

**SOCIAL CAPITAL AND PSYCHOLOGICAL DISTRESS
DURING COVID-19 LOCKDOWN**



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Islamabad

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**“Thesis submitted to the Department of Sociology, Quaid-i-Azam University,
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Abstract

Social capital has a positive and negative impact on the psychological distress of people. Current research inspects the effect of social capital on psychological distress during the covid-19 lockdown in Pakistan. The social cognitive theory is used to elucidate the influence of social capital on psychological distress during the lockdown. A theory provides different types of learning in which it provides an idea about people and their impact. The quantitative approach is used; the data is collected through a questionnaire, a close-ended questionnaire was used. The total sample was 62 and a convenient sampling technique is used to collect data. Data analysis is done by using the statistical package for social sciences (SPSS). The results involve descriptive and inferential statistics that are shown in the form of tables. The finding of research shows social capital is inversely related to psychological distress. It means low social capital causes stress and high social capital makes people satisfied. The study finds that adult people due to less interaction with friends, colleagues, teachers, and joblessness i.e., low social capital, remained in stress and psychological distress during the lockdown. While children and old age people owing to high social capital (bonding with family) are satisfied during the covid-19 lockdown. This research contributes to the literature for different purposes and helps researchers and practitioners in the treatment of psychological distress with the help of social capital.

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Chapter No. 01

INTRODUCTION

Some cases of a novel phenomenon were reported to World Health Organization on 31 December 2019 due to new identification in Wuhan city. According to Chinese authorities on 7 January 2020 it was confirmed that the cause is novel coronavirus. It was later named “*Covid-19 virus*” which was a new virus of all humanity which started from common cold to more dangerous diseases, which could cause death of a person by infecting his respiratory system and due to other multiple reasons. On the very day of 30th January 2020, the director general of World Health Organization declared a global emergency of international concerns. By the start of March of 2020 there was seen a rapid increase in the No of infected cases of covid-19 outside the China which made WHO’s director general to announce that it was not just simple outbreak in China, but it can be a global pandemic affecting the global health. During that time 118000 cases were reported in around 114 states and 4091 deaths were declared due to this virus. The whole world suffered and saw extreme distress from March 2020 to April 2020 became EPI Center of this virus in the form of epidemic (WHO 2019).

Impact of Pandemic

This pandemic has affected mental health on a larger scale worldwide. From the very start of this pandemic unforeseeable and uncertain health measures, to prevent this virus impacted psychosocial health globally, were taken. Furthermore, precautionary strategies such as lockdown and social distancing raised issues of mental health caused by selfisolation.

The example of misery is that the dead body of coronavirus patient can spread this virus to any healthy body, so the blood relatives are unable to pay farewell to the dead, by staying away from the dead body. Hundreds of dead were burnt or buried at one place (Tehmina 2020)

The impacts of mental health of this pandemic triggered the existing mental health issues in many individuals in addition to that it affected psychological sensitive people more. Many health systems are not very well equipped with mental health assistant and resource, this pandemic has exposed mental health issues. There are many a worldwide that links the rule of social capital in pandemics. To improve mental health in communities, social capital is a topic which has been studied. It provides the understanding of social constant such as social cohesion, trust, customs, moral and networks. There are two major forms of social capital one of bounding capital which lets people make tie within a social community and the second one is bridging capital which lets communities makes a social tie. a summary review of 55 studies found that all the social capital was linked with behavioral and mental health, another review of 39 studies concludes that social capital has played a preventing role against many common health issues. In United states a large number of social capital responded positively to less mobility due to lockdown which reduced the transmission of virus, and which informed health incomes. This shows that society with high social calypso respond with low social capital (Tehmina 2020).

Covid-19 in Asia

Covid-19 has affected the Asia-Pacific which has tested the flexibility of economies and their wellbeing frameworks. It has given gigantic weight for the wellbeing laborer to work in the front line for its general and total appraisal in the nations and regions of its reaction. In the conceivable widespread it deals with the general wellbeing, and it affects different China and foremost influenced of begin in nine months of 2020 for the information of Covid-19 passing details. An Indonesia is hit by the infection, and it differentiates for arranging its South-East Asia as well as Pacific Islands nations that influenced to the date. Variation in populace thickness, the rural-urban composition the degree of universal visitors as well as statistic characteristics among others can clarify these watched contrasts in passing rates. Contrasts in control and moderation procedures (OECD 2020).

COVID-19 transmission rates in South Asia at first were beneath control when government executed well-being approaches pointed at controlling the widespread such as quarantine, travels ban, border commerce and school closures. Government has since loose open well-being rule which come about in critical flare-ups moving the worldwide EPI center of the COVID-19 widespread to India. Efficient progressing open well-being reconnaissance of the COVID-19 is required to educate illness avoidance approach to reestablish control of the widespread inside the locale. Objective to illuminate open wellbeing pioneers almost the state of the COVID-19 widespread, how South Asia contrast inside and between nations and from other worldwide locales and where quick activity is required to control the episodes. Strategies we extricated 62 days of COVID-19 information from open well-being registries and calculated conventional and improved reconnaissance measurements. we

utilize an experimental contrast condition to degree the everyday number of cases (Sarah 2021).

