

Personality Traits, Dispositional Positive Emotions, and Coping Strategies Among Affectees of COVID-19



By
NAILA SHABBIR

Dr. Muhammad Ajmal's
NATIONAL INSTITUTE OF PSYCHOLOGY
Center of Excellence
QUAID-I-AZAM UNIVERSITY
Islamabad-Pakistan
2021

**Personality Traits, Dispositional Positive Emotions, and
Coping Strategies Among Affectees of COVID-19**

By
NAILA SHABBIR

A Research Report submitted in partial fulfillment of the
**Degree of Masters of Science
In Psychology**

Dr. Muhammad Ajmal's
NATIONAL INSTITUTE OF PSYCHOLOGY
Center of Excellence
QUAID-I-AZAM UNIVERSITY
Islamabad-Pakistan
2021
Certificate

This is to certify that M.Sc. research report on “**Personality Traits, Dispositional Positive Emotions, and Coping Strategies Among Affectees of COVID-19**” prepared by Naila Shabbir has been approved for submission to Quaid-i-Azam University, Islamabad.

Dr. Aisha Zubair
Supervisor

**Personality Traits, Dispositional Positive
Emotions, and Coping Strategies Among
Affectees of COVID-19**

Table of Contents

	Page No.
List of Tables	i
List of Appendices	ii
Acknowledgements	iii
Abstract	iv
Chapter 1: INTRODUCTION	
Personality	1
Personality Traits	1
Theories of Personality	2
Outcomes of Personality Dispositions	6
Extraversion and Neuroticism as Significant Markers of Personality	6
Dispositional Positive Emotion	7
Broaden and Build Theory	10
Coping Strategies	14
Coping Resources	15
Classification of Coping Strategies	17
Personality Traits, Dispositional Positive Emotions and Coping Strategies: Empirical evidences	21
Personality Traits, Dispositional Positive Emotions and Coping Strategies; Pakistani Evidences	22
Psychological Impacts of COVID-19	23
Rationale of the Present Study	26
Chapter 2: METHOD	28
Objectives	28
Hypotheses	28
Operational Definitions of Study Variables	29
Sample	30
Instruments	31
Procedure	32
Chapter 3: RESULTS	33
Chapter 4: DISCUSSION	41
References	48
Appendices	63

List of Tables

Table No. No.		Page
Table 1	<i>Demographic Characteristics of the Sample (N = 200)</i>	30
Table 2	<i>Descriptive Statistics and Alpha Coefficients of Scales (N = 200)</i>	33
Table 3	<i>Correlations Matrix for All Study Variables (N = 200)</i>	34
Table 4	<i>Multiple Linear Regression Analysis of Predictors of Coping Strategies (N = 200)</i>	35
Table 5	<i>Gender Differences Across Study Variables (N = 200)</i>	36
Table 6	<i>Differences on Family System Across Study Variables (N = 200)</i>	36
Table 7	<i>Difference of work Status on Study Variables (N = 200)</i>	37
Table 8	<i>One-way ANOVA Analysis on Education for Study Variables (N = 200)</i>	38
Table 9	<i>One-way ANOVA analysis Along Care givers (N = 200)</i>	39

List of Appendices

S. #		Page No.
Appendix A	Consent Form	63
Appendix B	Demographic Sheet	64
Appendix C	Big Five Scale	65
Appendix D	Dispositional Positive Emotions Scale	67
Appendix E	Brief Cope Scale	69

Acknowledgements

History of all great works into witness that no great work was done without either active or passive support of a person' surrounding and one's close quarters. First thanks to the Almighty Allah, Author of all the knowledge and wisdom for His countless Blessing upon me regarding every task of my life. Without His Blessings it was impossible for me to accomplish my goal. He is the one who guided me, and showed me new paths.

It is from the depth of my heart that I express my heartiest gratitude to my Supervisor Dr. Aisha Zubair, she backed me up throughout the research, and without her support this research was not possible. She always helped me to do the right things at the right time. Her wisdom and excellence has guided me all through my research work.

I would like to thank my Father Ghulam Shabbir Akhter. He is the real hero of my life who supported and guided me; he sacrificed his dreams to live with my dreams, he gave me trust and courage to fulfil my dreams. I am thankful to my mother Zareena Bibi whose prayers were and will be always with me, who always supported me through all thick and thins of life. She is always there for provision of emotional support. I also want to express my heartiest gratitude for my elder brother Waqas Shabbir for his support not only during my research phase but from the very first day of my university, he encourage me to achieve all I dream of he is also my technical support.

Special contribution that needs to be admired, pertaining to my research phase, and throughout university life is Rabia Shabbir and Sadaf Ghufran, and Nida whose contribution is admirable. Learning through trial and error, discussing about tidbits of one's another research generated life-long memories. I also want to express my gratitude for all the teachers for providing technical wit. May each and every life endeavor of everyone who contributed to this research be blessed by Almighty.

Naila Shabbir

Abstract

The present research aimed to investigate the role of personality traits, positive emotions and coping strategies among affectees of COVID-19. Moreover, it also focused to determine the role of demographics (gender, family system, work status, education, and care giver) across all study variables. Sample consisted of 200 COVID affectees including men and women with age between 19 to 55 years. Big Five Scale (John & Srivastava, 1999), Dispositional Positive Emotions Scale (Shiota et al., 2006) and Brief Cope Scale (Carver et al., 1989), were used to measure study variables. Results indicate that extraversion was negatively related with neuroticism. While extraversion and dispositional positive emotions were positively related with problem focused coping and negatively related with emotion focused coping. In addition, neuroticism was negatively related dispositional positive emotion and problem focused coping while positively related with emotion focused coping. It was also found that dispositional positive emotion was positively linked with problem focused coping and negatively related emotion focused coping. Gender difference revealed that women expressed more neuroticism and emotion focused coping, while men were higher on extraversion, dispositional positive emotions and problem focused coping. Significant group difference were also found on family system, work status, education and relation with care giver. Implications, limitations and suggestions for future research had also been discussed.

Chapter 1

Introduction

Personality traits have often been highlighted to relate to how people cope with stressful events. Personality can be expected to influence coping responses in several ways. For example Extraversion, grounded in an approach temperament, involves sensitivity to reward, positive emotions, sociability, assertiveness, and high energy (Caspi et al., 2005, Rothbart & Hwang, 2005). While Neuroticism, grounded in an avoidance temperament, reflects tendencies to experience fear, sadness, distress, and physiological arousal (Miles & Hempel, 2003; Rothbart & Hwang, 2005). Meta-analytic findings also indicate that optimists may adjust their coping strategies to meet the demands of the stressors at hand (Nes & Segerstrom, 2006). The novel coronavirus disease (COVID-19) emerged at the end of December 2019 in Wuhan city of China (Khachfe & Cureus, 2020). Since its discovery, the virus has spread globally, causing thousands of deaths and having an enormous impact on our health systems and economies.

Personality

Personality is usually considered as analysis of human nature, and personality-encircled theories must cater to the five root ideas of motivation, unconsciousness, self, development, and maturity (Furnham & Sherman, 2021). Earlier psychologists have defined personality as the development of an individual's entire psychological system Allport (as cited in Santoki, 2017). In his definition of a dynamic organization, presented the same concept of personality with the individual psychophysical systems that determine one's unique adaptations to one's environment. Personality traits are the enduring characteristics that define behavior. The following section explains the personality traits and theories of personality. It will give further insight into the different outcome of the personality dispositions.

Personality traits. Traits are related to more general trends and highly abstract behavior (Anglim & Connor, 2019). Personality is a collection of individual thoughts, actions, interests and feelings within the individual, hence labeled as something within the individual (Kasschau, 2018). It is a combination of both the

open and the covert features of an individual and the development of a whole psychological arrangement that can affect the actions of an individual. (Judges, Robbins & Sanghi, 2019). Treat as a steady way of feeling, acting and thinking influences the individual's important life outcomes (Soto, 2018). These provisions can be used to predict certain external phenomena of interest and to describe and classify individuals (Anglim & O'connor, 2019). Narrow personality traits are those related to specific trends or tangible behaviors, such as talkativeness and generality.

According to Quintus, Egloff, and Wrzus (2020), trait is a distinctive measure of stability to counter or act eagerly and generally against similar situations. Traits are also the rapidity of feelings or actions in response to different events in a similar way. Personality also fluctuates as a result of experience, social prospects and the demands of changing roles (Richter, 2020). (Fajkowska, 2018) assumed that the provisions of personality were composite, hierarchical associations, and that they were further manifested in the form of open reactions. Moreover, genetic, physiological, behavioral are the different levels of the expression of personality traits. (Kreitler, 2018) proposed traits a particular place at emotional and psychological level. Traits as meaning assignment tendencies hold special place which effects and manifest all domains cognitions, emotions, attitudes, and behavior. (Fajkowska, 2018). Structure such as patterns of forms the middle level, while conducts and actions such as strategies and tendencies indicate the upper level. Traits express typical ways of actions and consistent patterns of behavior, thought, emotion and cognition (Cervone, 2021).

Theories of personality. One of the main approaches to the study of human personality is trait theory. In the structure of this approach, personality traits are considered as habitual patterns of attitude, thought, behavior and emotion that are manifest in a wide range of situations. Relative stability over time, different swings of expressions in different individual had effect on behavior are the most important features of traits.

Allport's trait theory. Allport (as cited in Feeney, 2020) traits into three different categories: cardinal traits, central traits, and secondary traits. . Cardinal are those which can be so dominant that they may be expressed across conditions and diverse elements of someone's lifestyles. This type of trait is considered rare. Many

trait theories of personality focus on these traits. These traits serve as the building blocks of personality. Secondary characteristics are those which appear in certain situation. These may be inconsistent and may not remain stable over the years.

Cattell's sixteen personality factor theory. Cattell (as cited in Woodward, 2020) proposed 16 source traits which are derived from factor analysis these factors consist of apprehension, emotional stability, and openness to change, self-reliance, and sensitivity. Each factor represents a dimension and he recommended that human beings might be high or low (or in the middle) with regards to a particular trait.

Eysenck three dimensions of personality Eysenck (as cited in Sopinska & Kroplewski, 2019) Model consists of three factors which are extraversion or introversion, neuroticism or stability, and psychoticism or socialization. This model also used factor analysis which further guided to the formation of the Eysenck Personality Inventory and Eysenck Personality Questionnaire. The Eysenck Personality Profiler divides different aspects of each trait to form further categories. Eysenck recommended that genetics take part in the determination of person's dispositions.

Big Five theory. The Big Five construct of personality traits is a taxonomy of five higher-order personality traits that are believed to be responsible for people's differences and is considered the world's most researched and used personality construct to date (Gilliland, 2020). The big five are broad categories of personality traits. While there is a significant body of literature supporting this five-factor model of personality, researchers do not always agree on the exact labels for each dimension (openness, conscientiousness, extraversion, agreeableness, and neuroticism) It is important to note that each of the five personality factors represents a range between two extremes. For example, extraversion represents a continuum between extreme extraversion and extreme introversion. In the real world, most people lie somewhere in between the two polar ends of each dimension. It is a most dominant approach in personality depiction. The Big Five dimensions originate mostly from lexical approach to trait. Depending upon the significance of lexical approach for personality description i.e. all facets of human personality have previously been coded in the form of

language, the five factor model depends upon the factor analytic procedure for explanation of human traits (Fajkowska & Kreitler, 2018).

Inductive approach is used in the Big Five approach, which means that the theory derives from the research data. So this approach is not based theory rather it is research based. In Big Five approach same dimensions are applied across individuals which means that it is based upon nomothetic analyses (Piechurska-Kuciel, 2020). It is a widespread hierarchical depiction of personality which shows one level of breadth but not discrepancy in personality traits (Anglim & Connor, 2019). Big Five model bipolar trait dimensions represent the most extensively used model of personality (Soto, 2018). The five most essential dimensions of personality are used to predict a variety of important outcomes such as counterproductive work behavior, wellbeing, and mortality as well as unethical, manipulative, and deceiving behavior (Jonason & Connor, 2017). Following is the description of five dimensions of Big Five model.

Extraversion. Extraversion represents individual differences in socialization, sentiments and energy level. Highly extraverted individuals are more expressive and perform better in social situation. Extraverts tend to experience greater subjective well-being than introverts who tend to be socially and emotionally reserved (Soto, 2018). Extraverts interpret events as pleasant due to the experience of dispositional positive emotions and as a result they do not identify the occurrence of misconduct or violence (Irwin & Cederblad, 2019). Introverts are more attentive to deceptive behaviors as they are more internally aware and insightful (Einarsen, Glaso & Nielsen, 2017). Extraverts are known as individuals with traits such as outgoing, talkative, self-confident, determined and energetic with abundant of positive feelings (Yoon & Lim, 2018). (Evans, Lyons, Brewer & Tucci, 2019) have specified that extravert individuals prefer to be in an active environment rather than the passive environment.

Conscientiousness. Highly conscientious individuals are realistic towards their work; prefer sequence and order, responsibilities and rules (Sun, Liden & Zhang, 2020.). They tend to perform better in life and whereas less conscientious individuals are less provoked to complete tasks. Highly conscientious individuals involve more in healthy behaviors. They avoid risky the control of and tend to live longer (Soto,

2018). Conscientiousness associates to impulse control and is negatively linked with deviance and harassment (Stefano, Scrima & Parry, 2019). Individuals high on this dimension have a strong internal locus of control and are also known as trustworthy, punctual, self-control, neat and competent (Maltby, Day, Flowe, Vostanis & Chivers, 2019). Conscientiousness individuals can control their impulsivity and have a preference for delayed gratification (Bakshi, Joshanloo & Rastegar, 2018).

Agreeableness. Agreeableness is associated with empathy, respectfulness, and recognition of others as well as prosaically outcomes. Highly agreeable individuals tend to have more stable and satisfying relationship with others and are better liked by others. Highly agreeable individuals hold positive beliefs about others, treat others with regard, and are also less likely to involve in criminal behavior (Kreitler, 2018). People high on this dimension tend to have positive affectivity and more trust towards others; while people lows in agreeableness are distrustful and suspicious. According to Milfont and Sibley (2012), individuals whose score high in agreeableness are compliant, pleasant, sympathetic and cooperative.

