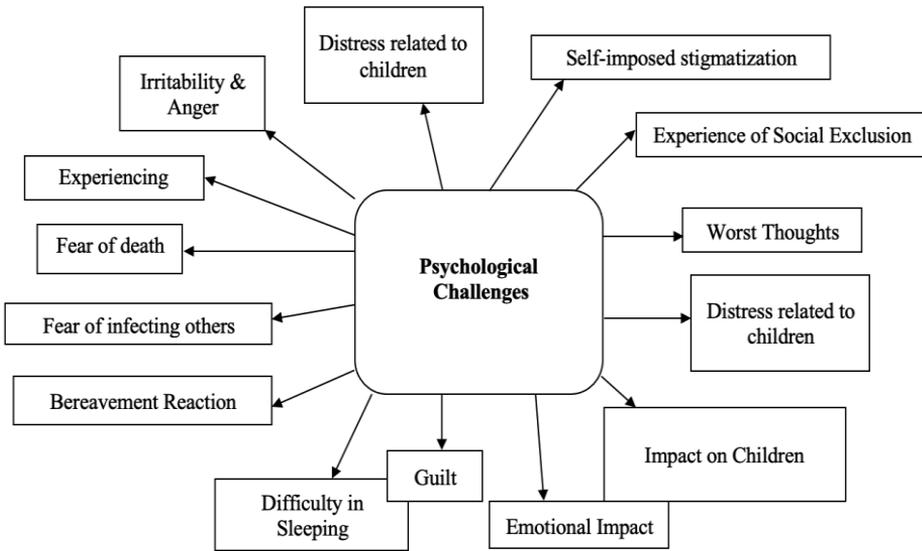
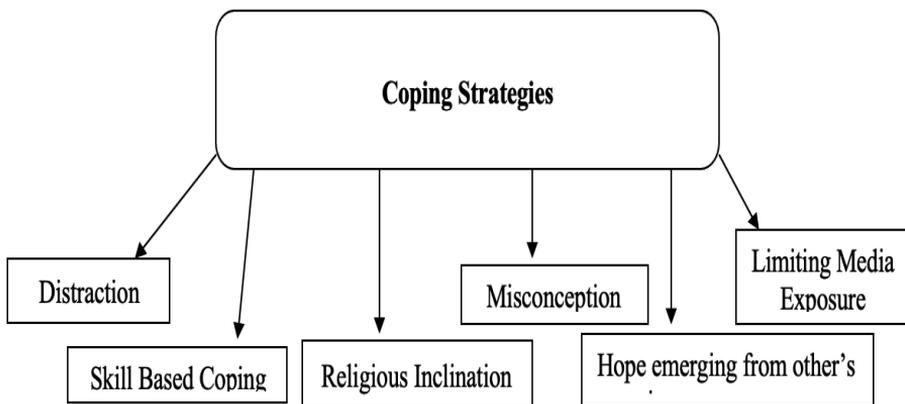


Figure 4: Summary of findings of sub-themes of coping strategies for mothers undergoing COVID-19



### Main Theme 1. Experiencing Corona

Experiences and perceptions of the corona by mothers who tested positive for Covid-19 and survived. This main theme contains six subthemes.

Table 2

*Subthemes and Quotations extracted during Interviews Related to Theme “Experiencing Corona”*

<b>Main Themes</b>	<b>Subthemes</b>	<b>Verbatims</b>
Experiencing Corona	Perception of COVID-19.	<p>I thought it cannot reach us. It is still far. It was really scary. For a moment, I thought is the world ending? We will even survive? I Survive? Will my (P1)</p> <p>It is a viral infection but the recovery rate is more than the death rate but death is the ultimate in this. (P2)</p> <p>this is a very different and deadly disease. (P3)</p> <p>When I had corona, it was a lot more than what I expected means that you can say it was 10% more than my expectation. Corona is such a contagious disease that nobody wants to come near you as if it is a day of judgment where a father doesn't even recognize his son (P.4).</p> <p>I had all the corona information but what I didn't know was the treatment, symptoms/experience I had lost my sense of smell and taste.</p>