Moreover, Covid-19 has had an impact on every field of life since 2019 and it has rapidly increased to provide loss to the countries on an international level. In Pakistan, Covid-19 also impacting on different fields including education sectors, business, government sectors, shopping malls, and others. All these things are impacting economically to the country, and it affects the capital of Pakistan. In Covid-19, Pakistan is facing a difficult situation due to psychological distress and social capital. Social capital refers to the positivity that can be the product of human interactions. A positive outcome provides tangible or intangible useful information, innovative ideas, and opportunities for the future. It has a high impact on organizational success with personal relationships and networks. Social capital is a shared value of individuals which allows different work together in which it works in a group for a common purpose. In the idea generation, it gives a new band together for society. In the business, it gives new social capital along with members to work effectively (Alvarez 2019). Social capital has become more significant recently due to COVID-19 pandemic. The term exists around a century. It's understanding goes back to many eras. The term social capital appeared for first time in a book published in 1916 in America, which discussed the population to keep check and balance over schools. The author of this book considered good well companionship, empathy, and social interaction of peoples as assets, so these people can form a social unit to work together. There are different priorities of social capital. There is one form commonly Known as Burned. Links in this form are based on common identity e.g., family common friends and common Friends and people who are connected ethically. The second variety is called Bridges in this foam links are made by starching a common

sense of identity. For example, people who work together, associates and distant friends. The third variety is “linkages”, links which we develop by stepping down the social structure with people or group of people. We can avail different advantages out of social capital, friends and families supports us in many ways, such as financial matters social and emotional issues. A comprehensive study found in UK which states that many people find jobs thorough social contract rather than advertisements this kind of support can become more useful in states which lacks rule of law. Unfortunately, Pakistan being a third world underdeveloped country has a weak system of rule of law

(Siu, 2021). According to UNSDSN (United Nations Sustainable Development Solutions Network) report 2021 Pakistan is at 105th out of the 149 countries list in World Happiness Index. This report shows that a significant change occurred in the Pakistan’s happiness index ranking because it was 75th in 2018 and 105th in 2021. It depicts that due to lock down many masses are suffering from anxiety and psychological distress. As from the above discussion we know that psychological distress has become a big health issue in entire world especially in Pakistan (UNSDSN 2021). During lockdown due to covid-19 many people are reporting stress and psychological distress. Many studies show there is strong relationship of social capital with psychological distress. Apart from structural social capital, the other form cognitive social capital is found an important predictor of mental wellbeing Close C et al. (2016). According to “World Health Organization. Promoting mental health: concepts, emerging evidence, practice. 2015” no consensus exists upon the relationship of social capital with psychological distress. Till now there is little contradiction on the relationship of social capital and psychological stress and there is no consensus upon how high social capital and low /weak social capital affects mental health so, it is very important to further

explore this concept to check the role of social capital to overcome distress. This study is very important to resolve the issue and clarification of relationship.

1.1 Research Question

What is the impact of social capital on psychological distress during covid-19?

1.2 The objective of the study

1. To find out whether social capital is associated with psychological distress in Pakistan during the pandemic situation of Covid-19 in Pakistan.
2. To identify the relationship between social capital and psychological distress during Covid-19 and the lockdown situation.

1.3 Significance of study

As tough as it may be to deal with, the covid-19 circumstance is beneficial to human support and psychological well-being. As a result of this research, we can better understand the impact of psychological discomfort during lockdown. During Covid-19, researchers were able to do study on these issues and how everyone needed a place to live, and they were beginning to feel worried and concerned.

A variable of psychological distress is providing the impact of distress in Covid-19 and how social capital can be defined in terms of psychological distress. This research provides knowledge to practitioners and researchers that how social capital affects psychological distress in situations like lockdown. It can help doctors to treat psychological stress in Asian countries like Pakistan.

1.4.1 Null Hypothesis (Ho)

Social capital has no impact on psychological distress during lockdown.

1.4.2 Alternative hypothesis

Social capital has impact on psychological distress during covid-19 lockdown in Pakistan.

1.5 Research Gap

Social capital has positive and negative impact on psychological distress. People are performing various tasks in the lockdown for communication spending time together, work from home and other things. Carmen et al. (2020) finds low social capital was associated with indicators of psychological distress. SC is a community social resource that could help mitigate the quarantine impact of coronavirus disease amidst the

Colombian population's psychological health. A few studies have shown the relationship between social capital and psychological distress during covid-19. These are mostly performed in America and Europe but not in Asia. These continents are different in cultural, social, political, and economic paradigms. To fill the population gap there is need to test, this model in Asian countries so, current research inspects the impact of social capital on psychological distress during lockdown in Pakistan.

Chapter No 02

REVIEW OF THE LITERATURE

Due to Covid-19, students and the general community are affected by mental health issues in a global context. thus, the COVID-19 epidemic has affected every aspect of human existence, including social, physiological, and even economic aspects. In this chapter, we are discussing literature to analyze different theories, finding and its research gap.

2.1 Condition of COVID-19 and Social Capital Throughout the World

Campo-Arias et al. (2020) reported that, in Colombia, Latin America, people faced stress due to loosen of social capital during the pandemic period. In addition, the government of the respective country also face the phenomenon of disintegration because covid-19 inculcated stress among community. The study was based on national research by Columbia university, so the government took initiative to connect people to strengthen the community. Similarly, Gómez-Salgado (2020) analyzed the situation in Spain. The study found that psychological distress arouses among community members due to loos of connectivity. Covid-19 breaks the chains of people and as a result people remained isolated. Isolation is among major cause of psychological distress among people. Moreover, the study concludes that psychological distress was high in female participants. This indicated that women also affected with the problems of covid-19. In addition, findings from another study conducted by Hervalejo et al. (2020) also confirms the that, in Spain, covid-19 pandemic is serious harm to social emotions. Family life of both genders, male and female, effected by it. The study also repots breaking of social capital during the pandemic cricis. Similarly, Li (2020) argued that, in Hong Kong, job holder segments of population face serious problems due to the rise of covid-19. They loosen hobs and remain isolated behind the walls of their homes. Income loose, loss of social capital and connection lose cause

stress, depression, and loneliness. Moreover, the pandemic crates the environment of distrust among close community members. This leads towards depression and lose of social capital.

