

# Exploring the Psychological Experiences Caregivers during COVID-19 Pandemic in Pakistan

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## Abstract

**Background:** According to WHO COVID-19 a new virus called SARS-Cov-2 that effects on respiratory system and spreads rapidly in December 2019, was a challenge for caregivers.

**Objective:** This study was conducted to explore the psychological experiences of caregiver doctors during COVID-19 in Pakistan.

**Method:** Using a Phenomenological study based on 15 caregiver doctors who had experience in hospital care for the patients of COVID-19. Data was collected through purposive sampling with semi-structured interviews. The NVIVO software has been used for qualitative data analysis.

**Results:** The psychological experience of doctors of COVID-19 patients can be summarized into two main themes, first positive impact and second negative impact. The maximum number of respondents positive was "brave" and as well as the maximum number of respondents negative was "fear". During covid-19 outbreak, the doctor was anxious in the early stage and feeling poor, after that the doctors coped up.

**Conclusion:** During an epidemic outbreak, positive and negative emotions in front of doctors interweaved and coexisted. In the early stage, negative emotions were dominant, and positive emotions appeared gradually. Interviews were collected from caregiver doctors, and those working in hospitals during a pandemic.

**Keywords:** Alzheimer's Disease • HIV • Americans Living

## Introduction

According to the WHO, the Covid-19 outbreak occurred in Wuhan, Hubei Province, in December 2019. It is a dangerous respiratory syndrome in people. In just nine months, COVID-19 spread quickly over the world and caused a variety of respiratory illnesses, including shortness of breath.

A study conducted on the psychological status of Ebola carers, 29% of participants said they felt lonely, and 45% sought counseling. Similar findings show the importance of learning and development of collective anti-epidemic actions. The majority of COVID-19 infections come from SARSCoV-2-infected patients. Individuals who are sub-clinically infected may potentially transmit the virus through direct contact and aerosols from the respiratory mechanism. The virus can cause serious illnesses in young children and newborns, as well as in the elderly and

anyone with underlying medical disorders. Currently, there are no specific treatments for this condition. Something isn't working the main elements of the treatment include isolation, symptomatic support, antiviral and conventional drug therapy, and meticulous monitoring of the illness' course.

According to a study, a caregiver's capacity to guide, protect, and nurture their children under pressure depends on their mental health. Abuse, neglect, and subpar social and academic performance are more likely to occur in children of carers who battle with their mental health.

More behavioral, emotional, and physical health problems also affect performance. Recent research indicates that during the pandemic, carers with children at home used alcohol more frequently as a coping strategy than non-caregivers, which is linked to more severe alcohol problems. In a recent study, carers with children at home reported feeling depressed more frequently than those without children.

## Conclusion

This study was conducted to explore the psychological experiences of the caregivers during COVID-19 in Sahiwal, Pakistan. Because Punjab is the largest region of Pakistan and Sahiwal is one of Punjab's cities an isolation center was installed during the COVID-19 breakdown for COVID positive patients. A large number of doctors work there with COVID-19 patients along with their mental stress or other problems. The study is based on a descriptive phenomenological research design. Interviews were collected from caregiver doctors, those working in hospitals during a pandemic. The study preferred to conduct all interviews face to face by using one technique because it may be the most appropriate way to get cleared and elaborated data. The sample size was based on 15 participants. The interview was transcribed and divided into suitable themes by using NVIVO Software many analyses ran on the data. From the results of the analysis, we found that all the caregivers experienced much psychological disturbance but most of them cope with these distractors by encouraging and motivating themselves with positive thinking which gave them more power and strength to fight the pandemic.

The research guide used in this study can also be used to explore the experience of other caregivers in medical professions regarding other anti-epidemics. Colaizzi's phenomenological research method may be quite suitable design for those studies conducted to get in-depth experiences from others regarding a particular phenomenon. The software NVIVO can be used in many different qualitative studies to get accurate visual analysis.

The sample size was limited because of a shortage of time and other resources. Apart from this firstly all the participants were doctors, and other caregiving staff needed to be explored. Secondly, due to the doctor's busy routine, we cannot conduct the focus group discussion. Thirdly, we were unable to collect data from different sources because of the short time duration. Furthermore, this study was a short-term study which is not suitable for the collection of long-term experiences.

Further studies are needed to focus on other caregiver staff. The sample size needed to be extended as compared to our study. To get long-term experience data a long-term study have to be conducted. To get a rich range of data from many sources, it is necessary to have much time and other resources to invest.

