

## **Abstract**

Exploration of views of Pakistani Muslims regarding role of animals and quality of life is fairly new topic and falls under the umbrella of contemporary psychology. The purpose of the study was to explore the views of Pakistani Muslims regarding animals (dos specifically) and to understand the effect of animals on mental health and quality of life. In this regard a qualitative study was carried out and 9 participants were selected on the basis of convenient sampling. Semi-structured in depth interviews were conducted with the participants on one to one basis. Results were deduced using two methods, Content Analysis and Interpretative Phenomenological Analysis. Content Analysis (CA) was used to arrange data and IPA was used for the interpretation of results. The study also incorporated the textual analysis of related material on this topic. Results of the current study showed lot of contradictions between cultural and religious beliefs of Pakistani Muslim. Most of them conform to cultural beliefs about animals. The behavior of the Muslims towards animals is slightly affected by religion and majorly affected by their culture and early experience and how they are introduced to animals as a child. The animals can have a positive influence on their owners. They believed that pets and especially dogs have the ability to help people cope their stress, depression, anger and physical disabilities. This finding correlates with several western researches, which highlight the usefulness of pets/dogs in enhancing the quality of life. These indigenous findings may contribute to the new emerging field of contemporary animal psychology.