Previous studies focused on narrowly defined population regarding impact of covid-19 in terms of psychological consequences. Qiu et al. (2020) conducted nationwide study to measure and know about psychological distress and depression among Chinese people. The study argued that covid cause trust deficient as well as psychological distrust due to breaking social capital. Chinese government enforced stick laws to break the chains of covid-19 cases. Nevertheless, the researchers also suggested nationwide plans to reduce psychological distress among people.

Not only common propel, professional and job holders effected by covid-19, the vary agency of health such as health care professionals also found in psychological distress and lose of social capital. This means that the scope of the pandemic is multidimensional, and no one found escape route from it.

2.2 Covid-19 in Pakistan and its Socio-psychological Impacts

In the COVID-19 impact in Pakistan are developed the people in the psychological distress people are affected and mental issues were created in mind thoughts, emotions, depression, anxiety this problem were caused in psychological distress. In this COVID19 pandemic situation fight against this virus from the social capital, it is important to develop this because to making policies about healthcare, making of standard governance these social capitals were helping to fight against COVID-19 strongly. Covid-19 has affected the Asia-Pacific which has tested the flexibility of economies and their wellbeing frameworks. It has given gigantic weight for the wellbeing labors to work in the front line for its general and

total appraisal in the nations and regions of its reaction. In the conceivable widespread it deals with the general wellbeing, and it affects different China and foremost influenced of begin in nine months of 2020 for the information of Covid- 19 passing details. An Indonesia is hit by the infection, and it differentiates for arranging its South-East Asia as well as Pacific Islands nations that influenced to the date. Social capital in individuality is caused by lower psychological distress this social capital individuality buffered has resulted in negative mobility restriction which is weak. The social capital affected the operating mitigation by the individual in a contextual way so applied various models to the waves of COVID-19 about household and surveys in the adults of probability. The research process shows that social capital is caused by a lower level of psychological distress. But in some cases, it will be harmful for the buffered that developed weak impact by an individual which caused distress. The mitigation contextual research in the social capital has developed the conditions that would be measurable. Different surveys have been done due to responding in contextual not affected in the social capital from distress reducing. An increase in the negative effect in the distress is founded in the weak position high level of distress of social capital. The individual environment has also measured affected in the social capital COVID-19 of Pakistan. In the situation of COVID-19, the government of Pakistan can do an effort to resolving the issues in economic, legal, technological, geographic, cultural, people need in social capital (Goodman 2015).

The health of the public is important to respond in a social context and the strong references framework about health care to understand of implementations giving the good service in the health in the society members. In the psychological distress, mental illness was resolved by controlling the social capital of the public which is developed from human behavior and caused by mental distress. In the situation of COVID -19 in Pakistan, many psychological issues were created about the mental illness in the assessment of health in depression, anxiety, stress, and the government advising people to get interact with the social environment.

Also, this virus caused another issue that is students' education, age, occupation, symptoms that are affected because of mental health is disturbed. In the parts of the human mind that are described different theories like the cognitive theory of mind, psychopathology, psychodynamic, education, all are affected due to COVID-19 so in this situation psychologists were used different therapies and different scientists were done different experiments about human behavior. Another psychological problem was created in the employment person because they lose their jobs because of lockdown COVID-19 pandemic situation.

By analyzing the result shows that social capital was created the problem of psychological distress affection in the relationship between other structural or functional problems of the mind. Social capital is subjectivity associate with the affection of indirect social status it can deal with the seven factors that are related to all the social statuses like age, gender, education, occupation, etc. Many scientists' studies on the relationship on the human mind behavior about the health cognitive process. In the network resources, the social capital is resources of embedded and structure is mobilized the different networks instruments are

available to the capture of egos, McCallister and Fisher, Palmer, Loftus all scientists are working on the position generator that is identifying the contacts of these positions one of its positions are socioeconomics position. Social capital depends on the sources that are structural sources like in the position of past roles and achieving this role in the instruments they are health, wealth, and satisfaction of life. In the COVID-19 situation in Pakistan social capital is dealing with all that source some of these sources are caused by psychological distress but the government has control of that situation by making policies which are appeared due to this virus. Life satisfaction in a negative way is developed in the social capital due to domestic resources (Fisher 2016).

The adult people that are the students of college and universities are not happy in lockdown period and very least ratio than others these age group people prefer to doing studies in the campus they are like to complete education in the campus participate in the activities and they are not like the online system because they cannot develop a better understanding in the online study lectures and this thing making human mind in depression, stress, anxiety that are caused of psychological distress so, the COVID-19 has impact deeply on the young people because they cannot feel happy to stay at home continuously. In the communication process in the lockdown period, the school going age children could not have any mobile phone, so they didn't like the communication process because all the communication are done through the using of social media apps like emails, messages in WhatsApp, video calls in Skype, playing games so all the communication between the friends, cousins, family relatives, and teachers are through on the communication in the social media.

