

MENTAL RESILIENCE AND HERD IMMUNITY AMONG COVID-19
SURVIVORS: A QUALITATIVE STUDY



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DEDICATION

I amiably devote my work to

AMI, BABA

Whatever, I have accomplished in my life is because of my adored family and my beloved teachers, their support, prayers and their faith in me, encouraged me to be what I am today.

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ABSTRACT

Mental resilience is the eminent process substantial in Covid-19 survival besides the herd immunity inference in community. The purpose for choosing current study was to explore the survivor's viewpoint on diverse aspects of the variables: mental resilience and herd immunity in covid-19 survival. The sample of participants selected (N=12), gender male (n=6) and female (n=6) through purposive sampling from Rawalpindi and Islamabad. The qualitative research design was opted for conducting the study. The Symptom checklist-90 (SCL-90) Urdu version was utilized for psychological screening and interview guideline was used for conducting in-depth interviews. The quantitative analysis of SCL-90 was done by using Statistical Package of Social Sciences (SPSS) 26.0. The qualitative data analysis was made by Interpretative Phenomenological Analysis (IPA) by Smith et al. (2009). The interview guideline cater the domains: mental resilience definition, role in covid-19 survival, dynamics fostering mental resilience along with understanding of herd immunity and role in covid-19 survival. The results showed that the survivors defined mental resilience as coping mechanism; will power; cognitive constituent of survival; adaptation/ adjustment; outcome of stress and fuel for optimal functioning. The results revealed that the role of mental resilience in surviving covid-19 is crucial. Moreover, results depicted that for covid-19 survivors the fostering dynamics of mental resilience involve: personality dynamics, gratitude, support & belongingness, coping strategies, age, hope, sleep and diet. The results also conversed herd immunity as communal phenomenon based on: Immunity and Versatility. Correspondingly, the role is reported as: uncertain, time-taking process and certain areas need to be improved. The study will contribute globally in designing community survival guidelines, will caught eye of policy makers to put sincere efforts for operative polices regarding ongoing pandemic and for therapeutic professionals to progress in making such intervention plans which contribute in enhancing potential to compete and overcome life uncertainties of people of different communities.

TABLE OF CONTENT

CHAPTER	TITLE	PAGE
	AUTHOR'S DECLARATION	iii
	DEDICATION	v
	ACKNOWLEDGEMENTS	vi
	ABSTRACT	vii
	TABLE OF CONTENTS	viii
	LIST OF TABLES	xiii
	LIST OF FIGURES	xiv
	LIST OF ABBREVIATIONS	xv
	LIST OF ANNEXURES	xvi
1	INTRODUCTION	1
	1.1 Background of the study	1
	1.1.1 Herd Immunity	4
	1.1.2 Mental Resilience	7
	1.2 Problem Statement	11
	1.3 Purpose of Research	12
	1.4 Objectives	12
	1.5 Research Questions	13
	1.6 Significance	14
	1.7 Definition of Key terms	14

1.7.1	Operational Definitions	14
1.7.2	Conceptual Definitions	15
2	LITERATURE REVIEW	16
2.1	Three Wave Inquiry of Mental Resilience (Richardson, 2016)	17
2.2	Maslow Hierarchy of Need (Maslow, 1943)	18
2.3	The Resiliency Model (Richardson, 2002)	18
2.4	A Grounded Theory of Personal Resiliency (Denz-Penhey & Murdoch, 2008)	18
2.5	Nursing Model of Resilience (Polk, 1997)	19
2.6	Adolescent Resilience Model (Haase, 2004)	19
2.7	Person-Environment Model (Agaibi & Wilson, 2005)	20
2.8	Community and Youth Resiliency Conceptual Model (Brennan, 2008)	20
2.9	The “Coping Reservoir” Model (Dunn, Iglewicz & Moutier, 2008)	20
2.10	A Grounded Theory of Psychological Resilience and Optimal Performance (Fletcher & Sarkar, 2012)	20
2.11	A Grounded Theory of Shame and Resilience in Adulthood (Van Vliet, 2008)	21
2.12	An Integrative Model of Coping, Resilience and Development (Leipold & Greve, 2009)	21
2.13	Hypothesized Model of Resilience (Mancini & Bonanno 2009)	21