		I also had body aches and weakness. (P5)
	Difficulty in Accepting/Denial.	<p>When my husband told me, I thought he joke with me. I denied it first. I thought it was a complication that I had general anesthesia during my C-section. (P.1)</p> <p>I was unsure of my disease I did not have any symptoms and I thought there is some lab error. (P2)</p> <p>Initially, I thought I don't have corona and they have given a false positive report, I also didn't believe in corona. (P3)</p> <p>When I got it I could not believe it as I did not have too many symptoms. So, I thought they have given a false positive report. (P4)</p> <p>I did not know that I had gotten corona. I was casually eating medicine for fever. It took me days to realize that this s corona. (P5)</p>
	Initial Reaction	<p>I was shocked. I denied it first. It was difficult for me to grasp it. (P1)</p> <p>My first reaction was fear. I was afraid of what my children had after me. (P2)</p> <p>I started crying and I thought I was reduced to none. (P3)</p> <p>I was very upset and was having bad thoughts I was worried that because of me my children do not end up getting corona. I felt as if my life was ending because I couldn't breathe. (P5)</p>

	Aftereffect/ Impact	<p>Overall COVID had a great impact on our emotional and mental health. (P1)</p> <p>I am physically weak still. I don't have that energy. Psychologically I experienced anxiety by myself that I had never gone through in my life before. It also had a positive effect. I realize the importance of life and the role of the creator. Now I let go of things. (P2)</p> <p>I am physically unfit. And I consulted a psychologist about my mental health problem. (P4)</p> <p>My strength has decreased. It still feels like I have pain in my body and corona is still there. It also scared me that I do not get it again. (P5)</p>
	Family Reaction	<p>They were surprised obviously. My parents become very emotional. They started crying on phone. My mother became very anxious. (P1)</p> <p>The family members were afraid of the fact suspected that they would acquire the infection. (P2)</p> <p>I feel that they feigned their concerns. (P3)</p>
	Approach to Treatment	<p>No one had full knowledge even up till now. There is restricted knowledge about treatment. I need to have my separate plates, separate glasses, and separate things. I cannot let anyone touch anything I used. (P1)</p>

		<p>I am using Gloves every time and then discard them. Using disinfectant again and again. (P2)</p> <p>I took multivitamins and Azomax, I also did Herbal treatment with it. (P4)</p> <p>I took a healthy diet. Whatever people advised me at that time I did that. Also, I would wear the mask all the time. (P5)</p>
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**Main Theme 2: Psychological Challenges.**

The second main theme contains ten subthemes.

Table 3

*Subthemes and Quotations extracted during Interviews Related to Theme “Psychological Challenges”*

<b>Main Themes</b>	<b>Subthemes</b>	<b>Quotations</b>
Psychological Challenges	Guilt.	<p>I was guilty that my parents got this from me. (P2)</p> <p>I had guilt that someone died in my family and I couldn’t attend the funeral. (P3)</p> <p>My oldest son also got it so I was distressed that I did not take proper precautions. (P5)</p>
	Experiencing Anxiety & Panic	<p>The next day I suffered from a panic attack in which I got short of breath and quite anxious. (P1)</p> <p>I had a panic symptom. Had severe anxiety and breathlessness. (P2)</p> <p>I felt like crying and used to feel hopeless I used to get very worried about the children's irritability and</p>

		<p>anger. I also felt shortness of breath. (P3)</p> <p>In the back of my mind, I did have fear and tension that this might increase. (P4)</p> <p>I used to get very angry. Everyone was far away and would just call and talk. (P5)</p>
	Irritability & Anger	<p>I was very irritable and used to get angry a lot. (P1)</p> <p>I was very agitated and I felt that I was getting angry. (P2)</p> <p>I was very irritable because of staying alone. (P3)</p>
	Stigmatization	<p>God forbade I thought the disease was contagious. I am such a big threat to everyone. We did not tell a lot of people because it had a weird impact on people. (P1)</p> <p>I thought I had such a contagious disease that no one wanted to see me. (P2)</p> <p>People were afraid as to what sort of weird disease was it. (P3)</p> <p>I thought I had been evil-eyed. I was very strong but now my strength has weakened. (P4)</p> <p>Everyone was so scared that I had gotten a contagious disease. (P5)</p>
	Experience of Social Exclusion	<p>People were reluctant to see me even after my results were negative. (P1)</p> <p>My family members and neighbors used to stay away from me. They didn't even like to see me. (P2)</p>