Neuroticism. Neuroticism indicates differences in the intensity and experience emotions. Highly neurotic individuals experience anxiety, more mood swings and have lower level of overall life satisfaction whereas emotionally stable individuals stay calm easily in difficult situations and have high mental health (Harms & Spain, 2020). People high on this dimension recognize themselves as well as everything in the world surrounding them in by and large in pessimistic way and involve more in interpersonal and organizational deviance. According to (Pelau, Serban & Chinie, 2018), neuroticism is a trait of individuals that are prone to experience psychological distress, always feel insecure and have emotional instability.

Openness to experience. It characterizes differences in intellectual interests in addition to imagination. Individuals high on this dimension enjoy positive activities such as thinking and learning new things and score higher on tests of creativity and intelligence. They are also insightful to art and beauty and tend to practice scientific and artistic occupations. On the other hand, close-minded individuals tend to have a low imagination, creativity and intellect (Allik, 2018). Openness to experience is also moderately links with contentment, cheerfulness, positive affectivity, and new

experiences. According to (Katrodia, Naude & Soni, 2018), the individual that possesses this trait have great intellect power and are imaginative.

Outcomes of Personality Dispositions

A trait is identified by its outcomes, fruits and causes and not for its roots or origin Allport (as cited in Fajkowska, 2019). In personality literature, personality characteristics particularly Big Five dimensions such as extraversion, agreeableness, conscientiousness, neuroticism, and openness are now widely to predict important life outcomes (Zeigler-Hill, Vrabel, Sauls & Lehtman, 2019). Trait or dimensions, among different theories used in personality are mainly valuable for forecasting the various outcomes because of their situation independence and no reliance (DeYoung, Fleenon & Jayawickreme, 2019). Outcomes predicted by personality dispositions can be characterized into three different types. The first one are the individual outcomes that solely depend on individual. They are evident by an individual without the participation of social context. Interpersonal outcomes essentially engage other individuals and it generally includes the other is. Organizational and societal-level outcomes involve connections at universal level (Weiss, 2018).

Extraversion and neuroticism as significant markers of personality. In Eysenck's opinion, personality can be perfectly described by combining high and low levels of two prominent traits, extraversion neuroticism (Rahmanian, Zamani & Samare, 2020). Researchers agreed on the existence of extraversion and neuroticism as two huge dimensions of the personality. These two dimensions are obvious in general-factor personality models and multidimensional personality questionnaire like Eysenck personality questionnaire and five-factor model (Caspi, 2020). One of the influential personality theories in which extraversion and neuroticism can be seen and it has obtained a special place in research is Eysenck's personality theory. Eysenck's influential Big Three model defines three core personality traits: extraversion, neuroticism, and psychoticism. Although extraversion and neuroticism remain key factors in all trait personality descriptions (Tohver, 2020). The major construct which has been considered in the present study as a predictor of coping strategies is dispositional positive emotions and the description is given below.

Dispositional Positive Emotions

Logicians and journalists have since quite a while ago debated about the idea of satisfaction, achieving an extensive variety of conclusions, however never a consensually acknowledged definition. According to an initial research by (Schindler & Querengasser, 2019) regarding personality revealed that, there is likewise a noticeable prominence on inherited traits named as dispositions on the way to worldwide optimistic as well as pessimistic feelings or temper, as opposed to the recurrence and force of encountering specific feeling states. There are various dispositional positive feelings. Dispositional positive emotions are defined as dispositional traits based on positive feelings as a part of genetically transferred qualities (Piff & Moskowitz, 2018). Broaden and build theory, the creators hypothesized, positive feelings are dynamic components inside trait flexibility (Stifter, Augustine & Dollar, 2020).

An examination of the literature related to positive feelings shows diverse constructs related to positive or constructive feelings (Shiota & Keltner 2016). These feelings according to Fredrickson (as cited in Stifter et al., 2020) empowers person on the way to get benefit from available chances, assembling assets which upgrade long time endurance as well as regenerative wellness. Though, similarly particular unconstructive feelings designed for upgrading wellness despite various types of survival and conceptive dangers, dive positive feelings are intended for enhancing the reaction to various types of opportunities (Campos, Shiota, Keltner & Hertensetein, 2018). Experiences of positive emotion are central to human nature and contribute richly to the quality of people's lives Diener, Larsen & Myers (as cited in Mishra, 2017). One reason why dispositional positive emotions may have garnered so little empirical attention is that, relative to negative emotions, dispositional positive emotions are few in number and rather diffuse (Kansky & Diener, 2021).

The following dispositional positive emotions are primarily categorized including:

Contentment. It is experienced when one's present assets are equivalent or go above the level of need. This is frequently practiced after consummator conduct, or at some stage in physical care activities, for instance, showering and grooming (Eckland,

Nzinga, Leipow & Berenbaum, 2021). Contentment is an emotion that enable individuals to take pleasure in their present life situations and most recent achievements (Fredrickson & Joiner, 2018).

Compassion. Bowlby (as cited in Shiota, Keltner & John, 2006) compassion is addressed as sensitivity or sympathy in the prior researches, is the emotional segment of providing care framework. According (Chirico, Shiota & Gaggioli, 2021) this feeling is characterized by sentiments of concern for another's prosperity, empowers nurturing activities to children and considerable others in necessitate, and is inspired by signs of defenselessness, vulnerability, adorableness, and trouble.

Amusement. Amusement happens when individuals evaluate their present conditions as including non-genuine societal inappropriateness. This could be transmitted, for instance, in the wake of a sheltered correspondence mistake. According to (Gervais & Wilson, 2005) amusement makes slants to add to a snicker and find inventive ways to deal with continue with the pleasantness. As people go behind these urges, they manufacture and solidify enduring societal bonds. (Gruber, Oveis, Keltner & Johnson, 2011) expressed that it is felt when one experiences a subjective move from use of one learning structure to another in the examination of a target, as while considering the turn of phrase of a joke.

Awe. According to Keltner and Haidt (2003). It is characterized by feelings which are felt through quick endeavors by subjective convenience. When individuals encounter feelings of awe they faced a very rare, difficult boost which present components of learning cannot completely incorporate. Awe rises when individuals experience righteousness at a fantastic degree. Individuals experience awe, for example, if overpowered by anything wonderful and influential which appears to be overwhelming. The experience of awe propels individuals to take up and suit this new enormity they have en-counterred. The tough assets awe makes new perspectives (Shiota, Keltner & Mossman, 2007).

Physical and Mental. Physical and mental aspects related to dispositional positive emotions further included:

Physical health. Dispositional positive emotions is a psychological trait associated with both physical and mental health. It is viewed mainly as a health-protective characteristics with respect to both mental and physical health. It therefore occupies a significant position among those psychological factors considered health producing (Egger, 2013) With regards to individuals with various diseases, it is appealing to notice that there are contrasts in the physical wellbeing as indicated by the levels of dispositional affect. The absence of pessimism was more strongly related to positive health outcomes than was the presence of optimism (Scheier et al., 2020). People who have elevated amounts of constructive affectivity, had longer life expectancy, announced less pains and ailment side effects, (for example, blood pressure), and were less inclined to build up a cold when presented to an infection contrasted with people who have large amounts of contrary affectivity, while both had a similar sickness. It was likewise found that with regards to individuals with unending ailments that has not too bad prospects for continued existence, (for example, coronary illness), individuals may profit by large amounts of positive affectivity. In any case, with regards to individuals with persistent illness that has here and now guesses (e.g., metastatic breast tumor) and reduced survival probability, elevated amounts of positive affectivity might be hindering to the wellbeing of these people, perhaps as an outcome of underreporting of side effects bringing about insufficient care, or of an absence of follow up to the treatment (Cohen & Pressman, 2006).

Lifestyle. Even with regards to sound people, it appears that there are contrasts between individuals' way of life, due to their dispositional characteristics Individuals who have elevated amounts of constructive affectivity, have a tendency to go to more advantageous exercises, for example, enhanced rest quality, more physical exercise, and more ingestion of dietary vitamins, and have a tendency to mingle all the more regularly and keep up progressively and higher-quality social ties. Individuals with dispositional positive emotions are more likely to have protective attitudes, they are more resilient to stress and are inclined to use more appropriate coping strategies (Carver & Scheier, 2014). It was additionally discovered that enhanced level of positive affectivity may bring about increasingly and nearer social contacts because it encourages approach conduct, and in light of the fact that others are attracted to build connections with pleasing people.

Psychological resilience. People who have enhanced level of positive affectivity have bring down levels of the anxiety hormones, (for example, epinephrine, norepinephrine & cortisol), therefore physiology gives one clarification for mental strength that gives constructive assets to stand up to unpleasant life occasions (Cohen & Pressman, 2006). On the other hand, the broaden-and-build theory (Fredrickson, 2004) gives an alternate clarification from the physiological one, and claim that people who have elevated level of constructive affectivity and experience constructive occasions in the present, make a winding or "snow ball" impact, that may prompt higher likelihood to encounter constructive occasions later on too. This implies happiness and prosperity sensations in the present, are the ones which makes the probability to feel the same later on, which causes us in building a solid and enhanced arrangement of adapting to unpleasant life occasions (Fredrickson, 2001; Fredrickson & Joiner, 2002).

Broaden and Build Theory. Fredrickson (2004) proposed broad and build theory. The broaden-and-build theory of dispositional positive emotions suggests that positive emotions like happiness, joy, interest and anticipation widen awareness, confidence and bring exploratory and positive thoughts in a person. With the passage of time, this broadened behavioral aspect builds skills and resources. For example, curiosity about a landscape leads to valuable navigational knowledge; pleasant Interactions with an unknown individual ends in a supportive friendship; ambitionless bodily recreation turns into exercising and results in physical fitness. On the opposite aspect negative emotions, promote narrow, quick survival-based totally behaviors. For example, the negative emotion of pressure turns into a cause to the specific fight-or-flight response for short survival. In comparison to this, dispositional high quality emotions have not any instantaneous survival response, due to the fact they alter one's thoughts from immediate desires and stressors. However, with passing time, the survival is more suitable by way of the competencies in addition to assets which are constructed by means of broadened conduct

When an existence-threatening incidents occur, human beings generally have a confined variety of viable responses or movements. Having a slim variety of urges, called unique action inclinations, and quickens someone's response time in these conditions while poor emotions skilled in the course of life-threatening activities

lessens someone's concept-motion repertoire, dispositional high-quality feelings present new possible methods which provide an man or woman new form of thoughts and moves to reaction effectively.

The broaden-and-build theory is an exploration of the evolved function of dispositional positive emotions. It was developed by Barbara Fredrickson starting around and is commonly associated with psychology. The broaden-and-build theory has substantial support. Fredrickson has conducted randomized controlled lab studies in which participants are randomly assigned to watch films that induce dispositional positive emotions such as amusement and contentment, negative emotions such as fear and sadness, or no emotions. Compared to people in the other conditions, participants who experience dispositional positive emotions show heightened levels of creativity, inventiveness, and big picture perceptual focus. Longitudinal intervention studies show that dispositional positive emotions play a role in the development of long-term resources such as psychological resilience and flourishing. Not only are dispositional positive emotions a sign of flourishing, or thriving and expanding in life rather than simply surviving life, they can also help crate flourishing in the present and in the future. Because dispositional positive emotions positively broaden and build ones thought-action repertoires they lead to increased resources and more satisfied lives.

Resilience. Dispositional positive feelings can eradicate the negative emotions because they take the negative emotions with a broader thinking ability. If a person becomes able to cultivate these dispositional positive emotions, that person can use them to overcome the negative feelings. Dispositional positive emotions help distressed individuals to cope up with what is happening and move ahead and get rid of negative feelings and emotions. Also due to their broadening effect, dispositional positive emotions can grow the chances of finding good in future happening events as well. People rich in resiliency are those who do experience more dispositional positive feelings or emotions even when they are facing stress and anxiety. To have these positive emotions can build the resources to deal with negative circumstances and negative emotional events.

Enduring effects of dispositional positive emotions. Joy is not only the result of but is usually present before successful achievements and high functioning. According to Fredrickson, dispositional positive emotions take part in building one's long term intellectual, psychological, physical and social resources. The resources got from dispositional positive emotions outlive the emotions from which they were adopted. Resources build up as the time passes and enhance the person's overall thought and wellbeing. Increased well-being becomes the cause of having more dispositional positive emotions that lead to greater resilience. Higher resilience leads to increased wellbeing which would develop an upward spiral way of continually improving or enhancing wellbeing. Those who are happy show many long lasting and positive traits like they have better strength to deal with negative events, they may have a happy and long life and it can also improve their health.

Meditation and the hedonic treadmill. Dispositional positive emotions are bit short term which leads to the theory of the hedonic treadmill, where a person continuously try to find out new ways to have experience of positivity because individual's previous techniques were not happened effective. The Broaden-and-Build model highlighted this problem by arguing that satisfied life is exceeded by adopting a pathway in which dispositional positive emotions make a person to be able to build new resources which can be followed to improve life satisfaction for a long periods of time. This way to have satisfied life is much more effective than that path where one attempts to go straight from dispositional positive emotions to life-satisfaction due to the hedonic treadmill effect. Meditation is a way by which many researchers have proven that an individual can make his mind broaden and experience the dispositional positive emotions which are required to build personal resources. Most importantly, loving kindness meditation is proved to be effective. In this kind of meditation, a person is firstly asked to have a thought about another person who is already in their mind in a warm way. Then the person is asked to extend his focus and positive feelings first to himself, then to a widening array of individuals. This allows for quick dispositional positive emotions and provides more long lasting effects.

Loving-kindness meditation are proven to increase dispositional positive emotions such as joy, happiness, amusement, pride, hope, affection and interest. However, the study of these positive emotions was done in more than nine weeks by (Fredrickson, Finkel, Cohn, Coffey & Peck, 2011). The time period allowed them to

observe that these dispositional positive emotions have not been created immediately. The steady progression provided the evidences that the resources built by positive effects allowed for more positive experience in the future. Therefore, this way was able to side-step the hedonic treadmill, reinforce that the broaden-and-build model is accurate, and demonstrate that loving-kindness meditation is an effective method to facilitate the initial broadening. Collectively, these studies set the theory into motion.