2.3 Psychological Distress due to COVID-19

In the COVID-19 pandemic situation in Pakistan psychological distress is developed at a higher level the psychological issue was created in the human mind that is a sign of human mental illness. In this psychological problem humans are caused by depression, anxiety, stress all that thing affects human behavior in the emotions, feelings, and thoughts they all are making the human mental illness issue (Alezandere 2018). The situation of COVID-19 is being very critical from Pakistan because they were highly affected the student's life, employment, and business loss, some of them are attempted suicide because of the loss of jobs, and some students that are not understanding the online lectures. All the people affected in the psychological distress due to the COVID-19 Pandemic situation (Gkouskon 2017).

When the lockdown situation has come due to COVID-19 university and school going students are staying at home for a long period of time so in this age mostly developed psychological distress because these age students are habitual to meeting friends and communicate with them, taking physically participation in the education activities so if they locked in the home, so, obviously they have appeared the psychological problem (Aafjez 2021).S Lee et al. (2022) study Patterns of Social Support and Trajectories of Household Recovery after Super storm Sandy by Contrasting Influences of Bonding and Bridging Social Capital, in New Jersey counties. They find applications for bonding and bridging forms of social capital in recovery and motivate research and investments for assessing and cultivating both informal relations and institutional networks from which post disaster social support can be mobilized.

2.4 Social Capital

In Pakistan when the COVID-19 pandemic situation comes the social capital problems were found because of the jobless person, business loss, agriculture loss, bank loss all losses are created financial problems in the social capital which are formed due to COVID-19. In this social capital the economic, cultural, environmental, social problems are developed because hundreds of people have unemployment, and they can't afford the family budget so in this way they have a big financial problem specially the that is life in a joint family system (John, 2018). Economic is forming the issue of goods because in COVID-19 lockdown a big loss in the agriculture is found due to the farmer lower range and have a financial issue that providing the goods in agriculture.

So, in all issues that were developed in Pakistan due to the pandemic situation of COVID-19 government makes such policies in the social capital that control the capital of Pakistan in all fields and are also overcome from this virus (Alexander, 2018). UNDP reports are also made by the government in social capital in this report that is related to the power, person, health, policy that made the young people to better understanding in the challenges and innovations which are developed in the economic and environmental conditions, so the people are capable to use this report things to improve the quality of life in this COVID-19 (Gkoukos 2017).

2.5 Social Capital and Psychological Distress

Bamford et al. (2020) in their study, conducted on Minorities and Black live in UK to investigate social capital and psychological health, find that people of Asian countries such as Pakistan, India and Bangladesh were in more stress during wave 6 as compared to British people. Moreover, the study reveals that increasing social capital works as protective measure during COVID-19 in those people. Further research was conducted in Colombia with the purpose of knowing relationship between low social capital and indicators of psychological stress. By taking the population sample of 700 masses the researchers used cross sectional method to evaluate suicide risk, depression risk, insomnia risk and covid-19 disease stress and find low social capital causes stress in people of Colombia during coronavirus pandemic which means high networking and strong relationships can mitigate stress (Domínguez et al. 2021).

In psychological distress social capital is inversely associated with that its subjectivity also affected the indirect social status and it identified the levels of interpersonal, social, culture, environment in different networks. In the psychological distress mental illness of human are at of low risk is reported in the high level of social capital. As a term of "social network" it is defined in the social capital which included cash, loans in it and another intangible resource are known as emotional, information stage. COVID - 19 has come in Pakistan from 2020 due to the Iran people has come to Pakistan because he was affected to this virus then this virus is spread rapidly to another people, so the worst position of Pakistan has created lot of education, job due to lockdown is necessary to all educational institutions,

banks, entertainment places, companies are closed the government has decided because this virus can spread a large range of people. In the lockdown situation children education are deeply affected behavior are changed in a negative sense they are teasing to their parents because all the time they were played at home and not going outside so the child mental thoughts, feelings, emotions are affected, and a large number of people are affected in the mental illness (Lowyck 2017). In adults university or college students are also affected due to the stop of study in a starting lockdown time than online system are discovered but most of the students are not taking the study seriously and a large number of students who are taking study seriously they did not understand the lectures in the online system than of physical class in this case the interested study students are attempt suicide because they don't understand anything and these thing developed the psychological distress. Because of lockdown in the COVID-19 situation social capital were also having problems in the psychological distress in the economic, culture, environment, and others (Livench 2015).

The psychodynamic school of thought has dominated the understanding of the human mind for over a century these problems are appear in the pandemic situation of COVID -19 in Pakistan. There are many ways in which these principles may guide coaching, dealing with both the unconscious and conscious variables that influence human behavior. It can also be defined as how mental or emotional forces or processes, particularly in early life, develop and how they impact behavior and mental states, especially at the unconscious level because of COVID-19 the human mind is deeply affected. When it is said psychodynamic, it is referring to a wide range of theories that emphasize the importance of unconscious processes in human behavior, and in particular, the dynamic interplay between different regions of the mind. While some of Freud's theories and emphasis on intrinsic impulses

have been elaborated upon, others give entirely new formulations since his first presentation of psychoanalysis (Kivlighan 2019). Many object relations theorists, including Winnicott, have emphasized the importance of mother-baby relationships in the formation of mental life. Jung, on the other hand, developed an analytical psychology" that emphasizes the Self as well as the role of archetypes. Klein has focused on the role of fantasy in early childhood development and his empirical approach to attachment theory inspired a flurry of a new study. These psychological distresses had developed due to COVID-19 situation when the strong wave has come and completely get lockdown. These are only a few of the world's leading experts in a profession that is continuously changing and discussed the process and importance that the psychologist has done according to the patient mental stage and is now being confirmed by neuroscientific research into the function of non-conscious processes in emotional development (Lowyck,2017).