2.14	Darwin Theory of Survival of Fittest and Covid (Darwin, 1859)	22
3	THEORETICAL BACKGROUND	24
3.1	Reich’s 3c Model of Resilience (Rich, 2006)	24
3.2	Health Belief Model (Rosenstock, 1966)	29
3.3	Darwin theory of Adaptation	31
4	METHOD	33
4.1	Research Design	33
4.2	Participants	33
4.2.1	Inclusion and Exclusion criteria	33
4.3	Research Measures	34
4.3.1	Consent form	34
4.3.2	Demographic Data Sheet	34
4.3.3	Symptom checklist-90-R (SCL-90-R) Urdu version (Nadia et al., 2017)	34
4.3.4	Interview Guide	35
4.4	Procedure	36
4.4.1	Phase-I	37
4.4.2	Phase-II	37
4.4.2.1	Try-out	37
4.4.3	Phase-III	38
4.4.4	Phase-IV	39
4.4.4.1	Data Analysis	39

4.5 Ethical Considerations	40
5 RESULTS	41
5.1 Definition of mental resilience	53
5.1.1 Mental/ psychological ability	53
5.1.1.1 Comping Mechanism	54
5.1.1.2 Will Power	55
5.1.1.3 Cognitive Constituent of Survivals	55
5.1.1.4 Outcome of Stress	56
5.1.1.5. Fuel for Optimal Functioning	57
5.1.1.6 Adaptation / Adjustment	57
5.2Role of mental resilience in covid-19 survival	58
5.2.1 Action potential for survival	58
5.2.1.1 Existing Role of Mental Resilience	59
5.2.1.2 Nature of Existing Role	59
5.3 Dynamics fostering mental resilience	61
5.3.1 Mental Resilience as Multi-Faceted	61
5.3.1.1 Personality Dynamics	61
5.3.1.2 Support and Belongingness	62
5.3.1.3 Coping Strategies	63
5.3.1.4 Gratitude	65
5.3.1.5 Hope	65
5.3.1.6 Age	66
5.3.1.7 Sleep and Diet	66

5.4 Understanding of herd-immunity	67
5.4.1 Communal Phenomenon	67
5.4.1.1 Immunity	68
5.4.1.2 Versatility	69
5.5 Role of herd immunity in covid-19 survival	70
5.5.1 Tentative theory	70
5.5.1.1 Uncertain Role	71
5.5.1.2 Time taking Process	72
5.5.1.3 Areas of Improvement	72
6 DISCUSSION	75
6.1 Future Implication	83
6.2 Limitations	84
6.3 Recommendations	84
REFERENCES	86
ANNEXURE A-H	102-118

LIST OF TABLES

TABLE NO	TITLE	PAGE NO
Table 5.1	Frequencies and Percentages of the demographic Characteristics of Covid-19 survivors (N=12)	41
Table 5.2	Frequencies of Themes (main themes, sub-theme and Emergent themes) of Covid-19 survivors (N=12)	46

LIST OF FIGURES

FIGURE NO	TITLE	PAGE NO
Figure 5.1	SCL-90 psychological screening findings for Covid-19 survivors	43
Figure 5.2	Definition of Mental Resilience (Theme 1)	48
Figure 5.3	Role of Mental resilience in Covid-19 Survival (Theme 2)	49
Figure 5.4	Dynamics Fostering Mental resilience in Covid-19 Survival (Theme 3)	50
Figure 5.5	Understanding of Herd Immunity (Theme 4)	51
Figure 5.6	Role of Herd Immunity in Covid-19 Survival (Theme 5)	52

LIST OF ABBREVIATIONS

APA- American Psychological Association

WHO- World Health Organization

PHEIC- Public Health Emergency of International Concern

LKM- Love Kindness Model

SCL-90- Symptom Checklist-90

SPSS- Statistical Package for the Social Sciences

LIST OF ANNEXURES

ANNEXURE	TITLE	PAGE NO
A	Permission from Author	100
B	Data Collection letter	102
C	Informed Consent	103
D	Demographic Sheet	104
E	Symptom Checklist-90 (SCL-90) Urdu version	105
F	Interview Guideline	111
G	Ethical Review Letter	112
H	Plagiarism Report	114