Religion. Positive emotions have been indicated as an essential factor in the link between religion and health. After experiencing positive emotions it was observed that people become more resilient, more socially integrated, more wiser and creative, more physically healthier and more virtuous. People who take part in different religious activities, data shows they experience similar positive advantages. Researchers, such as B.L. Fredrickson, have based research on this link. The fact which makes different religions advantages to people is the fact that they are built on a belief of greater meaning in life this belief in greater meaning is what helps cultivate dispositional positive emotions. People become able to discover meaning in anything from sudden chance occurrences, like running into an old friend in the store, to extreme hardships, such as losing a spouse.

Fredrickson (2013) reviewed broaden and build theory, in the book *Positivity*. More or less, this theory clarifies how positive feelings rather than negative ones, expand our psyche and mindfulness, and enable us to construct valuable assets (e.g. information, abilities and gainful connections). These assets thus support our inventive potential, improve our versatility and enable us to succeed. Fredrickson utilizes ten most oftentimes experienced feelings as the theme of her assessment. Considering emotions was constantly a trial. Diverse point of views found about how feelings can be experienced and in reality how feelings can be described. Barbara Fredrickson addressed to them as multi-component reaction propensities that open up over comparatively brief time ranges. The major outcome which has been considered in the present study is coping strategies as an outcomes of dispositional positive emotions and personality determinants. And the description is given below.

Coping Strategies

Coping behavior under life pressure is an important factor which defines the individual differences. Coping is an action that regulate under stress. It involves how people manage, mobilize, guide and handle the situation and emotions meanwhile how they fail to cope up with negative emotion and stress (Skinner & Zimmer-Gembeck, 2007). Positive coping involves a set of strategies, like seek for emotional help and attempting for change. These strategies might be useful (adaptive) or helpless (inadaptive). (Fullana et al., 2020) defined coping as people's efforts, both physically and cognitively, to manage environmental and internal demands and conflicts. Coping strategies require the ability to appraise situations, to search for information, to think both in the abstract and the concrete sense, and to access resources and support when required. This is obvious that coping is a combination of covert and overt behavior pattern by which individual can actively prevent, alleviate, or respond to stress Lazarus (as cited in Penman, 2017).

Another definition of coping strategies defined in term of the set of behaviors and character employs to efficaciously cope with demanding critiques and adjust the negative emotions that accompany such experience Compas, Malcarne & Fondacaro (as cited in Bhattacharjee, 2020). Inappropriate and unproductive coping patterns had been linked with a spread of deleterious results, which includes adjustment difficulties and health troubles (Nicolotti, Sheikh & Whitson, 2003). The primary characteristic of coping is the reduction of anxiety and the healing of equilibrium. We must distinguish amongst coping this is directed at managing or changing the trouble inflicting the distress (trouble-targeted) and coping this is directed at regulating emotional reaction to the problem (emotion-focused) (Chukwu, Okoye, Onyeneho & Okeibunor, 2019) Effective coping strategies are essential to overcome the stressors while still attaining goals (Labrague et al., 2018) Coping is established as a key variable in the process of reducing, minimizing or tolerating stress (Gustems, Carnicer & Caldero, 2013). According to Lazarus and Folkman, (as cited in Schafer, 2020) when a person faces a difficult situation he goes through three stages and these are primary appraisal, secondary appraisal, and coping.

Primary appraisal. In the first stage, an individual engage in essential examination of the stressor or the bunch of stressors. At this stage an individual

chooses, assembles his insight into himself and the circumstance. An individual assesses whether he is possibly compromised or at serious risk. If the situation is judged to be irrelevant or unimportant, the coping process ends. And if the circumstances are meaningful and potentially threatening, stress-coping process continues (Schäfer, Pels & Kleinert, 2020).

Secondary appraisal. In the second stage the individual engages in secondary appraisal. At this stage he assesses the resources for dealing with stressor. According to (Colff & Rothmann, 2009) this assessment is influenced by many factors like previous experiences in similar situations, generalized beliefs about the self and the environment, and the availability of personal and environmental resources like social support. Secondary appraisal is an assessment of how much control you have over the situation. The less the perceived control, the more the threatening the situation will be and greater the probability of mental and physical distress.

Coping. The third phase is coping. In this stage the person takes action which seems appropriate to the threatening situation. One of the most common criticisms within the coping research has been the lack of agreement on a single definition or conceptualization (Compas, Connor, Saltzman, Thomsen & Wadsworth, 2001). In this vein, the following section is a review of some of the pertinent models and dimensions of coping.

Coping resources. Coping resources can be drawn from within the person and from the environment. Coping resources are relevant to cognitive appraisal in stress and for coping for two reasons following Breznitz & Goldberger (as cited in Sorkhehei & Fazel, 2019).

Personal coping resources. Personal coping resources are a complex set of personality, attitudinal and cognitive factors that provide part of the psychological context for coping. Personal coping resources are relatively stable dispositional characteristics that affect the selection of appraisal and coping processes and, in turn may be altered by the accumulative outcomes of these processes (Christensen & Smith, 2018).

Perceived competencies. Individuals who are affluent, healthy, and optimistic are seen as resourceful and, thus, are less vulnerable toward the stress of life. It is of most important to be competent to handle a stressful situation. But actual competence is not a sufficient prerequisite. If the individual underestimates his potential for action no adaptive strategies will be developed. Therefore, perceived competence is crucial. This has been labeled perceived self-efficacy or optimistic self-beliefs by (Bandura, Locke, Lees & Sargent, 2018). Behavioral change is facilitated by a personal sense of control. If people believe that they can take action to solve a problem instrumentally, they become more inclined to do so and feel more committed to do this decision. While outcome expectancies refer to the perception of the possible consequences of one's action. Perceived self-efficacy pertains to personal action control or agency (Basińska & Sołtys, 2020). A person who believes that he can produce an event can conduct a more active and self-determined life course. This can do cognition mirrors a sense of control over one's environment. It reflects the belief of being able to master challenging demands by means of adaptive action. It is an optimistic view of one's capacity to deal with stress. It makes a difference how people feel, think, and act. In terms of feelings, a low sense of self-efficacy is associated with depression, anxiety, and helplessness. Self-efficacy levels can enhance or impede the motivation to act, e.g., patients with high self-efficacy feel less stress than those with low self-efficacy (Stajkovic et al., 2018).

Health/energy and morale. These coping resources are most obvious. If a person is frail, sick, tired, or otherwise debilitated, this person has less energy to expend on coping than the person who is healthy. This should be evident in an enduring problem and in stressful transactions that demand extreme mobilization. In many respects, morale also plays in a similar way, e.g., if a person is psychologically handicapped or depressed, coping effectiveness is reduced Hamilton & Warburton (as cited in Phyllis, 2011). Individuals who exercise regularly are better able to those who do not exercise, withstand prolonged exposure to stress (Foa & McLean, 2016). Jogging, swimming, aerobic dancing, team supports all are equally effective in reducing the incidence of stress-related illnesses, such as heartbeat and high blood pressure. Consistent daily or nearly daily aerobic exercise can serve as prevention of distress, a type of healthy buffer. Exercise will not solve problems

Problem solving skills. These skills include the ability to search for information, to analyze situations for the purpose of identifying the problem, to generate alternative course of action, to weigh alternatives with respect to desired or anticipated outcomes, and to select and implement an appropriate plan of action Hamilton and Warburton (as cited in Dua, 2019).

Social coping resources. Social support has been defined in various ways e.g. resources provided by others Cohen & Syme (as cited in Berkman, 2000) as coping assistance or it is as an exchange of resources perceived by the provider or the recipient to be intended to enhance the well-being of the recipient.

Social networks. Another coping response that can be considered as relevant to problem-focused coping is the seeking social support. Growing evidence indicates that having one or preferably several persons who can provide such help is quite beneficial Bruhn & Phillips (as cited Nosheen, Riaz, Malik, Yasmin & Malik, 2017). These persons can help the person to perceive stressful events as less threatening and more under your control than might otherwise be the case. This cognitive appraisal plays a crucial role in the experience of stress. Second, they can suggest strategies for dealing with the sources of stress. Third, they can help reduce the negative feelings that often accompany exposure to stressful events or situations. This was seeking social support for instrumental reasons. Which is seeking advice, assistance, or information? This is problem-focused coping the other one is seeking social support for emotional reasons. It is getting moral support, sympathy, or understanding. This is an aspect of emotion-focused coping (Carver, Scheier, & Weintraub, 2006).

The distinction between problem focused and emotion-focused coping is an important one. By itself, however, it probably does not go far enough e.g. coping reactions that are emotion focused are extremely varied. The range of the use of social support is from positive reframing of the situation, to daydreaming and making jokes about the stressful event, to heightened religious activity to alcohol and drug use and beyond Carver, Scheier & Weintraub (as cited in Lua & Samira, 2012).

Classification of coping strategies. Researchers have made classification of coping strategies based on an approach which an individual adopts to deal with the situation. Two broader approaches which have been successfully archived across the

literature are the active coping and passive coping strategies. These reflect an individual's active dealing with the stressor, or avoiding it to escape from the negative impacts of the test respectively. These two general approaches have been termed differently by different researchers, and some have also given additional coping strategies found in their studies. Experts have identified the following coping strategies in order to cope with specific stressful life events and circumstances.

Folkman, Shaefer, and Lazarus' types of coping. Folkman, Shaefer, and Lazarus (as cited in Chens & Shaffer, 2018) have identified two broad types of coping, i.e., problem-focused coping and emotion-focused coping. Problem-focused coping is defined as a strategy in which an individual attempts to deal constructively with the stressor or circumstances. Whereas, in emotion-focused coping individuals aimed at reducing or managing the emotional distress that is associated with (or cued by) the situation. So, here the focus is dealing with one's own fear, anger, or guilt as one reacts to the situation.

Maddi and Kobassa's types of coping. Maddi and Kobassa (as cited in Delahaij, Gaillard & Dam, 2010) proposed two types of coping in response to stressful situation, i.e., transformational coping and regressive coping. Transformational coping is defined as a strategy in which individuals take constructive actions to change the stressor. This coping option emerges from a sense of internal control, a sense of challenge, and a sense of commitment. Fundamentally, it is based on optimism. Regressive coping is thinking pessimistically and avoiding the stressor.

Schaefer's types of coping. Schaefer and Chen (2018) proposed that if an event is perceived to be important and sufficiently taxing of one's resources to need a response, there are three types of coping. Altering the stressor if the stressor is controllable and changeable, the individual try to alter the stressor. Adapting to the stressor if it is best to accept the stressor, the individual find ways to prevent or lower his/her distress. Avoiding the stressor-third option is to avoid the stressor. Having all other options exhausted, the individual may avoid or withdraw from the stressor.

Endler and Parker's styles of coping. Endler and Parker (2003) described three styles of coping with a stressful situation. Task-oriented includes strategies that attempt to solve a problem, re-conceptualize, and minimize the effect of the problems. Emotion-oriented involves emotional responses, self-protection, and fantasizing reactions. Avoidance-oriented includes strategies that avoid stress by seeking out other people (social diversion), or by engaging in substitute tasks (distraction).

Hasting's types of coping. In one study conducted on parents of autistic children (Hasting et al., 2005) have identified four different types of coping strategies used by individuals. These include; Active avoidance coping, Problem-focused coping, Positive coping, and Religious/denial coping.

Active avoidance coping. Active avoidance coping includes behavioral disengagement, venting, mental disengagement (self-distraction), self-blame, and substance use. Behavioral disengagement is the coping strategy in which the person reduces ones efforts to deal with the stressor (Akhtar, 2005). Focusing on and venting of emotions is a coping strategy in which the person focus on the stress that one is experiencing and ventilating those feelings. Such a response is sometimes functional. However, focusing on the distress may also distract people from active coping (Ismail & Mehmood, 2015). Mental disengagement involves one's efforts to distract oneself from thinking about the problem. It occurs in variety of activities that serve to distract the person from thinking about behavior, dimensions or goals which is being interfered by the stressor Riaz, 2002 (as cited in Basharat, Zubair & Mujeeb, 2014).

Problem-focused coping. Problem-focused coping includes active coping, planning, using instrumental support, and seeking emotional support. Active coping involves the process of taking active steps to try to remove or circumvent the stressor or to reduce its effect including the initiation of direct action, increasing one's efforts, and try to execute a coping response in step wise fashion. Planning is the second option in which individual starts the process of thinking about the actions that should be taken to deal with the stressor. It involves coming up with new strategies, thinking about what steps should be taken, and how best to handle the problem. This actually reflects problem focused but it differs conceptually from executing a problem focused action (Riaz, 2002). Seeking social support for instrumental reasons involves efforts

to seek informational support, tangible support, and emotional support (Akhtar, 2005).

Positive coping. Positive coping includes positive reframing, humor, acceptance, using instrumental support, and using emotional support. Positive reframing and growth is another coping strategy. It deals with construing a stressful event in a positive light (Riaz, 2002). Acceptance is another way of coping with the stressor. It refers to acknowledges one's own role in the problem with a concomitant theme of trying to put things right. It is more like adaptive coping which is necessary to accommodate the stressor as opposed to circumstances in which the stressor can easily be changed (Riaz, 2002). Seeking social support for emotional reasons refers to getting moral support, sympathy, or understanding of situation. Evidence indicates that social support may not be useful in some circumstances (Riaz, 2002). Seeking social support for instrumental reasons is the fifth coping strategy. It describes efforts to seek informational support, tangible support, and emotional support (Akhtar, 2005).

Religious/denial coping. Religious/denial coping includes religious and denial coping. Turning to religion is a coping strategy in which one might return to religion under stress for many reasons. It not only serves as source of social support but also a vehicle for positive reinterpretation and growth or as a tactic of active coping with a stressor. But faith in prayer may sometimes alleviate emotional burden of an individual. So it is not dire towards eliminating the problem (Riaz, 2002). Denial refers to refusal to accept that the stressor is there or acting that it is not real. If one can deny the potential harm of an event it will seem less stressful but it is a short term effort of managing stress. It will ultimately become maladaptive in long term.