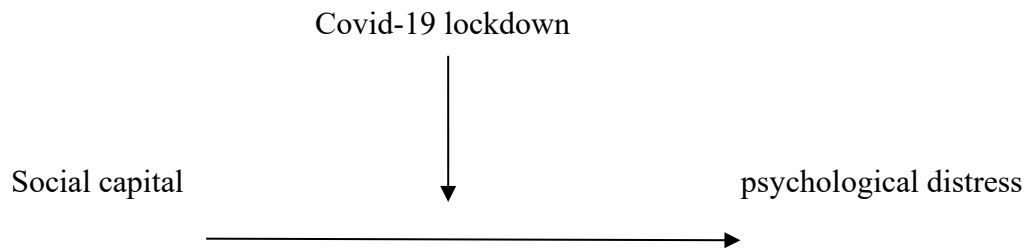
Assumptions

1. Lockdown is having a both aspects positive and negative on people, but they are suffering from psychological distress.
2. Social capital is providing positive impact to the society in Pakistan.

Chapter No 3

THEOTITICAL FRAMEWORK

A theoretical framework is present in which it is required for the research, and it deal with the study of the theories and according to this theoretical gap and its importance. In theoretical framework, an applied theory is selecting which will be beneficial for the research paper and conduct data analysis.



3.1 Social Cognitive Theory in the Psychological Distress

Social Cognitive Theory (SCT) is proposed by **Albert Bandura**. This theory states the influence of individual experiences, the actions of others, and environmental factors, personal relationships on individual health behaviors. SCT provides opportunities for social support through instilling expectations, self-efficacy, and using observational learning and other reinforcements to achieve behavior change.

In the psychological manner distress understanding in the cognitive theory has been described the negative attempts, thoughts, feelings, expression of the patient in human behavior due to past experiences and somewhere negative events of life can be determined is the reason to have this problem were created in the mind. A psychologist can be applying the methods of the principles by identifying the maladaptive thoughts and process of transforming the constructive pattern in the cognitive theory in human behavior. The patient has a negative view about his present or future this process is called psychological

distress. In the cognitive theory, formal systems in the mind are activated that can be developed the stress in mind which are called “stress stimuli” many stress was developed in the mind like general, specific and stress, experiences response that are based on the cognitive process in mind can healthy or weak. The cognitive process also deals with the changes over time in the process of development and this development is the test of human intelligence and nature. In cognitive theory deals with emotions, thoughts, expressions, beliefs, perceptions by systematically using the scientific methods called a cognitive theory (Wagerman 2021). The cognitive problems appeared in the COVID-19 pandemic situation in Pakistan so many the general population was affected due to this virus symptoms are shown like depression, anxiety, stress that would affect the cognitive emotion. The research of these methods shows that in Pakistan four parts are mostly affected by this virus in the cognitive process first the problem in the consent form, second were affected the demographic profile and the third problem was depression, anxiety, and stress that are deeply affected to the human behavior and thoughts. By analyzing the raw data in the descriptive statistics was calculated which included regression, correlation, and t-test research depends on the objectivity. COVID -19 pandemic situation has created a problem in the cognitive process of human behavior many people were affected by the psychological issues and this issue was developed because of cognitive emotion regulation in the human mind (Gkoukos 2017).

In this case, the policymakers created the programs of implement that prevented the people through the recommendations from the mental issues that awareness of programs are developing the healthy mind and recovering the patient from the psychological distress in the cognitive process. In the Mental illness were determining the two measure problems in Pakistan that are anxiety and obsessional thoughts of human mental health in the present research in the COVID-19 shows these two levels of mental illness are presented mostly in Pakistan that are developed and as a result psychological distress in the cognitive process of the human mind have appeared. These issues were solved by applying some method by the psychologist to remove depression, anxiety, and the mental illness of human behavior. These issues were developed in the adults but also affected the student's life during lockdown situations they impact the student studies. These issues were developed in the COVID-19 pandemic situation in Pakistan (Rubin 2020).

Cognitive theory somehow does not give an observation it depends on relies on inference Loftus and palmers are pointed out this thing also works on memory by doing hypotheses and research has shown that memory is not observed able and in the result of demanded or judgment of the speed that is very slow are determined. The scientific approaches based about research can providing higher processing in the internal validity to resolve the problems in human behavior. The most important part of human life is the cognitive approach that is impacting on the human behavior that is ignored as the time of research. Palmer and Hollin gave great research about the arguments and behaviorism of humans that decide by assuming differences in criminals which groups are given experimentation by controlling the decisions in a cognitive way which are not similar to another. Another great scientist or psychologist would make the experiment as like Brunner et al and Juby

also Farrington all are determining the process in the cognitive approaches to overcome the psychological distress they all given the biological experiment to describe crime how the people would come in this type of mental activities and as a result of this cognitive approach five things are developed in this process of mental illness these are emotions, memory, language, human thoughts. And understanding human behavior is important to develop an easy theoretical approach relate to human mental illness (Hanley 2017).

