

Meaning-making during COVID-19 in Indian College Youth: An Exploratory Study

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Meaning Making?

- How one interprets a situation based on their prior experiences, knowledge and belief systems.
- Central to recovery post a disaster

1.Park, C. L., and Folkman, S. 1997. "Meaning in the Context of Stress and Coping". *Review of General Psychology*, 2,115-144.

2.Reker, G. T. & Wong, P. T. P. 1988. "Aging as an individual process: Toward a theory of personal meaning." *In J. E. Birren & V. L. Bengston (Eds.), Emergent theories of aging* (pp. 214–246). New York: Springer.

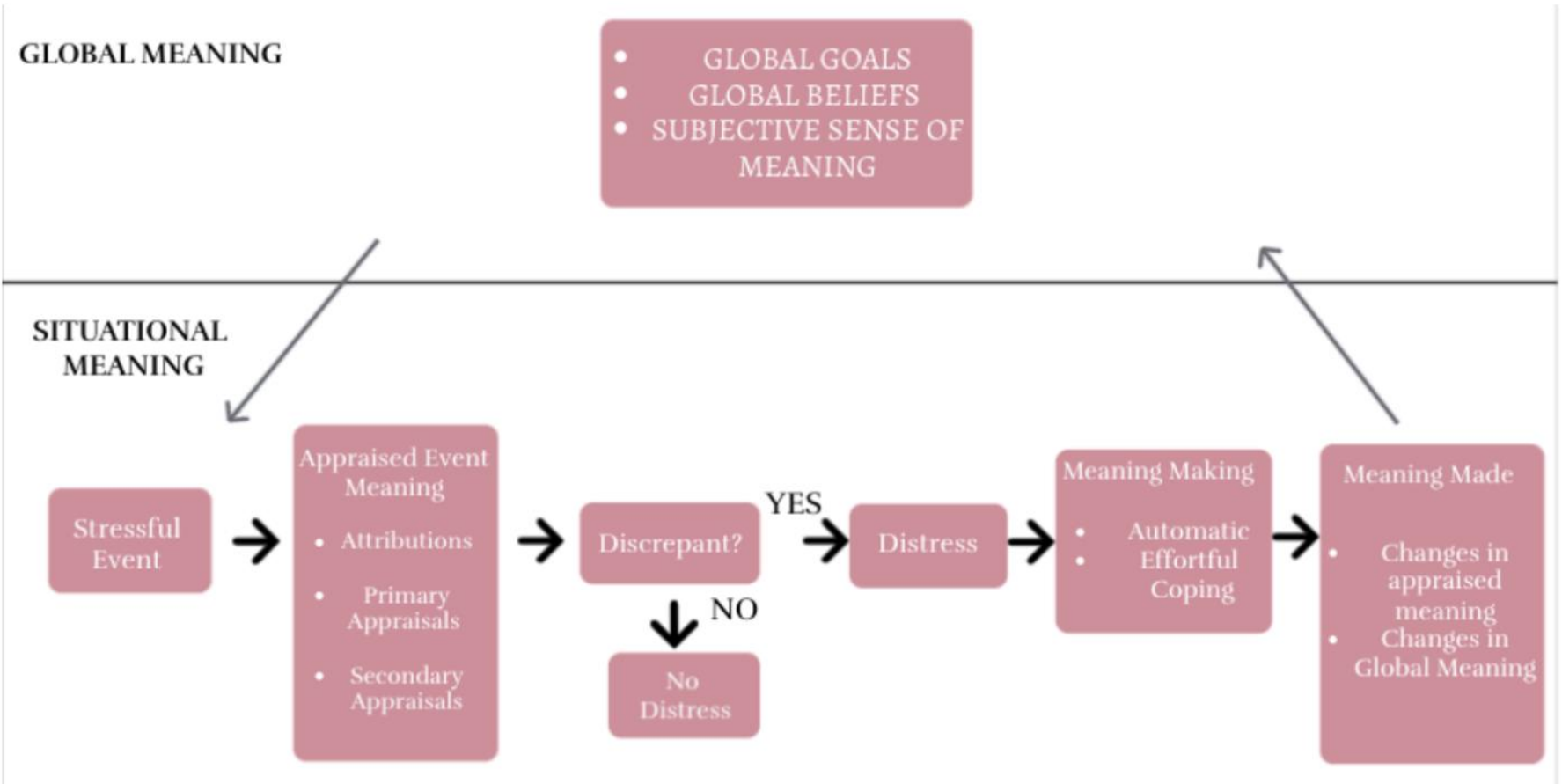
The Pandemic

- COVID-19 pandemic- a natural disaster
- Major psychological impacts include-
 - a) Pervasive anxiety
 - b) Frustration
 - c) Disabling loneliness
 - d) Fears related to infection

Aim

To understand how Indian college students were making sense of the pandemic.

The Theory



Park, Crystal. (2010). "Making Sense of the Meaning Literature: An Integrative Review of Meaning Making and Its Effects on Adjustment to Stressful Life Events". Psychological bulletin. 136. 257-301. 10.1037/a0018301.