Research has explored the possibility that individuals do not adhere exclusively to one coping strategy continuously, but rather use one style over another depending upon one's appraisal of the situation. For example, Lazarus and Folkman (as cited in Biggs, Brough & Drummond, 2017) found that when an individual correctly perceives an event as controllable, such as achieving a certain grade or job promotion, problem-focused coping is the most effective strategy. In other circumstances perceived to be uncontrollable, such as the loss of a loved one,

emotion-focused strategy such as venting to a friend is more effective. In general, coping strategy is a behavior that helps us to function better in a given situation.

Personality Traits, Dispositional Positive Emotions and Coping Strategies: Empirical Evidences

There are numerous studies which provide empirical evidence of the relationship among the personality traits, dispositional positive emotions and coping strategies. Here are the some empirical evidence of the relationship among the variables:

Personality traits as predictor of coping strategies. Many researches have been conducted on associations between personality variable and coping. The transactional model of stress (Carver & Connor-Smith, 2010) believes that personality characters (e.g., self-compassion) are related to the choice of coping strategies (. Personal coping resources such as self-efficacy is associated with approach coping. It was found by different researchers that self-confident persons rely more on approach coping and less on avoidance coping. Another study was conducted by (Brennan, Holland, Schutte & Moos, 2012) which found that self-confidence predicted an increase in approach coping and a decline in avoidance coping. Carver, Scheier & Weintraub (as cited in Lua & Samira, 2012) found that individuals high on optimism, control, and self-esteem are more likely to rely on active coping and planning. Less desirable personal qualities are associated with more dysfunctional coping tendencies. Several researchers have found that neuroticism is associated with more avoidance coping. (Feifel, Strack & Nagy 1987) found that men who are competitive and extroverted tend to rely more on confrontation and less on acceptance. And men who are impulsive rely more on avoidance and acceptance, whereas self-confident men are less likely to rely on these coping processes. People high on Extraversion, Agreeableness and Conscientiousness found to use more Problem-focused coping while neuroticism is limited with Emotional-focused coping (Hamid et al., 2015).

Personality traits as predictor of positive emotions. Dispositional positive emotion were differentially associated with self- and peer-rated Extraversion, Conscientiousness, Agreeableness, Openness to Experience, and Neuroticism (Tharp,

Seay, Carswell & MacDonald, 2020). In context of traits' assessment, the dispositional positive emotions are reported as the common, most prevalent component of personality. This theoretical proposition is supported by empirical evidence, as previously reported, that is personality has a relationship with the emotions (Andre et al., 2000). Personality characteristics are exhibited through emotions, as theorized by (Lazarus, 2006). The emotions of an individual reveal how a person acts, reacts, copes, and rationally understands meanings. So it is useful to look at personality characteristics as well as in which personality COVID affectees exhibit positive emotions. Emotions can be the door to the personality (Lewis, Haviland & Barret, 2010; Ashraf, Nusrat & Mehboob, 2019). In this vein (Goleman, 2009) referred to the emotions as functional, role players as they help people to feel happy, to communicate with others, to predict other's behavior, to make decisions, and also to set boundaries for themselves and others, all of which are part of an individual's survival strategy.

Positive emotions as predictor of coping strategies. Dispositional positive emotions can also facilitate more effective coping, which boosts health by providing a buffer against symptoms of depression (Cance, Dolphin & Steinhardt, 2020). The experience of positive emotion has been found to facilitate the problem and cognitive based coping (Steinhardt, 2018). Usage of humor was associated in this study with lower levels of anxiety. Freud's psychodynamic viewpoint described humor as one of the strongest defense mechanisms that allow individuals to face problems and avoid negative emotions and researchers believe that humor has a stress-moderating effect (Penson et al., 2019).

Personality Traits, Dispositional Positive Emotions and Coping Strategies; Pakistani Evidences

Personality traits (openness, extraversion, agreeableness and conscientiousness) had positive relationship with prosocial behavior but neuroticism had negative relationship with prosocial behavior (Tariq & Naqvi, 2020). Dispositional positive emotions were positively associated with appreciative inquiry and employee engagement, while appreciative inquiry displayed positive association with employee engagement. Appreciative inquiry mediated the relationship between

dispositional positive emotions and employee engagement (Ameer & Zubair, 2020). The most frequent coping strategies adopted by students were religious/spiritual and acceptance coping during pandemic (Salman et al., 2020).

Psychological Impact of COVID-19

According to the World Health Organization (2020), Middle East respiratory syndrome cases were reported in twenty one countries. In Pakistan the initial cases of COVID-19 were identified in the start of year 2020. COVID-19 pandemic brought major changes in overall lifestyles and outlook towards perspectives which includes education, work, family relations and festivals. In light of rising concern about the current COVID-19 pandemic, a growing number of educational institutes across the world have either postponed or canceled all campus events. Universities are taking intensive measures to prevent and protect all students and staff members from the highly infectious disease. Faculty members are already in the process of transitioning to online teaching platforms. The terrible COVID-19 outbreak impact on the education and mental health of students and academic staff (Sahu, 2020). The COVID-19 pandemic has forced many organizations to undergo significant transformation, rethinking key elements of their business processes and use of technology to maintain operations whilst adhering to a changing landscape of guidelines and new procedures (Dwivedi et al., 2020).

The COVID-19 pandemic has led to various negative impacts on people's physical and mental health, such as physical sickness, fear, stress, and anxiety (Fullana et al., 2020; Mann et al., 2020; Trzebinski et al., 2020). The lockdown was a new experience for people who were not taken so seriously at the outset, but an increase in the number of patients, as well as an increase in the death toll, realized the severity of this infectious disease. All offices, educational institutions, parks, shopping malls, cinemas were shut down until further government orders were issued (Choudhery & Khatib, 2020). Rapid spread of coronary artery disease (COVID-19) causes stress and challenges for people from all walks of life. This pressure also affected students as a result of the country lockdown and closure of educational institutions in Pakistan (Tariq, Farooq & Malik, 2020). Only government executive departments and hospitals were left open. This condition has made people's lives stagnate.

Some people at the beginning enjoyed this lockdown, especially students, who had sudden vacations during the lockdown, students engaged slightly yet statistically significantly more in creative activities (Beghetto, 2020; Kapoor & Kaufman, 2020). But after more than a month of lockdown, enjoyment shifted to anxiety, frustration, stress, aggression, sibling rivalry, a sense of helplessness, insomnia, loneliness, and so on. Even they got fed up with the use of mobile phones (Schlack et al., 2021). Although they also had online classes, their issues continued all the education institutions as well as big markets and all public places were directed to remain closed. There have been reports on the psychological impact of the epidemic on the general public, healthcare workers and college students (Wang et al., 2021).

The experience of the COVID-19 pandemic is new for Pakistanis, with very different dimensions compared to previous infectious diseases (Farooq, Islam, & Laato, 2020), therefore Research was needed on the psychological experience of Pakistani university students during the COVID-19 lockdown. Research articles currently published have highlighted the prevalence of disease (Byrareddy, & Rothan 2020; Park et al., 2020; Sun et al., 2020; Yang et al., 2020), clinical features, diagnosis and treatment (Curtis & Zimmermann 2020; Hassan et al., 2020; Wan et al., 2020). Some of them focused on the severity of physical and psychological problems in medical personnel (Bell, & Wade, 2020) and the need for psychological intervention (Duan & Zhu, 2020; Liu et al., 2020; Wang et al., 2020; Xiang et al., 2020; Xiao, 2020). Recent studies (González-Sanguino et al., 2020). have shown that the psychological effects of quarantine can be enormous, leading to a variety of mental health issues, ranging from anxiety and frustration to sleep disturbances, depression and post-traumatic stress disorder but the impact on people's emotional well-being cannot be ignored.

The novel coronavirus has touched off another stealthy and growing public health crisis that calls for an equally well-matched emergency response. Like other pandemics and emerging outbreaks of disease, COVID-19 is creating immense psychosocial disturbances. The disease involves an unfamiliar threat that is difficult to detect and difficult to distinguish from more benign diseases. Protracted and dynamic pandemic conditions have caused immense anxiety among people around the world, and things are getting worse before they get better. In the absence of any specific vaccine, non-pharmaceutical interventions are the only way to prevent infections and dramatically disrupt daily body habits, social interactions and economic exchanges it

is imperative to understand that the key factor that enables us to take advantage of adversity is the extent to which we fully explore our thoughts and feelings about the event. Cognitive exploration based on general curiosity about information and a tendency towards complexity and flexibility in the processing of information; enables us to be curious about confusing situations, increasing the likelihood that we will find new meaning in the seemingly incomprehensible. Major aspects of personality and availability of psychological resources such as dispositional positive emotions may shape or influence the coping with COVID-19. The global COVID-19 pandemic has had an unprecedented effect on human behavior and well-being. Personality traits have been shown to independently influence whether individuals adopt adaptive or maladaptive coping responses, personality could interact to influence COVID-19 coping responses (Volk, Brazil, Franklin-Luther, Dane & Vaillancourt, 2021).

Rationale of the Present Study

With the rapid spread of the COVID-19, global health systems are experiencing critical challenges in preventing infections, identifying and managing COVID-19 cases, and ensuring effective strategies to protect public health (Legido & Asgari, 2020). These challenges, although primarily emerging from an infectious disease with physical health implications, may also affect mental health and wellbeing profoundly (Brief, 2020). The psychological impact of COVID-19 among individuals who are tested positive is another global health concern (Zhou, Zhang & Wang 2020).

Although the psychological dimensions of COVID-19 are yet to be understood, previous studies suggest that infectious outbreaks critically affect the mental health of the patients who may experience anxiety symptoms, fear, and a lack of hope regarding the uncertainties in treatment and health outcomes (Hossain, Sultana & Purohit 2020). Several factors influence mental health in this vulnerable population, which include isolation after being diagnosed with the disease, stigma and discrimination, prolonged hospitalization, and a lack of social support (Hossain et al., 2020). Increasing reports and studies inform that patients with COVID-19 may have depression, anxiety disorders, psychological distress, and suicidal behavior (Rogers et al., 2020), which necessitates an in-depth understanding of protective factors for example dispositional positive emotions and coping strategies during this pandemic.

Personality is shaped by many socializing agent such as friends, families, groups, communities and organization as well as social attitude and behavior can be determined, yet relatively stable. Personality traits are significant predictors of antisocial conduct due to validity and reliability of methods used to measure traits and associations of dispositions with particular attitude or tendency can be tested empirically through multi-factor , integrated assessments and on theoretically and logical ground. However, prior studies have shown that although basic understanding of personality has been established but there is a need to focus on the under researched aspects of personality in determining our behavior in the situation of pandemic.

Various studies have shown multiple contradictory antecedents of coping which highlight the need to investigate its relation in shaping other prerequisite such as personal disposition and dispositional positive emotions. Coping is extensively

study in education, occupation and clinical settings but in pandemic coping is very important factor as it shape our psychological mental and emotional health. These variables are studied with other different variable and different scenario but our aim is to conduct research on these variables in the current pandemic situation That how people cope with the pandemic situation because being a patient of deadly disease and also isolated you can't meet with your family, friends, spouse etc. can affect your mental health and the way you cope with the whole scenario. As the COVID-19 is the very new phenomena so our literature is silent about personality traits, dispositional positive emotions and coping strategies among affectees of COVID-19, who are hospitalized after being tested positive and fully recovered.

Corona affectees are taken for the fact to investigate personality dispositions, role of dispositional positive emotions and coping strategies as they come in direct contact of this pandemic and can better understand and explain the whole period of COVID-19 they are suffer from, can batter explain how they cope from the situation.

Chapter 2

Method

The following chapter of the present study embodies the details regarding objectives, hypotheses, operation definitions, sample, instruments and procedure which further carry information about demographic sheet, consent form and confidentiality related concerns.

Objectives

The present study has the following broader objectives:

1. To examine the relationship among personality traits, dispositional positive emotions and coping strategies among COVID-19 affectees.
2. To determine the role of various demographics (gender, family system, work status, education, relation of care giver) in relation to study variables.

Hypotheses

The following hypotheses were formulated to achieve above cited objectives.

- 1a. Extraversion is positively associated with dispositional positive emotions and problem-focused coping strategies.
- 1b. Neuroticism is negatively associated with extraversion and dispositional Positive emotion.
- 1c. Neuroticism is positively associated with emotion-focused coping.
- 2 Dispositional positive emotions is negatively associated with emotion-focused coping strategy and positively associated with problem-focused coping strategy.
3. Women are likely to express more neuroticism and more use of emotion-focused coping than men; while men would reflect more extraversion, dispositional positive emotions and more use of problem-focused coping.
4. Respondents who belong to joint family system are likely to high on extraversion, dispositional positive emotions and problem-focused coping as compare to participants from nuclear family system; while participants belong to nuclear family tend to be high on neuroticism and emotion-focused coping.

5. Participants who were employed are likely to express more extraversion, dispositional positive emotions and problem-focused coping as compare unemployed; while participants who were unemployed tend to be high on neuroticism and emotion-focused coping.
6. Participants with high education are likely to be high on extraversion, dispositional positive emotion and problem focused coping as compare to those respondents having less education likely to be high on neuroticism and emotion-focused coping.
7. Respondents whose caregiver is spouse are more likely to express dispositional positive emotions and problem-focused coping as compare to respondents whose caregiver are other relatives more likely to express emotion-focused coping.

Operational Definitions of Variables

Big five personality traits. The characteristic ways people think, feel, and behave using a set of five broad, bipolar dimensions are identified as big five personality traits (McAdams, 2006). In the present study it was assessed with extraversion and neuroticism subscales of scale (John & Srivastava, 1999). Higher score on each subscale indicated the higher presence of that trait.

Dispositional positive emotions. Dispositional positive emotion are described as dispositional traits consisting of dispositional positive emotions as a part of inheritance (Shiota, Keltner, & John, 2006) In the present study, it was measured by Dispositional Positive Emotion Scale (Shiota et al., 2006) and high scores indicate more dispositional positive emotion.

Coping strategies. Coping strategies occur exclusively in response to acute or chronic stressful events or circumstances for example coping refers to processes that are enacted in response to stress (Compas et al., 2014). In present study, it was assessed with Brief Cope scale (Carver, 1998), having two subscales. Higher score on each subscale indicate the higher existence of that particular coping strategy.