Cognitive social capital is one of three dimensions of social capital, the others being structural and relational social capital. In psychological distress in cognitive theory has a negative and weak impact on human behavior and many difficulties were developed in the risk of factors. The unhealthy relationship was determined because of research in the distressful behavior and condition of mind questionnaires were borrowed, human thoughts that they think critically their emotions all questions are asked to make a selfcriticism and moments of awareness that are presently shown in the cognitive approaches. This self-criticism is of a high level that was based on negative, unhealthy, and distress in the cognitive approaches and given mediations of this process. Another psychological that created an unhealthy relationship is the awareness of the present moment, but these are not distressful. In self-criticism, the research is based on repetition and this process is weak and distressful in perfectionism but in the future have possibilities to work on these targets of self-criticism that can help to build the healthy impact on the human behavior in the cognitive theory of psychological distress (Riva, 2020).

The self-criticism of psychopathology and psychotherapy must pay attention to the research of literature that process has been done in the COVID-19 situation when these cognition issues were developed its treatment would take in the better understanding in Pakistan. The process of psychopathology has developed an impact on the self-criticism change in emotion, and cognition and in the other way psychodynamic therapy can be highlighted by using various addressing of psychotherapy in criticism. Approaches were depended on the treatment of cognitive in the self-criticism that processes were made in the psychological distress of cognitive theory that appears due to COVID-19 pandemic situation in Pakistan but many scientists, a psychologist would make different experiments by solving the issues that are determined in human behavior due to mental illness so to control human behavior, thoughts, feelings self- criticism can apply the treatment of psychotherapy and psychopathology and try to overcome from this mental illness (Howard 2018).

3.2 Application of Cognitive Development Theory

In the field of cognitive theory approaches it has different pros and cons by using the applications practically and observing the disadvantages in human behavior due to the affection of mental illness. Applications were determined like the Baron-Cohen experiment. The test about autism and deficit considers a new test of mind if someone has autism about Asperger's syndrome, they would understand very well about the knowledge which people gained and also developed in school activities or other work. The experiment about the question leading to the education given by Loftus and Palmer has a higher impact on the forensic psychology of testimony of eyewitnesses this approach has played an important and great use of the psychologist in the society by solving the psychological distress of cognitive theory in human life. Palmer and Loftus have done great research and experiments in the psychological cognitive approaches by using the lab experimentation based on the investigation about a question that leads to human memory. Baron-Cohen also gives the experiment about Quasi which investigated the human mind. In the field of an experiment by investigating the interview in the cognitive theory different techniques or other performances were conducted eyewitness interviewing that experiment done by Fisher et al aim of this experiment was to determine the strength of application that would be performed practically and make the advantage in the cognitive theory. But somewhere this approach was applied only in the controllable situation of the variables it concluded the cognitive approach done scientifically in the research studies in the internal variables which are control all the validity of extraneous (Malark 2017).

3.3 Proposition

The cognitive approach in the theory of behavior is an important part that described the problems which are based upon the gaps between the theory and practice. To get the research about the different psychological methods in the cognitive theory has not one matter or point has concerned in it there are many variations to dealing the mental illness by a different psychologist. Research shows that many scientists would make different experimentations according to their research and applying the method to develop a successful treatment of human mental illness and at this point clearly present that research gap has appeared in the theory of practice in Pakistan this gap was described that in the psychological term scientist were make techniques by doing experiments, but research doesn't show exact possibilities of treatment in the cognitive theory research gap are determined. This gap was fulfilled also in the future by doing approaches and experiments through the research process so that gaps are a result of a successful experiment by using the techniques. In Pakistan situation of COVID-19 has created mental illness that changed human behavior. So, to overcome the psychological distress various methods were used in the treatment of mental illness in the cognitive theory (Kivlighan 2019).

Chapter 04

CONCEPTUALIZATION AND OPERATIONALIZATION

We are discussing conceptualization and operationalization to define several factors including theories and perception.

4.1 Conceptualization

It is a process in which process or techniques provides concept and variable through existing literature with citation and references. In the study there are two variables: social capital and psychological distress.

4.2 Social Capital

Capital is all about money, especially in modern capitalist system. However, sociologists take it differently. According to famous French sociologist, Pierre Bourdieu (1986) capital is something which can be exchanged. Social capital has two concepts External/ Bridging/ Communal and Internal/ Bonding/ Linking. About external Bourdieu said, “*the aggregate of the actual or potential resources which are linked to possession of a durable network of more or less institutionalized relationships of mutual acquaintance or recognition*” (Bourdieu 1986: 248) 'made up of social obligations ('connections'), which is convertible, in certain conditions, into economic capital and may be institutionalized in the form of a title of nobility' (Bourdieu 1986: 243).

In addition, “*Social capital is defined by its function. It is not a single entity, but a variety of different entities having two characteristics in common: They all consist of some aspect of social structure, and they facilitate certain actions of individuals who are within the structure*” (Coleman 1990: 302). Putnam is generally credited with popularized the term social capital. For Putnam (1993: 35) social capital refers to 'features of social

organizations, such as networks, norms and trust that facilitate action and cooperation for mutual benefit.

Moreover, Adler and Kwon (2002) defined social capital in terms of goodwill which lies in social structure of any society. Similarly, researcher defined social capital in terms of buying power of social relations. It's all about social networks, relationship networks and linked social structure (Paxton 2002).

4.3 Psychological Distress

Psychological distress is a general term used to describe unpleasant feelings or emotions that impact a persons' level of functioning. In other words, it is psychological discomfort that interferes with the activities of daily living. Psychological distress can result in negative views of the environment, others, and the self. Sadness, anxiety, distraction, and symptoms of mental illness are manifestations of psychological distress (Jackson and Finney 2002).

Greenley et al. (1982) defined psychological distress as mental condition in times of anxiety. The focus of the definition is on anxiety that emerges in disastrous times. Moreover, Kessler and Cleary (1982) defined psychological distress as a symptom of stress due to mental illness. Nevertheless, they argued that psychological distress, in various ways, is a social phenomenon and is related with social conditions.

