

Abstract

Covid-19 pandemic has been a global adversity from the past few years affecting the world with its noxious symptoms, drastic changes and extensive psychological impacts. The current study aimed to explore the lived experiences of Metathesiophobia or fear of change in adult population of Pakistan during Covid-19 pandemic, the type of changes experienced by people during Covid-19, the changes that people feared or resisted and also the changes that were accepted by the people of Pakistan. A sample size of six (N=6) participants was recruited within three categories namely; i. Participants who were themselves infected with Covid-19, ii. Participants who were not infected themselves but their family members were infected with Covid-19, and iii. Participants who were neither themselves infected with Covid-19 nor their family members. Interview guide consisting of open-ended questions was developed for the purpose of data collection. Semi-structured interview approach was employed for conducting interviews. Interpretative Phenomenological Analysis was undertaken to analyse the interviews. Results from analysis yielded eight super-ordinate themes. These include challenges during Covid-19, fears during Covid-19 diagnosis, fears after recovery from Covid-19, stigmatization, changes during Covid-19, reaction to changes, dealing with changes and prospective concerns of trauma. The findings of the study also revealed that there was a little difference between the lived experiences of people in three categories. The study implies that by exploring the fear related experiences of people during pandemic, steps should be taken to develop the strategies to combat these fears and to provide the facilities to people that they required to be psychologically healthy in similar future situations.

Keywords: fear of change, metathesiophobia, covid-19 impacts, phenomenology, concerns after trauma