Sample

A non-probability convenient sample and snow ball sampling method is used to collect data for the present study comprised of ($N = 200$), including both men ($n = 125$) women ($n = 75$) with the age range of 19 – 55 years ($M = 28.51$; $SD = 7.60$) from Rawalpindi and Islamabad. Education level of the respondents include undergraduate ($n = 78$), graduate ($n = 82$) and Postgraduate ($n = 40$). Participants selected belonged from both nuclear ($n = 92$) and joint families ($n = 108$). Work status demographic included both employed ($n = 125$) and unemployed respondents ($n = 75$). Furthermore the relation of caregiver with COVID-19 affectees included spouse ($n = 48$), children ($n = 18$), siblings ($n = 80$) and other relatives ($n = 54$). Inclusion criteria was that all the respondents were identified for COVID-19 through testing in the hospital and have been fully recovered from at least one month. Exclusion criteria was that individuals who declared themselves to have COVID on the basis of symptoms were not included.

Table 1

Demographic Characteristics of the Sample ($N = 200$)

Variables	Categories	<i>f</i>	(%)
Gender	Men	125	60
	Women	75	37.5
Family System	Nuclear	92	46
	Joint	108	54
Work Status	Employed	125	62.5
	Unemployed	75	37.5
Education	Undergraduate	78	39
	Graduate	82	41
	Postgraduate	40	20
Relation with caregiver	Spouse	48	24
	Children	18	9
	Sibling	80	40
	Other relatives	54	27

Table 1 represents the characteristics of the sample such as gender, family system, education and relation with care giver. Majority of the sample of the respondents were men living in joint family setup in addition most of the respondents were employed and most of them were graduate. Most of the respondent's caregiver were sibling.

Instruments

In the present study three measures were used to assess the three major constructs of the study. These are as follow.

Big Five Inventory. In order to assess personality traits, Big Five Personality Inventory (John & Srivastava, 1999) was used. The scale comprised of 44 items. However, in the present study two subscales were used namely Extraversion (8 items) and Neuroticism (8 items) therefore the total number of items were 16. The scale can be responded on 4-point Likert scale with response options 1= *Strongly Disagree* to 4 = *Strongly Agree*. Higher score on each subscale indicated the higher presence of that trait. Alpha reliability reported in earlier Pakistani studies indicated adequate coefficient such as extraversion ($r = .97$), conscientiousness ($r = .76$), neuroticism ($r = .79$), openness to experience ($r = .73$) and agreeableness ($r = .80$) (Khan, Ahmed, & Abid, 2016). Another study conducted by Bajwa, Shahzad, and Aslam (2017) indicated alpha coefficients for all the dimensions of Big Five Scale above .77. This showed that scale was a reliable measure for Pakistani sample.

Dispositional Positive Emotions Scale. Dispositional positive emotions Scale was developed by Shiota et al. (2006). It has 21 items which were divided into four subscales that are Contentment (5 items), Compassion (5 items), Amusement (5 items), Awe (6 items). Responses were to be rated on 4-point likert scale, ranged from *Strongly Agree* (4) to *Strongly Disagree* (1). Possible score range on Dispositional positive emotions Scale was 21-126. The Cronbach's alpha for the total scale was reported as .84 (Shiota et al., 2000). Another study was conducted by High scores on this scale indicate higher level of dispositional positive emotions which means that more positive emotional traits are present within the personality of individual,

whereas low scores indicate lower level of dispositional positive emotions. Another study conducted by Ameer & Zubair (2020) indicates an alpha coefficient as .84, this shows that the scale was a reliable measure for the Pakistani sample.

Brief Cope Scale. This scale was originally developed by Carver (1998). It includes 28 items. It is made up of 14 subscales. However, in the present study two coping strategies and their associated subscales were used namely Problem-focused coping (8 items) and emotion-focused coping (10 items) therefore the total number of items were 18. All items are answered on a 4 point Likert scale 1 (I haven't been doing this at all) to 4 (I have been doing this a lot). Higher scores indicate more use of that coping strategy. Reliabilities for the subscales range from $\alpha = .57 - .90$ (Carver, 1997).

Procedure

In order to carry out this study, data is collected from a community of Rawalpindi and Islamabad non-probability convenient sample and snow ball sampling method is used. Data is collected in the second wave of Covid-19. They were debriefed about the nature and purpose of the research and were assured that information provided by them would be used only for research purpose. Informed consent was acquired from each participant and had made sure that their information would be kept confidential. They were also debriefed that they have the right to quit if they felt uneasy to give their information at any time.

After their willingness and permission, the Questionnaire Booklet (consisting of informed consent form, demographic information sheet, and the three questionnaires) was handed over to the participants also Google form is used to collect online data. They were instructed to fill the questionnaires as per instructions and respond to each item as genuinely as possible. Queries of the participants were being resolved on the spot in order to eliminate errors from their responses which might have occurred due to misinterpretation. Data was collected in their spare time, and this time was chosen as per the feasibility of the respondents in order to get genuine. After getting questionnaires back from the participants, they were thanked for their time and cooperation that they had shown towards the study.

Chapter 3

Results

This section covers the analysis of data to determine the relationship between personality traits dispositional positive emotions and coping strategies among affectees of COVID-19. This study is based on empirical data so the results have been presented in the form of Tables given below. Descriptive statistics includes means, standard deviations, skewness, range and Cronbach's α whereas inferential statistics consist of Pearson Product Moment Correlation, Independent-sample t test and ANOVA were included.

Reliability Estimates and Descriptive Statistics of Measures

To determine the descriptive and psychometric properties of alpha reliability coefficients, mean standard deviations, range, skewness and kurtosis of Big Five Inventory, Dispositional Positive Emotion Scale, Brief Cope and its sub-scales.

Table 2

Descriptive Statistics and Alpha Coefficients of Scales (N = 200)

Scales	k	α	M	$S.D$	Range		Skew	Kurt
					Potential	Actual		
Extraversion Subscales	8	.71	21.34	3.55	8-32	12-29	.14	-.44
Neuroticism Subscale	8	.81	18.97	4.06	8-32	8-27	-.36	-.43
Dispositional Positive Emotions Scale	21	.84	59.57	6.12	21-84	27-78	-.19	.86
Problem Focused Coping Subscale	8	.73	23.80	4.23	8-36	8-31	-.68	.41
Emotion Focused Coping Subscale	10	.71	26.36	4.80	10-40	10-38	-.51	.34

The Table 2 shows descriptive statistics of the scale. Results showed that alpha measures of internal consistency that is alpha co-efficient of all scales fall in the range of .71 to .84. All the values were above .70 (Feild, 2018). The values of skewness and kurtosis also fall in range.

Table 3*Correlation Matrix for All Study Variables (N = 200)*

Variables	1	2	3	4	5
1 Extraversion	-	-.60*	.39*	.47*	-.36*
2 Neuroticism		-	-.36*	-.42*	.34*
3 Dispositional Positive Emotions			-	.39*	-.32*
4 Problem Focused Coping				-	-.57*
5 Emotion Focused Coping					-

* $p < .00$

Table 3 shows correlation matrix among the study variables, hence, showing direction and magnitude of relationship among variables. Results show that extraversion is negatively related with neuroticism, emotion focused coping and positively related with dispositional positive emotion and problem focused coping. Neuroticism is negatively related with problem focused coping and dispositional positive emotion and positively related with emotion focused coping. Dispositional positive emotion is negatively related with emotion focused coping, and positively related with problem focused coping. In addition, problem focused coping is negatively related with emotion focused coping.

Table 4*Multiple Linear Regression Analysis of Predictors of Coping Strategies (N = 200)*

Variables	<i>B</i>	<i>S.E</i>	<i>p</i>	95% <i>CL</i>	
				<i>LL</i>	<i>UL</i>
Problem Focused Coping					
Constant	31.80	.21	.02	4.06	19.05
Extraversion	.53	.09	.00	-.01	.33
Neuroticism	-.37	.08	.00	-.22	.08
Dispositional Positive Emotion	.41	.05	.00	.08	.27
<i>R</i> ²	.19				
<i>Adjusted R</i>	.17				
<i>F</i>	15.31		.00		
Emotion Focused Coping					
Constant	40.23	.11	.02	1.46	18.15
Extraversion	-.32	.09	.01	-.36	.03
Neuroticism	.43	.08	.00	-.02	.32
Dispositional Positive Emotion	-.37	.05	.00	.19	.39
<i>R</i> ²	.14				
<i>Adjusted R</i>	.13				
<i>F</i>	10.97		.00		

Table 4 indicates Multiple Linear Regression. Results indicate predictors of problem focused and emotion focused coping. It has been found that extraversion and dispositional positive emotion positively predicted problem focused coping while, neuroticism negatively predicted problem focused coping. Overall the model explains 17% variance in predicting the outcome. On the other hand, extraversion and dispositional positive emotion negatively predicted emotion focused coping. While neuroticism positively predicted emotion focused coping. Overall the model explains 13% variance.

Table 5*Gender Differences Across Study Variables (N = 200)*

Variables	Men		Women		<i>t</i>	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>(n</i> = 120)		<i>(n</i> = 75)						
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
Extraversion	24.48	3.16	21.10	4.10	3.73	.01	0.63	1.40	.39
Neuroticism	17.66	4.10	20.87	3.11	-2.54	.00	-4.28	-2.14	.38
Dispositional Positive Emotion	59.68	6.45	55.36	5.65	2.40	.00	1.44	2.07	.53
Problem Focused Coping	27.35	4.40	24.41	3.89	3.76	.01	-2.27	-0.13	.43
Emotion Focused Coping	23.09	4.70	26.73	4.96	-2.82	.02	-2.01	-0.73	.36

Table 4 illustrates mean difference on the basis of gender along study variable. Results shows that women express more neuroticism and more use of emotion focused coping as compare to men. On the other hand, men expressed higher extraversion, dispositional positive emotions and problem focused coping.

Table 6*Differences on Family System Along Study Variables (N = 200)*

Variables	Nuclear		Extended		<i>t</i>	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>(n</i> = 92)		<i>(n</i> = 108)						
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
Extraversion	20.83	3.42	24.92	3.63	1.96	.05	.08	1.90	.30
Neuroticism	21.17	4.17	18.79	3.97	-3.65	.01	-.76.	-1.51	.46
Dispositional Positive Emotion	58.27	5.70	61.12	6.12	3.73	.01	1.48	4.80	.53
Problem Focused Coping	22.50	4.44	26.20	3.97	2.81	.02	.12	2.47	.33
Emotion Focused Coping	27.46	4.53	24.42	4.84	3.05	.01	.72	3.35	.43

Table 5 illustrates mean difference on the basis of family difference upon study variable. Results show that the respondents living in joint family indicate more extraversion, dispositional positive emotions and problem focused coping. Conversely, individual living in nuclear family system expressed more emotion focused coping and tendencies of neuroticism.

Table 7

Differences of Work Status on Study Variables (N=200)

Variables	Employed (n = 125)		Unemployed (n = 75)		t	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Extraversion	24.13	3.73	21.69	3.24	2.70	.00	1.58	.46	.30
Neuroticism	18.40	4.46	21.90	3.09	-2.56	.00	-2.65	-.44	.39
Dispositional Positive Emotion	59.92	6.47	56.98	5.47	3.05	.01	.82	2.70	.36
Problem Focused Coping	25.35	4.04	22.88	4.40	2.40	.00	.26	2.67	.34
Emotion Focused Coping	25.91	4.46	27.45	5.21	2.09	.02	.08	2.83	.30

Table 6 illustrates mean difference on the basis of work status upon study variable. Result show that respondents who were employed express more extraversion, dispositional positive emotions and problem focused coping. On the other hand, respondents who were unemployed express more emotion focused coping and neuroticism.

Table 8*One-way ANOVA Analysis on Education for Study Variables (N = 200)*

Variables	Undergraduate		Graduate		Postgraduate		<i>F</i>	<i>i-j</i>	<i>D(i-j)</i>	<i>p</i>	95% CI	
	<i>(n = 78)</i>		<i>(n = 82)</i>		<i>(n = 40)</i>						<i>LB</i>	<i>UB</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>						
Extraversion	20.48	3.35	22.52	3.58	25.75	3.50	5.60	3>1,2	2.22	.00	20.84	21.84
Neuroticism	22.23	4.13	20.68	4.24	18.95	3.29	2.59	1>2,3	2.88	.00	18.40	90.53
DPE	58.76	6.11	60.17	6.45	63.12	4.86	3.91	3>1,2	2.44	.01	58.72	60.42
PFC	22.12	3.90	25.37	4.79	28.02	3.61	3.69	3>1,3	2.23	.00	23.20	24.39
EFC	29.53	4.37	27.75	5.71	25.27	3.22	2.43	1>2,3	2.45	.01	25.69	27.03

Note. DPE = Dispositional Positive Emotion; PFC = Problem Focused Coping; EFC = Emotion Focused Coping.

Table 8 explains mean difference on the basis of education on study variables. Results show that respondents with high level of education expressed more inclinations of extraversion, dispositional positive emotions, problem focused coping. Whereas, respondents with lower level of education express more neuroticism and emotion focused coping.

Table 9*One-Way ANOVA Analysis Along Relation of Care givers (N = 200)*

<i>Variables</i>	Spouse (<i>n</i> = 48)		Children (<i>n</i> = 18)		Siblings (<i>n</i> = 80)		Other relatives (<i>n</i> = 54)		<i>F</i>	<i>i-j</i>	<i>D(i-j)</i>	<i>p</i>	95% CI	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					<i>LB</i>	<i>UB</i>
Extraversion	21.27	3.29	20.83	4.85	22.31	3.35	20.14	3.27	1.66			.19	-20.84	-21.84
Neuroticism	17.25	3.73	20.00	4.35	19.18	3.88	19.83	4.15	.35			.72	-18.40	-19.53
Dispositional Positive emotion	60.37	6.48	55.55	5.65	58.71	6.19	50.51	5.18	4.54	1>2,3,4	4.81	.00	58.72	60.42
Problem Focused Coping	24.77	3.77	21.33	5.54	22.61	3.74	20.88	4.28	5.97	1>2,3,4	2.88	.00	23.20	24.39
Emotion Focused Coping	22.75	4.47	24.33	3.78	23.08	4.80	27.62	5.04	3.42	4>1,2,3	2.45	.01	25.69	27.03

Table 8 explains mean difference on the basis of relation of caregivers on study variables. Results show non-significant difference in relation with extraversion and neuroticism. While significant relation with dispositional positive emotions, problem focused coping and emotion focused coping. Results show that respondents whose caregiver were spouse express more dispositional positive emotions and problem focused coping. On the other hand respondents whose caregiver were other relatives express more emotion focused coping.