4.4 Operationalization

It is a concept that tells the researcher that how to measure an abstract concept. Operationalization is the method of measuring a concept. In this study the concept of social capital and psychological distress are measured in the following way.

4.5 Social Capital

The term social capital is highly loose and flexible. This means that one can use it anywhere and simultaneously one cannot use it wrongly too. For current research the term is utilized in Bourdieu's framework. As Bourdieu (1977) use it in terms of purchasing and bargaining power of social capital i.e., social relationships. Sometimes social capital becomes more important and precious than in economic capital. In case of emergency, one cannot use money to create relationships but in case of economic emergency one can utilize his/her social capital instead of economic capital. As social capital is about social relationships and social networks, the Covid-19 pandemic breaks the vary social networks yielding damage to social capital. For current research, social capital is operationalized as every day, face-to-face, social relationships of people.

4.6 Psychological Distress

Psychological distress is measured by the feeling of stress, upset, anxiety, involving in conflict during lockdown period. Many of Freud's beliefs were based on a small number of instances seen in treatment, and as a result, they are difficult to evaluate. For current

research, the concept is operationalized in terms of anxiety, depression, loneliness, lack of job and consequences of such events during the pandemic period. Moreover, psychological distress is not merely individual's problem. Covid-19 produced the environment in which such symptoms emerged and hence it became social phenomenon, affecting almost everyone in the society.

Chapter 5

RESEARCH METHODOLOGY

Research methodology, broadly, deals with complete procedure along with tools and techniques of carrying out any research. It involves utilizing concepts and strategies which help to conduct research. In the dissertation, specifically, research methodology means to follow clearly formulated established steps to write down new research.

Dissertation writing, in an approved scientific way, is the standard norm in academia. Briefly research methodology is all about following and conducting research by relying of established scientific procedure (Neuman 2015). In a nutshell, a research methodology is a structure knowledge in which it provides logically organized methods, tools and it provide give systems to a procedure and it gives a systematic procedure to discuss in the tools and techniques of conducted research study.

5.1 Research Design

In research, it based on the quantitative research approach, in which it gives all the fundamental topics in systematic manner. A quantitative approach deal with the collection of numeric data and it helps in the analysis of tables and collected data for results, so it is chosen to analyze our outcomes and results. Quantitative research design

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is different from qualitative research, basically, due to the nature of data i.e., words, pictures, and ideas, numbers, and figures. Quantitative research involves deductive reasoning throughout its process, from the beginning till the end (Babbie 2013). As, the current study aimed to understand the young student's socio-psychological position regarding covid-19. Only quantitative research was feasible and appropriate to carry out this research, that's why the researcher chose the quantitative method.

5.2 Unit of Analysis

Unit of analysis is the major entity that the researcher is analyzing and focusing in his/her study under investigation. The unit of analysis may be individual, groups, things, books, and geographical areas. For this research, I closed common individual personal. The reason behind choosing respondents openly was that during pandemic crisis people were hesitant to meet personally and avoided social gatherings. n

5.3 Target Population

For current research, I chose students from Quaid-A-Azam University, Islamabad, Pakistan. The reason behind selecting the university students is that it is called miniPakistan. Students from all over the Pakistan come here to pursue their studies. This is federally administrative university, so there is quota for all provinces and administrative areas of Pakistan.

5.4 Sampling Technique

In the current study a convenient sampling is used which is a type of non- probability sampling. There were several reasons behind choosing non-probability sampling technique; the very first was that during lock down period people were afraid to meet personally; secondly, they were hesitant about the nature of pandemic and there were conspiracies regarding the Covid-19 virus; and finally, as a student, I owned limited resources and time constraints.

5.5 Sample Size

Actual sample size for current research was 64 respondents. Due to several reasons like lock down, hesitant behavior and limited resources, I succeed to get data from 64 respondents.

5.6 Tools for Data collection

Close ended structured questionnaire was used to collect data from the respondents. Though I assisted to several respondents regarding nature of questions being asked in the questionnaire form. The questionnaire was easy to use and follow.

5.7 Tools for Data Analysis

The researcher analyzed the data with the help of a software named “Statistical Package for the Social Sciences” also called SPSS, in abbreviation. This software is used in social sciences to analyze statistical data accurately.

5.8 Techniques for Data Analysis

In this research, it gives both descriptive and inferential statistics to analyze the data. In the descriptive statistics it provides percentages, inferential statistics, frequencies, and regression test.

5.9 Pre-Testing

As reliability and validity are necessary for every research tool and researcher needs to take 20 questionnaire tests to conduct actual fieldwork. Students from Quaid-Ai-Azam University, Islamabad participated, voluntary, in pre-testing.

5.10 Opportunities and Limitations

In the research study it provides opportunities and limitation to researchers on this topic of Covid-19. Opportunities will be explored due to new topic and its affect provide clear idea to researcher. In the study, it provides difficulties during a distribution of questions because it was lockdown and participants will not be available for physical data. Secondly, it was not data error, and many responses are deleted, and many participants did not provide full data and information. Research has opportunities to get practical impact of Covid-19 and its impact on people. Furthermore, it gives opportunity to collect a data and analyze in practical manner.

5.11 Ethical concerns

To consider ethical standards, it is essential to provide important research ethics. Respondents are providing data to the researcher, so it is ethical concern of the data collection to get confidential data with full responsibility. The data is only shown to the researcher, but results of data analysis can be revealed. It is also a concern that someone cannot force or harm anyone for response submission.

