ABSTRACT The purpose of this study is to explore death anxiety, psychological impacts and coping strateg (Ctrl) vid-19 survivors in Punjab and to inculcate the awareness in people how to cope up with Death anxiety and other psychological impacts arising due to high mortality rate in Covid-19 pandemic. Although Death anxiety is very rare but it is rising in people, as Covid-19 has affected the immunity of many individuals weakening them psychologically and physically. The data was collected form N=200 survivors (n=100 man, n=100 females) age ranges from 20-70 who reside in Punjab through purposive, convenience and snowball sampling strategy. Data was collected in the form of Google-forms and questionnaires for this study, three scales Death Anxiety Scale (Templer, 1970), Psychological Distress K10 (Kessler, 2003) and Brief COPE Inventory (Carver et al., 1989) ware used. All the scales were used in the Urdu translated version. Data was interpreted by using descriptive statistics, Pearson correlation, simple linear regression and independent sample t-test on SPSS (Version 20). The statistical analysis which were used in this research were: Pearson Correlation to determine the relationship between Death anxiety, psychological distress and coping strategies. It was observed that Death Anxiety is positively and significantly correlated to Psychological Distress and negatively correlated to problem focused, avoidance and emotion focused coping. Whereas psychological distress is positively corelated to problem focused coping and positively and significantly corelated to avoidance and emotion focused coping. Problem focused coping is positively and significantly correlated to avoidance coping and emotion focused coping Avoidance coping is positively and significantly correlated to emotion focused coping. Simple Linear regression was used to determine death anxiety and psychological distress as a predictor on problem focused coping, avoidant coping and emotion focused coping. It was observed that death anxiety and psychological distress is a non-significant predictor of Problem focused coping. Death anxiety is a positive significant predictor of avoidance coping, whereas psychological distress is a non-significant predictor of avoidance coping. Death anxiety and psychological distress are positive significant predictors of emotion focused coping. Independent sample t-test was used to explore the gender differences in death anxiety, psychological distress and coping strategies. It was observed that indicates that there are no gender differences in death anxiety, psychological distress, problem-focused coping, avoidance coping and emotion focused coping. It is suggested that if people involve themselves in emotion-focused coping, and indulge themselves in activities like meditation, yoga, forgiveness and religious activities, they tend to cope effectively with their stressors.
Key words: COVID-19, COVID-19 survivors, death anxiety, psychological distress, coping strategies, problem-focused coping, avoidant coping, emotion-focused coping.