Discussion

The present study aimed to investigate the role of personality traits, dispositional positive emotions and coping strategies among affectees of COVID-19. Sample consist of COVID affectees those who are tested positive and were hospitalized and fully recovered from at least one month. Both men and women were included, data acquired through convenient and snow ball sampling method. Measures used in the present study showed adequate alpha coefficients indicating these instruments are reliable.

Findings show that personality traits of extravert was positively related with problem focused coping and negatively related with emotion focused coping. In addition neuroticism was positively related with emotion focused coping and negatively related with problem focused coping. This finding is quite in line with previous study Investigations of the links between the Big Five personality dimensions and stress-related processes (Brose, 2021) have traditionally focused on how these dimensions relate to the use of various coping strategies. Neuroticism, for example, has positively predicted emotion-focused strategies such as escape-avoidance, hostile reactions, and emotional venting, and has negatively predicted problem-focused coping such as planning (Agbaria & Mokh, 2021). Extraversion has positively predicted problem-focused strategies such as rational action (Schuler, Basu, Fadoir, Marie & Smith, 2020), and negatively predicted emotion-focused coping such as accepting responsibility (Stephenson & DeLongis, 2020).). Extraversion is a trait about engaging with the social world, it should be especially linked to the use of social coping strategies. In contrast, the anxious and depressive nature of neuroticism may link it with destructive coping strategies (Carver & Connor-Smith, 2010; Connor-Smith & Flachsbart, 2007). In contrast, destructive coping likely characterizes an antisocial and troubled person with high neuroticism, low agreeableness, and limited openness and conscientiousness. (Kreitler, 2018) asserted that extravert persons are inclined to experience positive emotions and engaged in interpersonal relationships.

Results reveal that extraversion is positively related with dispositional positive emotions while neuroticism is negatively related with dispositional positive emotions. This finding is quite in line with previous study. Personality is the strong correlation between dispositional positive emotions and the Big Five factor Extraversion Costa & McCrae et al., (as cited in Shiota, Keltner & John, 2006) extraversion scores significantly predicted absolute level of positive emotion and degree of increase in positive emotion. Extraversion was significantly associated with all of the positive emotion dispositions (Shiota, Keltner & John, 2006). Neuroticism predicted all dispositional positive emotions negatively except for Compassion (Chirico, Shiota & Gaggioli, 2021). Kreitler (2018) asserted that extravert persons are inclined to experience dispositional positive emotions and engaged in interpersonal relationships.

It has been found that dispositional positive emotions is positively related with problem focused coping and negatively related with emotion focused coping. This finding is quite in line with previous study. Dispositional positive emotions is associated with increased effort to overcome obstacles, it has been hypothesized that dispositional positive emotions predisposes people to use more problem-focused than emotion-focused coping. Several investigations have found that more optimistic people used more problem-focused strategies Fournier, de Ridder, & Bensing, 2002; Friedman et al., 1992; Grove & Heard, 1997; Jerusalem, 1993; Litt, Tennen, Affleck, & Klock, 1992; Scheier, Weintraub, & Carver, 1986; Steed, 2002(as cited in Nes, & Segerstrom, 2006). More optimistic people do not necessarily use less emotion-focused coping than less optimistic people. In general, optimism has been both positively and negatively associated with various forms of emotion-focused coping Scheier et al., (as cited in Nes, & Segerstrom, 2006).

Results show that women express more neuroticism and emotion focused coping and men, on the other hand, revealed more extraversion, dispositional positive emotions and problem focused coping. This finding is in line with the previous literature. The transactional model of stress (TMS; Carver & Connor-Smith, 2010) believes that personality characters (e.g., self-compassion) are related to the choice of coping strategies (Li, Wang, Cai, Sun & Liu, 2021) That is, individuals' internalized gender stereotypes may result in different consequences in coping with stressful events (Howerton & Van Gundy, 2009). According to SRT, influenced by social

norms, males and females may generate different psychological expectations and behaviors (Eagly & Wood, 2012). Specifically, males tend to show more optimistic, active, and take responsibility in adversity (e.g., self-quarantine in the pandemic). By contrast, females are more likely to be emotional, rely on others, and hold negative expectations when encountering difficulties (Basow & Rubenfeld, 2003; Broderick & Korteland, 2002). Moreover, some studies have demonstrated that individuals with dispositional positive emotions can overcome difficulties more effectively than those with less positive goals and emotions (e.g., Gaudreau et al., 2002). Gender differences in coping with the COVID-19, with females use more emotional and less effective coping (Hennekam & Shymko, 2020).

Further results shows significant difference on family system along with the study variables findings indicate that respondents living in joint family system express more extraversion, dispositional positive emotions and problem focused coping. On the other hand, respondent living in nuclear family system indicates more neuroticism and emotion focused coping. These findings is in line with the previous study. Social support theory support the findings of the study as personality traits are important in the prediction of social conducts due to theoretical relationship of traits with specific social behaviors (Hepler & Albarracín, 2013). Extraversion is positively associated with prosocial behavior, and high neuroticism is found to be positively related with antisocial behavior (Matthews, 2018). Studies suggest that those individuals who live in joint family system report greater satisfaction with support also report greater use of adaptive ways of coping with stressful situations (DeLongis & Holtzman, 2005) as compare to those who don't seek social support form family friends indicate more use male adaptive coping (Morris, O'Brien, DeLongis & Campbell, 2005). (Kreitler, 2018) asserted that extravert persons are inclined to experience dispositional positive emotions and engage more in interpersonal relationships. Research result shown that high neuroticism is contrast to low level predicts lower perceived support due to the high irritability and restlessness in these individuals (Finch & Graziano, 2001).

Results further show significant difference of work status on study variables. Results show that respondents who were employed express more extraversion, dispositional positive emotions and problem focused coping. On the other hand, respondents who were unemployed revealed more neuroticism and emotion focused coping. This finding is in line with the previous literature. Strong relationships

between extraversion and positive affect as well as neuroticism and negative affect, we anticipate that extraversion will be positively associated with employment and neuroticism will be negatively associated with unemployment (MacDonald, 2020). According to literature Unemployment express more neuroticism and emotion focused coping. Findings indicate that unemployment is linked to greater use of emotion-focused coping and lesser use of problem-focused financial coping, problem-focused and emotion-focused financial coping are differentially related to financial stress and to general psychosocial distress (Caplan & Schooler, 2007). Those living in poverty experience increased chronic and uncontrollable challenging life circumstances (Wadsworth et al., 2008). Research has identified a link between low socio-economic status and greater use of emotion-focused coping as opposed to problem-focused coping (Vander, Molen, Fogarty, McGrady & Lagerwey, 2021).

Further results shows significant difference on education along with the study variables findings indicated that the respondents with higher education express more extraversion, dispositional positive emotions and problem focused coping. While respondent with low education indicates more neuroticism and emotion focused coping. These results are supported by the previous literature, for example, (Poropat, 2009) in a meta-analysis concluded that conscientiousness, extraversion, openness and agreeableness had the largest positive influence on higher education. People with more emotional stability are likely to stay longer in educational institutes which show negative connection of lower neuroticism with higher education (Meyer, Raikes, Virmani, Waters & Thompson, 2014). High neurotic individuals lack confidence and are shy which takes them away from new practical experience for knowledge enhancement (Heckman, Pinto & Savelyev, 2013). Higher education students cope in different way .for example they adapt positive methods such as seeking social support or using leisure activities while on the other hand, lower education students use maladaptive strategies (e.g. escape/avoidance) to manage stress, including ignoring the problem, failure to seek help from others and escapism through substance use (Deasy, Coughlan, Pironom, Jourdan & McNamara, 2014).

Results further show significant difference of relation with caregiver on study variables. Results show that respondents whose caregiver were spouse express more dispositional positive emotions and problem focused coping. On the other hand respondents whose caregiver were other relatives express more emotion focused coping. This finding is in line with the previous literature. Spouses are regarded as

key sources within the patient's support networks. Their extension of emotional, instrumental, and informational support improve coping attempts (Schulz & Schwarzer, 2004). Spouse caregiving increased mediation in coping with stress (Autio & Rissanen, 2018). It is more likely to used emotion focused coping when there is no emotional bond between the patient and the caregiver (Ben-Zur, 2020).

Limitations and Suggestions

The present study have certain limitations that can be taken into consideration in further exploring the same variable in future, followed by the suggestions to incorporate the existing loopholes in the future researches. The major limitation lurking throughout the study are smaller representation of population and the limitedness of responses due to quantitative study design and COVID-19 situation, only a small group of population has been targeted. For further understanding of the phenomenon large sample should be included in the study. The data were only collected from the locality of Islamabad and Rawalpindi. The results of this study cannot be generalizable on large population. Data was collected with the help of self-report measures which calls into questions the authenticity of the responses because trustfulness of the information may be compromised if the participants have not read the questionnaire properly. Therefore self-questioners may not be preferable way of measuring accurate attitude, behavior and emotions of respondents. There are the suggestions which can be incorporated in the future studies to give it a more refined picture by investigating these variables in different context such as personality traits, dispositional positive emotions and coping strategies. With adjustment or social support of primary caretaker for example parents and friends. In future study, different other personality traits can be explored with coping or positive emotion. It would provide a broader perspective to the same study and will help to infer influences of different personality traits in different situation .also, future studies may focus on different gender characteristics that can be taken in to consideration which may influences on COVID-19 researches.

Implications

There was no substantial amount of research on this topic because COVID-19 is recent pandemic which has significant effects on mental and physical health of people, this will open the gate for further research on this topic. Firstly the study helpful to develop effective mental health interventions and strategies addressing that individuals may have different levels of psychological resilience and coping mechanisms to stressful events, which may result in different mental health outcomes

among individuals despite having similar exposure to psychosocial stressors. Secondly the study is helpful for health practitioners to improve mental health care and to identify highly vulnerable individuals and connect them to required care, strengthening community-based and social health programs. Thirdly it is helpful for the organizations which provide clinical and counseling services as they have to work with clients on unique issues arising from the COVID- 19 pandemic. Fourthly it is helpful for the media awareness campaign to change social attitudes and how to be more positive and how to get emotional support from others. Also it provide a deeper understanding of coping in COVID-19 affectees in relation with certain demographic variables. Further, this study would provide guideline for the similar kind of research in future. Thus, present study employ that in COVID-19 affectees personality traits like extraversion dispositional positive emotions, problem focused coping is more expressed by the people who lived in join family. The further research show that women express more neuroticism and emotion focused coping as compare to man as they express more extraversion dispositional positive emotion and problem focused coping.

Conclusion

Personality is a widespread concept that is commonly associated with positive and negative traits. The results of the study present study reveal that extraversion is positively related with problem focused coping and dispositional positive emotions and negatively related with neuroticism and emotion focused coping. These findings are consistent with the previous researches. Significant results are found. This study is done for the first time in Pakistan, so it draw an attention for further exploration in the relevant field. This result will help to understand personality traits, dispositional positive emotions and coping strategies in reference with pandemic in COVID affectees.

References

- Abigting Jr, F. P. J., & Gilliland, S. (2020). The big five of personality traits. An abbreviated historical review. *Journal of Personality and Social Psychology* 88(3), 547-561.
- Agbaria, Q., & Mokh, A. A. (2021). Coping with stress during the coronavirus outbreak: The contribution of big five personality traits and social support. *International Journal of Mental Health and Addiction*, 10(3), 235-251.
- Alvi, M., Mirza, M. H., Ikram, M., Khoso, A. B., & Mukhtar, A. (2017). Is joy an emotional function of age and gender? *Journal of Applied Research*, 3(10), 1091-1099.
- Ameer, I., & Zubair, A. (2020). Dispositional positive emotions and employee engagement in university teachers: Mediating role of appreciative inquiry. *Pakistan Journal of Psychological Research*, 35(3), 577-594.
- André, E., Klesen, M., Gebhard, P., Allen, S., & Rist, T. (2000). Integrating models of personality and emotions into lifelike characters. *In International Workshop on Affective Interactions*, 18(14), 150-165.
- Anglim, J., & O'connor, P. (2019). Measurement and research using the Big Five, HEXACO, and narrow traits: A primer for researchers and practitioners. *Australian Journal of Psychology*, 71(1), 16-25.
- Ashraf, F., Nusrat, A., & Mehboob, D. (2019). Predictive role of personality characteristics in positive emotions and creativity: A Study of Pakistani nuns. *Pakistan Journal of Psychological Research*, 34(2), 383-400.
- Autio, T., & Rissanen, S. (2018). Positive emotions in caring for a spouse: A literature review. *Scandinavian Journal of Caring Sciences*, 32(1), 45-55.

- Basharat, A., Zubair, A., & Mujeeb, A. (2014). Psychological distress and coping strategies among families of missing persons in Pakistan. *Journal of the Indian Academy of Applied Psychology*, 40(2), 21-1.
- Basińska, M. A., & Sołtys, M. (2020). Personal resources and flexibility in coping with stress depending on perceived stress in a group of cancer patients. *Health Psychology Report*, 8(2), 107-119.
- Bell, V., & Wade, D. (2020). Mental health of clinical staff working in high-risk epidemic and pandemic health emergencies a rapid review of the evidence and living meta-analysis. *Social Psychiatry and Psychiatric Epidemiology*, 56(1), 1-11.
- Ben-Zur, H. (2020). Emotion-focused coping. *Encyclopedia of Personality and Individual Differences*, 16(3), 87–101.
- Berkman, L. F., & Glass, T. (2000). Social integration, social networks, social support, and health. *Social Epidemiology*, 1(6), 137-173.
- Bhattacharjee, A., Das, I., & Dutta, P. (2020). Stress and ways of coping among tribal post-graduate students: *A Comparative Study*, 10(40), 96-102.
- Biggs, A., Brough, P., & Drummond, S. (2017). Lazarus and Folkman's psychological stress and coping theory. The handbook of stress and health: *A Guide to Research and Practice*, 21(1), 351-364.
- Brennan, P. L., Holland, J. M., Schutte, K. K., & Moos, R. H. (2012). Coping trajectories in later life: A 20-year predictive study. *Aging & Mental Health*, 16(3), 305-316.
- Brose, A. (2021). Personality and stress. In *The Handbook of Personality Dynamics and Processes*, 47(9), 1209-1229.