Methodology

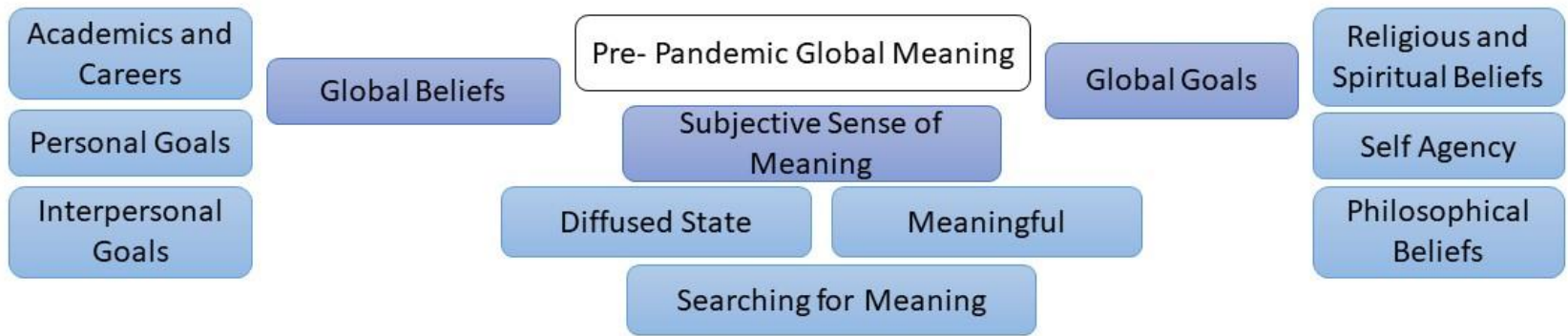
- Semi-structured interviews
- Thirty-five students from various states in India (57% women, N=20) aged from 18 to 25 years (M= 21.01, SD= 1.57).
September- November, 2021
- Transcriptions were generated using an AI tool called Otter-ai.
- Thematic Analysis was conducted using NVivo.

Thematic Analysis- Braun and Clarke, 2006

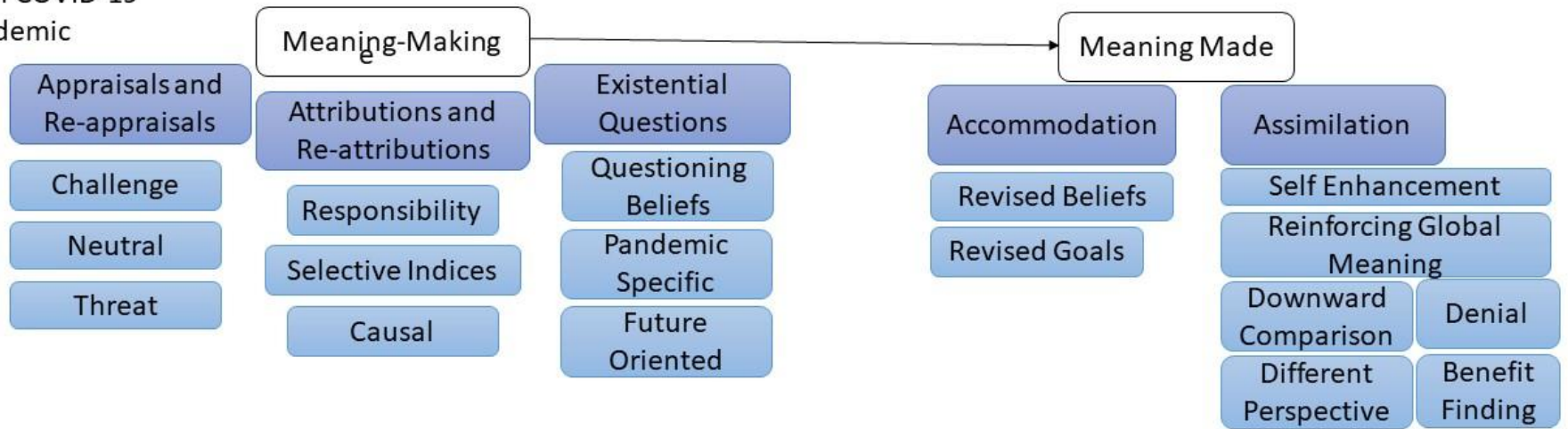
The phases of the thematic analysis included

- (a) Familiarizing with the data
- (b) Coding initial interesting aspects of the data
- (c) Producing potential themes
- (d) Naming the chosen themes
- (e) Selecting characteristic examples of the themes and writing
the reports

Themes



With COVID-19 Pandemic



Additional themes: Impact of the Pandemic, Outcomes of meaning, and Behavioural coping mechanisms.

Findings

Pre-pandemic Global meaning-

- Most participants did not actively think of meaning in their lives.
- Focus on education, career, and relationships.

Findings

During the pandemic-

- Pandemic related worries
- Appraisal- threat
- Attribution
- Meaning Made- **Benefit finding** was most used, followed by **Reinforcing Global Meaning**. **Denial** was least used
- Most participants stated that Meaning Making led to positive outcomes- Improved relationships, Improved Coping Skills, etc.
- Negative outcome- **Feeling Uncertain**

Findings

A congruence between meaning-made and the behavioural coping mechanisms adopted.



Discussion & Recommendations

- Broader study would be required to generalise the findings further
- Therapeutic Settings and Personal Use
- Impact of pandemic- Development of promotion-prevention strategies

The background features several concentric, curved lines in a light red or pinkish hue, primarily on the left side of the frame, creating a sense of depth and movement. The lines vary in thickness and style, with some being solid and others dashed.

Questions?