		<p>My aunt came but she never came upstairs, I also sent water but she didn't drink it as it is something. (P3)</p> <p>Even after getting well, people were afraid of me. They were roaming here and there but were still not meeting us. (P4)</p> <p>Everyone had distance. Usually when you are sick everyone comes to see you but this is a weird sort of disease which excludes you. Even the food was left outside my door. (P5)</p>
	Worst Thoughts	<p>I cannot be able to spend my life with my children and family. I want to see my children grow and might be I cannot see them again. (P1)</p> <p>I was apprehensive about my parent's health because they are senile if anything would happen to them it was because of me. (P2)</p> <p>My only thought was that I wouldn't survive. What would happen to my children afterward? (P3)</p> <p>If I die what will happen to our children? What will their lives be like? (P4)</p> <p>I felt as if life was ending and I had no strength in me. (P5)</p>
	Difficulty in Sleeping	<p>I could not sleep, maybe it was the extreme tension regarding children. (P2)</p> <p>One night when my oxygen saturation level went down to 99 I could not sleep and was very tense. (P3)</p>

		<p>My sleep is disturbed. I was to fly back so had to do the packing as well so my sleep was disturbed. (P4)</p> <p>I wasn't able to sleep properly and my children were tensed too. (P5)</p>
	Bereavement Reaction	<p>My sister died due to COVID-19. I cry and feel so scared. (P2)</p> <p>My brother died of the corona. It was a very difficult time for me. I was alright by that time but I felt that I should have died not my brother. (P5)</p>
	Fear of Death	<p>I thought I would die and I could no longer breathe. I had the thought that if I die what will happen to my children. (P3)</p> <p>What if something happens to my children or me though it is a reality that one has to die one day. (P4)</p> <p>Initially, I had thought that something bad might happen. I was very scared that something might happen, I might die like a lot of people were dying at that time. (P5)</p>
	Distress Related to Children	<p>I want to meet my children. I miss them. I wanted to hug them. Take them in my arm. That was the most difficult night of my life when my children are away from me. (P1)</p> <p>Despite knowing that I am positive I had to keep them to myself which is very distressing for me. They had close contact with me and we were afraid that they don't get it. (P2)</p> <p>My children were never away from me that long so I was anxious about them.</p>

		<p>Despite the fact they were taken care of they were still not fine, I was afraid that something might not happen to them. (P3)</p> <p>I was tenser about my children than myself. They were not looked after properly and I wasn't able to look after them either. Their sleep was disturbed and was not eating properly. They were also missing me. (P4)</p> <p>I was worried that how they managing were having food. Must be missing me and I was afraid that they might get infected. Everything was out of discipline and I did not have the strength. But I used to force myself to get up. This was very difficult for me. (P5)</p>
	Impact on Children	<p>Children were very irritated at this time. She repeatedly cried and asks for me. They were very irritated. They were not feeling well. (P1)</p> <p>The children were quite upset by our absence. It was difficult for them to stay away from us. They missed and cried for us. They were very worried about us. They became stubborn and disturbed. They also cry when they see me on the video call. (P2)</p> <p>My children got disturbed; my youngest daughter got sick and would cry. She doesn't sleep without me. They were agitated they used to cry and were panicking. (P3)</p>

		<p>They got scared as to what has happened to their mother and father. Because of me, my daughter is still tense as to what is corona and that she does not get it. (P4)</p> <p>Children were tensed as to what has happened to their mother. They had become very agitated. (P5)</p>
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### Main Theme 3: Coping Strategies.

This is the last theme that contains six subthemes.