- Caplan, L. J., & Schooler, C. (2007). Socioeconomic status and financial coping strategies: The mediating role of perceived control. *Social Psychology Quarterly*, 70(1), 43-58.
- Carter, D. M. (2011). Recognizing the role of positive emotions in fostering environmentally responsible behaviors. *Ecopsychology*, 3(1), 65-69.
- Carver, C. S. (2006). You want to measure coping but your protocol 'too long; Consider the brief cope. *International Journal of Behavioral medicine*, 4(1), 92-100.
- Carver, C. S., & Connor-Smith, J. (2010). Personality and coping. *Annual Review of Psychology*, 61(5), 679-704.
- Carver, C. S., & Scheier, M. F. (2014). Dispositional optimism. *Trends in Cognitive Sciences*, 18(6), 293-299.
- Carver, C. S., Scheier, M. F., & Weintraub, J. K. (2005). Assessing coping strategies: A theoretically based approach. *Journal of Personality and Social Psychology*, 56(2), 267-283.
- Cervone, D. (2021). The KAPA model of personality structure and dynamics. In *The Handbook of Personality Dynamics and Processes*, 22(4), 601- 620.
- Chen, Y. P. & Shaffer, M. (2018), The influence of expatriate spouses coping strategies on expatriate and spouse adjustment: An interdependence perspective, *Journal of Global Mobility*, 6(1), 20-39.
- Chirico, A., Shiota, M. N., & Gaggioli, A. (2021). Positive emotions dispositions and emotion regulation in the Italian population. *Plos One*, 16(3), 245-545.
- Choudhery, A., & Khatib, S. (2020). Impact of COVID19 on factors other than health in India. *Journal of Science and Technology*, 5(04), 6-16.

- Christensen, D. S., & Smith, R. E. (2018). Leveling the playing field: Can psychological coping resources reduce the influence of physical and technical skills on athletic performance? *Anxiety, Stress, & Coping*, 31(6), 626-638.
- Chukwu, N. E., Okoye, U. O., Onyeneho, N. G., & Okeibunor, J. C. (2019). Coping strategies of families of persons with learning disability in Imo state of Nigeria. *Journal of Health, Population and Nutrition*, 38(1), 1-9.
- Cohen, S., & Pressman, S. D. (2006). Positive affect and health. *Current Directions in Psychological Science*, 15(3), 122-125.
- Compas, B. E., Connor-Smith, J. K., Saltzman, H., Thomsen, A. H., & Wadsworth, M. E. (2001). Coping with stress during childhood and adolescence: problems, progress, and potential in theory and research. *Psychological Bulletin*, 127(1), 87.
- Compas, B. E., Jaser, S. S., Dunbar, J. P., Watson, K. H., Bettis, A. H., Gruhn, M. A., & Williams, E. K. (2014). Coping and emotion regulation from childhood to early adulthood. Points of convergence and divergence. *Australian Journal of Psychology*, 66(2), 71-81.
- David Williams, O., Yung, K. C., & Grépin, K. A. (2021). The failure of private health services: COVID-19 induced crises in low-and middle-income country (LMIC) health systems. *Global Public Health*, 10(1), 1-14.
- Deasy, C., Coughlan, B., Pironom, J., Jourdan, D., & Mannix-McNamara, P. (2014). Psychological distress and coping amongst higher education students: A mixed method enquiry. *Plos One*, 9(12), 115-193.
- Delahaij, R., Gaillard, A. W., & van Dam, K. (2010). Hardiness and the response to stressful situations: Investigating mediating processes. *Personality and Individual Differences*, 49(5), 386-390.

- DeLongis, A., & Holtzman, S. (2005). Coping in context: The role of stress, social support, and personality in coping. *Journal of Personality*, 73(6), 1633-1656.
- Di Stefano, G., Scrima, F., & Parry, E. (2019). The effect of organizational culture on deviant behaviors in the workplace. *The International Journal of Human Resource Management*, 30(17), 2482-2503.
- Dua, K. (2019). Stress management: An overview. *Journal of Pharmacognosy and Phytochemistry*, 8(1), 1448-1452.
- Dwivedi, Y. K., Hughes, D. L., Coombs, C., Constantiou, I., Duan, Y., Edwards, J. S., & Upadhyay, N. (2020). Impact of COVID-19 pandemic on information management research and practice: Transforming education, work and life. *International Journal of Information Management*, 55, 102-211.
- Eckland, N. S., Nzinga, B., Leipow, R., & Berenbaum, H. (2021). The relations between pleasurable emotions and depression: Exploring the potential significance of contentment. *Journal of Affective Disorders*, 283(6), 249-253.
- Egger, J. W. (2013). Biopsychosocial medicine and health and the body mind unity theory and its dynamic definition of health. *Psychologische Medizin*, 24(1), 24-29.
- Endler, N. S., & Parker, J. D. (2003). State and trait anxiety, depression and coping styles. *Australian Journal of Psychology*, 42(2), 207-220.
- Evans, R., Lyons, M., Brewer, G., & Tucci, S. (2019). The purrfect match: The influence of personality on owner satisfaction with their domestic cat (*Felis silvestris catus*). *Personality and Individual Differences*, 138, 252-256.
- Fajkowska, M., & Kreitler, S. (2018). Status of the trait concept in contemporary personality psychology: Are the old questions still the burning questions?. *Journal of Personality*, 86(1), 5-11.

- Farooq, A., Laato, S., & Islam, A. N. (2020). Impact of online information on self-isolation intention during the COVID-19 pandemic: Cross-sectional study. *Journal of Medical Internet Research*, 22(5), 19-128.
- Fatima, S., & Tahir, S. (2013). Comparison of coping strategies used by adolescents on state and trait anxiety. *Journal of Social Sciences*, 7(2), 165-174.
- Fayyaz, H., Gulzar, A., & Abbass, N. (2020). When dark triad personality leads to supervisors expediency: An Islamic work perspective. *Journal of Islamic Business and Management*, 10(1), 204-221.
- Feeney, M. G. (2020). Gordon Allport. *The Wiley Encyclopedia of Personality and Individual Differences: Models and Theories*, 23(4), 82-96.
- Feifel, H., Strack, S., & Nagy, V. T. (1987). Coping strategies and associated features of medically ill patients. *Psychosomatic Medicine*, 49(6), 616-625.
- Foa, E. B., & McLean, C. P. (2016). The efficacy of exposure therapy for anxiety-related disorders and its underlying mechanisms: The case of obsessive compulsive disorder and post-traumatic stress disorder. *Annual Review of Clinical Psychology*, 12(1), 1-28.
- Fredrickson, B. L. (2013). Positive emotions broaden and build. In *Advances in Experimental Social Psychology*, 47(3), 1-53.
- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13(2), 172-175.
- Fredrickson, B. L., & Joiner, T. (2018). Reflections on positive emotions and upward spirals. *Perspectives on Psychological Science*, 13(2), 194-199.
- Fullana, M. A., Hidalgo-Mazzei, D., Vieta, E., & Radua, J. (2020). Coping behaviors associated with decreased anxiety and depressive symptoms during the COVID-19 pandemic and lockdown. *Journal of Affective Disorders*, 275(6), 80-81.

- Furnham, A., & Sherman, R. A. (2021). Dark side personality and safety-related traits. *Personality and Individual Differences*, 171(3), 110-510.
- Gervais, M., & Wilson, D. S. (2005). The evolution and functions of laughter and humor: A synthetic approach. *The Quarterly Review of Biology*, 80(4), 395-430.
- González-Sanguino, C., Ausín, B., Castellanos, M. Á., Saiz, J., López-Gómez, A., Ugidos, C., & Muñoz, M. (2020). Mental health consequences during the initial stage of the 2020 Coronavirus pandemic (COVID-19) in Spain. *Brain, Behavior, and Immunity*, 87(2), 172-176.
- Gruber, J., Oveis, C., Keltner, D., & Johnson, S. L. (2011). A discrete emotions approach to positive emotion disturbance in depression. *Cognition and Emotion*, 25(1), 40-52.
- Gustems-Carnicer, J., & Calderón, C. (2013). Coping strategies and psychological well-being among teacher education students. *European Journal of Psychology of Education*, 28(4), 1127-1140.
- Harms, P. D., & Spain, S. M. (2020). Personality and Workplace Deviance. The wiley encyclopedia of personality and individual differences: *Clinical, Applied, and Cross- Cultural Research*, 23(4), 533-537.
- Hastings, R. P., Kovshoff, H., Brown, T., Ward, N. J., Espinosa, F. D., & Remington, B. (2005). Coping strategies in mothers and fathers of preschool and school-age children with autism. *Autism*, 9(4), 377-391.
- Hossain, M. M., Tasnim, S., Sultana, A., Faizah, F., Mazumder, H., Zou, L., & Ma, P. (2020). Epidemiology of mental health problems in COVID-19: A Review. *F1000Research*, 9(1), 61-86.

- Irshad, S., Saleem, S. A. D. I. A., & Mahmood, Z. (2015). Coping strategies of university students: A validation study. *Journal of Pakistan Psychiatric Society*, 12(1), 8-13.
- Irwin, A., & Cederblad, A. M. H. (2019). Faculty experience of rudeness in Scottish higher education: Dealing with rudeness from students and colleagues. *Journal of Further and Higher Education*, 43(5), 658-673.
- Jayawickreme, E., Zachry, C. E., & Fleeson, W. (2019). Whole trait theory: An integrative approach to examining personality structure and process. *Personality and Individual Differences*, 136(6), 2-11.
- Jin, Z., Zhao, Y., Sun, Y., Zhang, B., Wang, H., Wu, Y., & Rao, Z. (2020). Structural basis for the inhibition of COVID-19 virus main protease by carmofur, an antineoplastic drug. *Frontiers in Pharmacology*, 11(2), 21-86.
- John, O. P., & Srivastava, S. (1999). The Big-Five trait taxonomy: *History, Measurement, and Theoretical Perspectives* 2(1), 102-138.
- Jonason, P. K., Talbot, D., Cunningham, M. L., & Chonody, J. (2017). Higher-order coping strategies: Who uses them and what outcomes are linked to them. *Personality and Individual Differences*, 155(7), 109-755.
- Kansky, J., & Diener, E. (2021). Science of Well-Being: Notable positive psychology: *An International Perspective*, 43(6), 60-84.
- Kapoor, H., & Kaufman, J. C. (2020). Meaning-making through creativity during COVID-19. *Frontiers in Psychology*, 11(2), 43-56.
- Katrodia, A., Naude, M. J., & Soni, S. (2018). Consumer buying behavior at shopping malls: Does gender matter?. *Journal of Economics and Behavioral Studies*, 10(1), 125-134.

- Keltner, D., & Haidt, J. (2003). Approaching awe, a moral, spiritual, and aesthetic emotion. *Cognition and Emotion*, 17(2), 297-314.
- Labrague, L. J., McEnroe–Petitte, D. M., De Los Santos, J. A. A., & Edet, O. B. (2018). Examining stress perceptions and coping strategies among Saudi nursing students: A systematic review. *Nurse Education Today*, 65, 192-200.
- Li, A., Wang, S., Cai, M., Sun, R., & Liu, X. (2021). Self-compassion and life-satisfaction among Chinese self-quarantined residents during COVID-19 pandemic: A moderated mediation model of positive coping and gender. *Personality and Individual Differences*, 170(3), 110-457.
- Lua, P. L., & Samira, T. N. (2012). Coping mechanism versus health-related quality of life among methadone maintenance treatment program participants. *International Journal of Psychosocial Rehabilitation*, 17(1), 143-156.
- Maltby, J., Day, L., Flowe, H. D., Vostanis, P., & Chivers, S. (2019). Psychological trait resilience within ecological systems theory: The resilient systems scales. *Journal of Personality Assessment*, 101(1), 44-53.
- McAdams, D. P., & Pals, J. L. (2006). A new Big Five: fundamental principles for an integrative science of personality. *American Psychologist*, 61(3), 106-204.
- Milfont, T. L., & Sibley, C. G. (2012). The big five personality traits and environmental engagement: Associations at the individual and societal level. *Journal of Environmental Psychology*, 32(2), 187-195.
- Mishra, M. (2017). A comparative study of self-esteem and happiness of hosteller and non-hosteller boys and girls students. *International Journal of Education and Management Studies*, 7(3), 442-445.
- Nes, L. S., & Segerstrom, S. C. (2006). Dispositional optimism and coping: A meta-analytic review. *Personality and Social Psychology Review*, 10(3), 235-251.

