

**Abstract**

The present study aims to explore the impact of erratic supply of electricity and gas on the subjective wellbeing of a low income group, and to shed light on the coping strategies this group employs to sustain their livelihoods. A qualitative research design has been employed in this study. A sample of 11 laborers belonging to a low socioeconomic status was interviewed using a semi-structured interview guide. Data was analyzed using content analysis and interpretative phenomenological analysis to gain insight into how the subjective wellbeing of the laboring class is affected. The findings of the study reveal that rampant load shedding of electricity and gas inflicts exorbitant costs at the macro and micro level. Along with having dire economic consequences, load shedding adversely impacts workers' quality of life – being illustratively detrimental to their peace of mind, and increasing their sense of vulnerability. It is also found that to deal with everyday hassles and psychological stressors caused by the energy outages the laborers employ both positive and negative coping strategies. Adoption of negative coping behaviors is deleterious to their overall wellbeing. The most striking finding of the research, however, is that despite the hardships imposed upon them, these laborers exhibit impressive levels of resilience. The findings of the study will illustrate gravity of the situation to the concerned authorities and consequently impress upon them the need to boost efforts being made to reduce the present demand-supply gap. Additionally, they will be helpful for the policy makers, research community, and development partners – at international, national, and regional level – who aim to support development and enhance wellbeing.

*Keywords:* energy crisis, economic crisis, subjective wellbeing, coping strategies