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## **Flourishing or languishing: A thematic analysis of the positive mental health of Indian adults during the COVID-19 pandemic**

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The COVID-19 pandemic has significantly impacted the life outcomes of all age groups people around the globe. The current study aims to understand the positive mental health of Indian adults through a qualitative study. A semi-structured interview protocol based on the mental health model of Keyes (2005) was used to collect the data. Twenty-seven participants with the age ranging between 18 years to 25 years were chosen who described their experiences about the various dimensions of positive mental health during the pandemic. Eight themes were generated: interdependence orientation in happiness, new interest and life satisfaction sources, virtual personal, social and community relationships, new trends in social actualization, vague social acceptance and coherence, enhanced self-exploration and perturbed responsibility, new challenges for growth and relationships and modified sense of meaning and autonomy. Restrictions and distancing led the participants to rely on face-to-face family and adjacent community relationships marked by interdependence for satisfying happiness and other well-being needs. The pandemic restrictions paved the way for finding virtual sources of interest, life satisfaction and relationships. They also described new sources of acceptance, sense-making and autonomy. Restrictions led to a search for new avenues for meaning, relationships, autonomy, performance, productivity and methods for satisfying their well-being needs prompted by family practices and immediate community relationships through a fresh focus on interdependence, indigenous self-construal and collectivistic values. Real and/or virtual interventions at small group levels (e.g., family, neighbouring community etc.) may be more effective to enhance well-being needs during the current and the future pandemics.

### **Biography**

Dr. Gyanesh Kumar Tiwari received his PhD Degree from Banaras Hindu University, 221005, Varanasi, Uttar Pradesh, India. He is currently serving as an Assistant Professor of Psychology, Dr Hari Singh Gour University, Sagar, 470003, Madhya Pradesh, India. He has published more than 45 research articles journals of repute. He is also a coordinator of three Diploma programmes of guidance, counselling and health psychology. He has successfully supervised six doctoral work. He has completed one research project of the University Grants Commission, New Delhi and currently working on a project for Defence Research and Development Organization (DRDO), New Delhi, India.

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