Table 4

*Subthemes and Quotations extracted during Interviews Related to Theme “Coping Strategies”*

Main Themes	Subthemes	Quotations
Coping Strategies	Hope Emerging from Other’s Experiences	<p>I had people in my family who are gone through this. We had a little satisfied that we would be out soon Insha’Allah. (P1)</p> <p>My friend and husband's friends got corona and all of them got cured, so I was hopeful that I will be fine. (P2)</p> <p>My friends got corona and they got well. So, I was hopeful everything will be fine. (P3)</p> <p>Someone in my neighborhood had corona but it healed so I was hopeful that I will be alright. (P5)</p>
	Religious Inclination	<p>My mother-in-law sent me some prayers (namaz). I offered them. (P1)</p> <p>I offered Namaz and used to pray for myself. (P2)</p> <p>This is done by Allah and He will help me. Believed in Allah and offered Namaz Also read duas which were sent to me. (P3)</p>

		<p>I used to read Quran and offer prayer because of the rest of the work we keep on doing. My inclination towards Allah increased and it was like spiritual healing. (P4)</p> <p>I kept offering prayer and to ask forgiveness from Allah to take me out of this. (P5)</p>
	Distraction	<p>You had to go into another world for distraction and what way to do that rather than watching something or reading a book. (P1)</p> <p>I used to watch Netflix distract myself. (P2)</p> <p>I directed all of my attention toward Allah. (P3)</p> <p>I distracted myself started to do my packing and focused on it. (P4)</p> <p>I used to just read Quran and offer prayers. (P5)</p>
	Limiting Media Exposure	<p>Apart from the negative thing that I had to read from social media, there was nothing negative during this. (P1)</p> <p>I stopped watching the news because there was too much negativity everywhere. (P2)</p> <p>I stopped using social media because it had a lot of negative news. (P3)</p> <p>We switched out televisions as there was too much negative news. (P5)</p>
	Skill-Based Coping.	<p>I liked to do sketching and calligraphy so I invested my time doing these and posted them on Instagram with the name Quarantine Diaries. (P2)</p> <p>I also studied during that time because my exams were approaching. (P4)</p> <p>I did bake when I started to feel better. (P5)</p>

## Discussion

This study is exploratory and rooted in an inductive approach with elements of deduction that allow the researcher to develop insights that may lead to a basis for future research. This approach aims to generate meanings from the data set collected to identify patterns and relationships to build a description of the phenomena being studied. This study included 05 mothers who have recovered from the novel coronavirus. Almost all mothers experienced the same severity level of COVID that needs home quarantine and hence their symptoms affected their psychological well-being at the same level.

According to the first theme of experiencing corona is the state with the outbreak of COVID-19, the state of affairs in mental health care has drastically changed. This pandemic has far-reaching consequences; it not only poses a serious threat to people's physical health, but it also has a grave impact on our psychological well-being, in several ways. The results of this study are similar to the previous study by Feijt (2020) who reported that experiencing corona is one of the worst things of this pandemic and it causes a lot of distress and depression in individuals, especially in those who are caregivers of their families for example mothers and fathers. Another qualitative study by Sun and colleagues (2020) revealed that negative emotions present in the beginning phase consisting of fatigue, discomfort, and helplessness were caused by focused energy work, dread, uneasiness, and worry for patients and relatives. The results are also consistent with the study of Wu and colleagues (2020) who reported that experiencing corona is one of the psychological challenges faced by those who experienced corona. According to previous studies perception of COVID (Islam et al, 2020; Alsubaie et.al, 2019), denial (Munawar & Chodhary, 2020; Jaspal & Nerlich, 2020), symptoms experiences (Wang et.al, 2020; Medeiros et.al, 2020), initial reaction (Roncero et.al, 2020; Li et.al, 2020), aftereffect impact (Spinelli & Pellino, 2020; Orsini et al, 2020), family reaction (Singer et al, 2020; Dalton et al, 2020) and approach to treatment (Ohayon & Lysaker, 2020; Weinberg, 2020) played their specific roles in experiencing corona as a psychological challenge in Covid survivor mothers.