- Nicolotti, L., El-Sheikh, M., & Whitson, S. M. (2003). Children's coping with marital conflict and their adjustment and physical health: Vulnerability and protective functions. *Journal of Family Psychology*, 17(3), 3-15.
- Nosheen, A., Riaz, M. N., Malik, N. I., Yasmin, H., & Malik, S. (2017). Mental health outcomes of sense of coherence in individualistic and collectivistic culture: Moderating role of social support. *Pakistan Journal of Psychological Research*, 32(2), 563-579.
- O'Connor, K. J. (2020). Life satisfaction and noncognitive skills: Effects on the likelihood of unemployment. *Kyklos journal*, 73(4), 568-604.
- Pelau, C., Serban, D., & Chinie, A. C. (2018, May). The influence of personality types on the impulsive buying behavior of a consumer. In *Proceedings of the International Conference on Business Excellence*, 12(1), 751-759.
- Penman, J., & Goel, K. (2017). Coping and resilience of rural and regional Australian immigrants: Imperatives for successful settlement. *Rural Society*, 26(2), 178-193.
- Phyllis M. Eaton, Bertha L. Davis, Pamela V. Hammond, Esther H. Condon, & Zina T. McGee, (2011). Coping strategies of family members of hospitalized psychiatric patients, *Nursing Research and Practice*, 20(3), 1-12.
- Piechurska-Kuciel, E. (2020). Personality: Definitions, approaches and theories. *The Big Five*, 12(1), 1-25.
- Piff, P. K., & Moskowitz, J. P. (2018). Wealth, poverty, and happiness: Social class is differentially associated with positive emotions. *Emotion*, 18(6), 42-902.
- Quintus, M., Egloff, B., & Wrzus, C. (2020). Daily life processes predict long-term development in explicit and implicit representations of Big Five traits: Testing predictions from the TESSERA (Triggering Situations, Expectancies, States and

- State Expressions, and Reactions) framework. *Journal of Personality and Social Psychology*, 120(4), 10-49.
- Rahmanian, M., Zamani, M., & Samare, M. (2020). The assessment of frontal asymmetry according to neuroticism and extraversion dimensions. *Journal of Neurology & Neurophysiology*, 11(6), 1-5.
- Ranjan, K. R., Rohit, S., Dash, R., & Singh, R. (2021). Thinking, feeling and coping by BoP healthcare consumers: Policy-based intervention in an emerging market. *Journal of Marketing Management*, 20(3) 1- 48.
- Ravens-Sieberer, U., Kaman, A., Erhart, M., Devine, J., Schlack, R., & Otto, C. (2021). Impact of the COVID-19 pandemic on quality of life and mental health in children and adolescents in Germany. *European Child & Adolescent Psychiatry*, 7(2), 1-11.
- Riaz, A. S. (2002). The relationship of coping strategies with family relations. Unpublished M.Sc Thesis, National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- Richter J. (2020) Predictors of individual differences in personality and personality change. Findings from cross-sectional and longitudinal studies. *Bielefeld University*, 17(1), 98-120.
- Sahu P. (2020). Closure of universities due to coronavirus disease 2019 (COVID-19): Impact on education and mental health of students and academic staff. *Cureus Journal of Medical Science*, 12(4), 75-41.
- Salman, M., Asif, N., Mustafa, Z. U., Khan, T. M., Shehzadi, N., Tahir, H., & Mallhi, T. H. (2020). Psychological impairment and coping strategies during the COVID-19 pandemic among students in Pakistan: A cross-sectional analysis. *Disaster Medicine and Public Health Preparedness*, 7(1), 1-22.

- Santoki, A. A. (2017) Consumers' innovative personality traits towards electronic products. *Gordhanbhai Hathibhai Patel Postgraduate Institute of Business Management*, 22(6), 32-88.
- Schäfer, A., Pels, F., & Kleinert, J. (2020). Effects of Different Coping Strategies on the psychological and physiological stress reaction. *European Journal of Health Psychology*. 27(3), 109-123.
- Scheier, M. F., Swanson, J. D., Barlow, M. A., Greenhouse, J. B., Wrosch, C., & Tindle, H. A. (2020). Optimism versus pessimism as predictors of physical health: A comprehensive reanalysis of dispositional optimism research. *American Psychologist*. 12(1), 9-20.
- Schindler, S., & Querengässer, J. (2019). Coping with sadness. How personality and emotion regulation strategies differentially predict the experience of induced emotions. *Personality and Individual Differences*, 136(4), 90-95.
- Schuler, K. R., Basu, N., Fadoir, N. A., Marie, L., & Smith, P. N. (2020). Forms of suicide communication are not associated with five-factor personality. *Journal of Aggression, Conflict and Peace Research*, 12(2), 1759-6599.
- Schulz, U., & Schwarzer, R. (2004). Long-term effects of spousal support on coping with cancer after surgery. *Journal of Social and Clinical Psychology*, 23(5), 716-732.
- Shiota, M. N., Keltner, D., & John, O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. *The journal of Positive Psychology*, 1(2), 61-71.
- Shiota, M. N., Keltner, D., & Mossman, A. (2007). The nature of awe: Elicitors, appraisals, and effects on self-concept. *Cognition and Emotion*, 21(5), 944-963.
- Sidheek, F. K., & Satyanarayana, V. A. (2020). Stress and coping. Stress and struggles, the comprehensive book on stress, *Mental Health and Mental Illness*, 63(4), 53-92.

- Sindermann, C., Lachmann, B., Elhai, J. D., & Montag, C. (2021). Personality associations with Whatsapp usage and usage of alternative messaging applications to protect one's own data. *Journal of Individual Differences*, 18(1), 30-43.
- Skinner, E. A., & Zimmer-Gembeck, M. J. (2007). The development of coping. *Annual Review of Psychology*, 58(2), 119-144.
- Sorkhehei, S. A., & Fazel, A. (2019). Predicting of burnout based on coping styles and personality characteristics in principal and assistant of primary school region 5 education of Tehran. *Indian Journal of Positive Psychology*, 10(4), 256-259.
- Stajkovic, A. D., Bandura, A., Locke, E. A., Lee, D., & Sergent, K. (2018). Test of three conceptual models of influence of the big five personality traits and self-efficacy on academic performance: A meta-analytic path-analysis. *Personality and Individual Differences*, 120(6), 238-245.
- Stephenson, E., & DeLongis, A. (2020). Coping strategies. *The Wiley Encyclopedia of Health Psychology*, 32(2), 55-60.
- Stifter, C., Augustine, M., & Dollar, J. (2020). The role of positive emotions in child development: A developmental treatment of broaden and build theory. *The Journal of Positive Psychology*, 15(1), 89-94.
- Sun, J., Li, W. D., Li, Y., Liden, R. C., Li, S., & Zhang, X. (2020). Unintended consequences of being proactive? Linking proactive personality to coworker envy, helping, and undermining, and the moderating role of prosocial motivation. *Journal of Applied Psychology*, 106(2), 250-267.
- Szcześniak, M., Sopińska, B., & Kroplewski, Z. (2019). Big five personality traits and life satisfaction: The mediating role of religiosity. *Religions*, 10(7), 437.

- Tariq, F. T., & Naqvi, I. (2020). Relationship between personality traits and prosocial behavior among adolescents. *Foundation University Journal of Psychology*, 4(2), 54-63.
- Tariq, S., Farooq, M., & Malik, S. (2020). Psychological experience of university students in COVID-19 lockdown: A Qualitative Research. *Pakistan Social Sciences Review*, 27(1), 29-56.
- Tharp, D. T., Seay, M. C., Carswell, A. T., & MacDonald, M. (2020). Big five personality traits, dispositional affect, and financial satisfaction among older adults. *Personality and Individual Differences*, 166(2), 110-211.
- Tohver, G. C. (2020). Eysenck giant three. The Wiley encyclopedia of personality and individual differences: *Personality Processes and Individual Differences*, 22(3), 155-159.
- Van den Bekerom, P., van der Voet, J., & Christensen, J. (2021). Are citizens more negative about failing service delivery by public than private organizations? Evidence From a large-scale survey experiment. *Journal of Public Administration Research and Theory*, 31(1), 128-149.
- Van der Colff, J. J., & Rothmann, S. (2009). Occupational stress, sense of coherence, coping, burnout and work engagement of registered nurses in South Africa. *SA Journal of Industrial Psychology*, 35(1), 1-10.
- Vander Molen, K., Fogarty, K., McGrady, M., & Lagerwey, M. (2021). Religious problem-solving styles and self-efficacy with problem-focused coping in a faith-based poverty alleviation programme. *Mental Health, Religion & Culture*, 9(2), 1-14.
- Volk, A. A., Brazil, K. J., Franklin-Luther, P., Dane, A. V., & Vaillancourt, T. (2021). The influence of demographics and personality on COVID-19 coping in young adults. *Personality and Individual Differences*, 168(2), 110-398.

- Wan, S., Xiang, Y. I., Fang, W., Zheng, Y., Li, B., Hu, Y., & Yang, R. (2020). Clinical features and treatment of COVID-19 patients in northeast Chongqing. *Journal of Medical Virology*, 92(7), 797-806.
- Wang, M., Zhao, Q., Hu, C., Wang, Y., Cao, J., Huang, S., & Yang, Y. (2021). Prevalence of psychological disorders in the COVID-19 epidemic in China: A real world cross-sectional study. *Journal of Affective Disorders*, 281(4), 312-320.
- Woodward, L. (2020). Cattell trait theory lexical analysis. *The Wiley Encyclopedia of Personality and Individual Differences: Models and Theories*, 36(2), 135-140.
- Yoon, C. H., & Lim, D. S. (2018). The effect of the big five and the MBTI on impulsive and compulsive buying behaviors: An integrated analysis in online shopping. *Journal of International Trade & Commerce*, 14(3), 101-117.
- Zakar, R., Zakar, M. Z., & Krämer, A. (2012). Voices of strength and struggle: Women's coping strategies against spousal violence in Pakistan. *Journal of Interpersonal Violence*, 27(16), 3268-3298.
- Zeigler-Hill, V., Vrabel, J. K., Sauls, D., & Lehtman, M. J. (2019). Integrating motivation into current conceptualizations of personality. *Personality and Individual Differences*, 147(5), 1-7.

Appendix-A**Informed Consent**

I (Naila Shabbir) student of MSc at National Institute of Psychology, Quaid-i-Azam University, Islamabad. I am conducting a research for the partial fulfilment of MSc degree to explore the relation of personal disposition, role of positive emotion and coping of COVID affectees.

For this purpose, I request you to give your honest opinions on the questionnaires attached along. Information provide by you will be kept confidential and anonymity will be ensured. Moreover the provided information will be used for the academic purpose only. You have the right to quit at any time if you want to. However, your participation will be highly appreciated. The decision to participate in this study is entirely up to you.

If you agree to participate, please express your consent by signing the statement given below related to your consent. If you want to share findings of this research or specifically to share interpretation of your own data, you can contact the researcher on the below mentioned email. It is requested to fill the questionnaire as genuinely and truly as possible. Do not leave any statement without response as it may affect our findings.

Thank you

Please sign below if you have read and decided to participate in the research study.

Signature of Respondent

Researcher's information

Naila Shabbir

National Institute of Psychology

Quaid-i-Azam University, Islamabad

Email: iamnaila123@gmail.com

Appendix-B**Demographic sheet**

Please provide the following information:

Age (Approximate years): _____

Gender: Man ☐ Woman ☐

Education: Undergraduate ☐ Graduate ☐ Postgraduate ☐

Occupation: Business ☐ Government job ☐ Private job ☐

Family system: Nuclear ☐ Extended (joint) ☐

Financial status: Independent (i.e., earning on your own) ☐

Dependent (i.e., on parents / Guardian) ☐

Socio-economic status: Middle class ☐ lower middle class ☐

Upper middle class ☐

Marital status: Married ☐ Unmarried ☐ Widow ☐ Divorced

Separated ☐ Divorced ☐

How long you are hospitalized: _____

Who was your care giver: Spouse ☐ Children ☐ Sibling ☐

Other relative ☐

Appendix-C

Scale # 1

Note: Read each statement carefully, and indicate the degree to which you agree or disagree with it. Please note that there is no right and wrong answers, so kindly respond as genuinely as possible.

I see myself as:	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I am talkative				
2. I am reserved				
3. I am full of energy				
4. I generate a lot of enthusiasm				
5. I tend to be quite				
6. I have an assertive personality				
7. I am sometime shy, inhibited				
8. I am outgoing, sociable				
9. I am depressed and sads				
10. I am relaxed, handles stress well				
11. I can be tense				

I see myself as:	Strongly Disagree	Disagree	Agree	Strongly Agree
12. I worry a lot				
13. I am emotionally stable, not easily upset				
14. I can be moody				
15. I remain calm in tense situations				
16. I nervous easily				

Appendix-D**Scale # 2**

Note: Read each statement carefully, and indicate the degree to which you agree or disagree with it. Please note that there is no right and wrong answers, so kindly respond as genuinely as possible.

S.#	Statements	Strongly Disagree	Disagree	Agree	Strongly Agree
1	I am generally a contented (satisfied) person.				
2	I am at peace (free from anxiety & distress) with my life.				
3	When I think about my life I experience a deep feeling of contentment (satisfied).				
4	I feel satisfied more often than most people.				
5	My life is very fulfilling (satisfying or pleasuring).				
6	It's important to take care of people who are vulnerable (defenseless or at risk).				
7	When I see someone hurt or in need, I feel a powerful urge (desire or wish) to take care of them.				
8	Taking care of other gives me a warm (affection) feeling inside.				
9	I often notice people who need help.				

S.#	Statements	Strongly Disagree	Disagree	Agree	Strongly Agree
10	I am very compassionate (kindhearted) person.				
11	I find humor (funniness or joking) in almost everything.				
12	I really enjoying teasing people I care about.				
13	I am very easily amused (pleased).				
14	The people around me make a lot jokes.				
15	I make joke about everything.				
16	I often feel awe (wonder)				
17	I see beauty all around me.				
18	I feel wonder (surprise) almost every day.				
19	I often look for patterns in the objects around me.				
20	I have many opportunities to see the beauty of nature.				
21	I seek out experiences that challenge my understanding of world.				

Appendix-E

Scale # 3

Note: Read each statement carefully, and indicate the degree to which you agree or disagree with it. Please note that there is no right and wrong answers, so kindly respond as genuinely as possible

S.#	Statements	Never	Sometime	Frequently	Always
1	I have been concentrating my efforts on doing something about the situation I'm in.				
2	I have been getting emotional support from others.				
3	I have been taking action to try to make the situation better.				
4	I have been saying things to let my unpleasant feelings escape.				
5	I have been getting help and advice from other people.				
6	I have been trying to see it in a different light, to make it seem more positive.				
7	I have been trying to come up with a strategy about what to do.				
8	I have been getting comfort and understanding from someone.				
9	I have been looking for something good in what is happening				
10	I have been making jokes about it.				
11	I have been accepting the reality of the fact that it has happened.				
12	I have been expressing my negative feelings.				
13	I have been trying to find comfort in my religion or spiritual beliefs.				
14	I have been trying to get advice or help from other people about what				

S.#	Statements	Never	Sometime	Frequently	Always
15	I have been learning to live with it.				
16	I have been thinking hard about what steps to take.				
17	I have been praying or meditating				
18	I have been making fun of the situation.				