Moreover, the second broader theme of psychological challenges consisted of ten subthemes which are guilt, experiencing anxiety & panic, irritability & anger, stigmatization, the experience of social exclusion, worst thoughts, emotional impact, difficulty in sleeping, bereavement reaction, fear of infecting others and fear of death. The results of this study are similar to the study of Abdessater et.al (2020) who stated that the coronavirus has come with severe psychological challenges for both patients and health care workers. Similarly, another study by Sameul (2020) reported that if we deal with coronavirus with rational behavior psychological challenges related to it get lessened in patients. In another study by Khoury, Previous literature also has similarities with the results that guilt (Greenberg et al, 2020; Serafini et.al, 2020), experiencing anxiety & panic (Kar et.al, 2020; Roy et.al, 2020), irritability & anger (Serafini et.al, 2020; Fegert et al, 2020), stigmatization (Vasylyeva et al, 2020; Bruns et al, 2020), the experience of social exclusion (Chen et.al, 2020; Rains et.al, 2020), worst thoughts (Maguen & Price, 2020; Gulia & Bhatnagar, 2020), emotional impact (Murthy, 2020; Miotto et al, 2020), difficulty in sleeping (Fu et.al, 2020; Peltz et al, 2020), bereavement reaction (Boelen et.al, 2020; Carr et al, 2020), fear of infecting others (Mamun & Ullah, 2020; Sockalingam et al, 2020) and fear of death (Menzies & Menzies, 2020; Kavoor, 2020). Some children and young people may be feeling more isolated, anxious, bored, and uncertain. They may feel fear, and grief, over the impact of the virus on their families. These study results are consistent with the conceptual study of Sousa, Mohandas, and Javed (2020) who stated that mothers with 2 or 3 children faced severe challenges during their corona, and challenges due to children are one of their major psychological challenges during corona. Graell, et. al (2020) also reported that in the time of corona mothers faced major psychological challenges like PTSD, depression, and anxiety because of their children's health. Previous literature showed similar findings of distress related to children (Russell et.al, 2020; Romero et.al, 2020) and impact on children (Graell et.al, 2020; Kontoangelos et al, 2020) in psychological challenges faced by the mothers during her corona.

The third broader theme which was postulated from participants' narratives is coping strategies and it further consisted of five subthemes

that involved hope emerging from others' experiences, religious inclination, distraction, limiting media exposure, and skill-based coping. The results of the previous study by Munawar and Chaudhary (2020) detailed that stress adapting strategies or defensive factors against stress inevitably adding to the mental health and challenges they confronted are used as the major coping strategies by patients. The results are also consistent with the study of Dalton and colleagues (2020) who stated that sensitive and effective communication was used by parents as a coping strategy to overcome the psychological challenges of the corona during their illness. Another study by Guan, Deng, and Zhou (2020) stated the same results by concluding that thinking styles, and regulatory focus shaped individual responses and coping strategies to the COVID-19 pandemic. Previous literature also showed that hope emerges from other's experiences (Walsh, 2020; Yildirim & Arslan, 2020), religious inclination (Abbas & Zhiqiang, 2020; Pandey et al, 2020), distraction (Clark et.al, 2020; Chen & Bonanno, 2020), limiting media exposure (Holmes et.al, 2020; Buheji et al, 2020) and skill-based coping (Hayes et al, 2020; Davies et.al, 2020) is the major coping factors used by mothers who survived from the Covid-19

### **Limitations and Suggestions**

Interviews were conducted on video calls as there was a pandemic and we have to follow the SOP's also everyone was afraid of meeting at that time. Respondent and interviewer bias may also be called a limitation of this study, as qualitative research can never be completely free of biases. Another limitation of my study was the lack of diversity in the demographic characteristics of the population as all the participants belonged to the middle class and were living in joint families. Future studies can compare participants living in the nuclear family system to see the challenges faced by women living in the nuclear family system, housewives, and lower-class families.

### **Implications**

The study has tremendously succeeded in exploring new dimensions (for example religious inclination and challenges due to

children) of understanding the psychological challenges of mothers of COVID-19, especially concerning the Pakistani context. The study helps in preserving the psychological well-being of mothers in the face of the COVID-19 outbreak in Pakistan and various parts of the world. It represents a step toward a greater understanding of the psychological distress of mothers of COVID-19 related to children and how it impacts children. Society needs to understand the distress and impact and minimize the stigma related to the disease. The Healthcare system and society also need to provide effective psychological treatment and care to the patients. The culturally specific implications of this study are eye-opening, as they shed light on the social menace of coronavirus and health-related issues in understanding and the incompetency of accountability agencies in the country. The data can help us formulate strategies to overcome psychological challenges in a better way. Moreover, the study added to the indigenous literature on psychological challenges of mothers including experiencing corona, isolation, religious inclination, and coping strategies from the experiences mothers.

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Received June 06, 2021

Revisions Received June 20, 2022