Chapter 06

RESULTS

In this chapter, a comprehensive review is presented along-with sample characteristics and interpretation of data to see the relationship of people. To provide the results of collected diata, various statistical techniques are used.

Table 1 : . Gender of the respondent

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	50	53.4	53.4	53.4
Male				
	12	46.6	46.6	100.0
Female				
	62	100.0	100.0	
Total				

Table No 1 shows frequency of male and female participants. There were 50% male and 12% female respondents. Though women are greater in number in the university. But due to cultural barriers (Alvi 2007) and other factors, they avoid direct contact with male.

Table 2 : Age of the respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Below 25	48	40.5	40.5
	25-35	12	36.2	36.2
	36-45	2	11.2	11.2
	Total	62	100.0	100.0

Table 2 shows that there is a higher percentage of respondents who are below 25 years of age. Moreover, the data shows that 40% of the respondents age is below 25. whereas the ratio of 25-35 are 36% which in minority. The data bipolar due to the general characteristics of university students.

Table 3 : Education of respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	17	7.8	7.8	7.8
Intermediate				
Graduate	49	49.1	49.1	56.9
Master	34	43.1	43.1	100.0
Total	62	100.0	100.0	

Table 3 shows qualification of participants. It shows different level of qualifications of students and its affection on the people. Data shows 7.8% are in intermediate which in minority. Generally, in Pakistani students are pursuing their master's degrees. In recent years the trend of BS has emerged. Like Quaid-I-Azam University started BS back to 2011. So undergraduate students mentioned their education as intermediate because they were

not completed their graduation yet. And the 49.1% are in graduate and 43.1% are master students.

Table 4 : Income of the respondents

Frequency		Percent	Valid Percent	Cumulative Percent
Valid	Less than 20000	22	19.0	19.0
30000	21000-	27	23.3	42.2
40000	31000-	18	15.5	57.8
50000	41000-	12	10.3	68.1
above50000		37	31.9	100.0
Total		116	100.0	100.0

IT is showing income level of the different people that relies on the 20000 to 50000 or above. The data in this table shows that 19.0% of respondents' income is less than 20000. And 23.3% respondents have income 21000-30000. The respondents in majority are 31% whose income is above 50000.

Table 5 : The test of covid-19 status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	37	31.9	31.9	31.9
	No	25	68.1	68.1	100.0
	Total	62	100.0	100.0	

It is shown a data for covid-19 test that how many people done with their covid-19 test. The majority are 68.1% they did not take the test. It confirms that people are hesitant regarding Covid-19. Even they did not vaccinate. During high time of pandemic, it was rumors in Pakistan that if you get vaccinated then you are going to die within next two years. There were hundreds of memes and social media posts saying so. And 31.9% people took their tests. I conduct this survey on my social circle. And the test status of covid-19 is my major question to know that how many people take tests on covid-19.

Table 6 : Family system of the respondents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Joint	40	78.1	68.1	100.0
	family				
	Individual family	22	21.9	31.9	31.9
	Total	62	100.0	100.0	

Table no 6 explains number of different people regarding their individual or joint family system. The data shows 78.1% are living in joint family system, and 31.9% are in nuclear family which is minority. Majority of Pakistani families are joint families. Statistics shows that about 70 percent Pakistani population is living in rural areas and there is mostly joint family system in rural areas therefore majority of my respondents were from joint family system. Because of the variable of social capital in our topic this study conducted family system in survey.

Table 7 : Downhearted and depressed during Lockdown

Category	Frequency	Percentage
Strongly agree	16	8
Agree	12	4
Neutral	15	2
Disagree	5	5
Strongly disagree	14	6
Total	62	100

Table no 7 shows different frequencies of the downhearted and depressed people, and a large number of respondents are strongly agree some are neutral for this statements. The data shows majority of respondents who are adult agreed that they are in downhearted and depressed during covid-19 lockdown. 8% are strongly agree and 6% are disagreed.

Table 8 : Fully satisfied with life during lockdown

Category	Frequency	Percentage
Strongly agree	9	9
Agree	8	8
Neutral	10	10
Disagree	16	16
Strongly disagree	19	30
Total	62	100

Above table no 8 reveals that pandemic shake life of common people. In life satisfaction of people, it deals with the different people to make numerous chances of the fully satisfaction with life. Mostly think about they are not satisfied with life during lockdown almost 30% are disagree in this situation which in majority. And on another hand 9% are agreed and satisfied with life during lockdown.

Table 9 : During lockdown, feeling happy

Category	Frequency	Percentage
Strongly agree	6	9.7
Agree	6	9.7
Neutral	14	22.6
Disagree	16	25.8
Strongly disagree	20	32.3
Total	62	100

Table no 9 represents the segment of my respondents who are not satisfied with the emergence of pandemic. It deals with the people that feeling happy and its frequency in which highest are strongly disagree. Almost 32.3% are disagree and the second highest percentage are neutral which are 22.6%. In lockdown data shows 60 percent are not feel happy. This represents the greatest number of respondents. This means that majority of people were highly affected with the pandemic crisis. The table also confirm the existing studies that student suffered much with the pandemic.

Table 10 : Daily communications with friends and family by phone, text, app, email, or Internet

Category	Frequency	Percentage
Strongly agree	24	38.7
Agree	11	17.7
Neutral	12	19.4
Disagree	9	14.5
Strongly disagree	6	9.7
Total	62	100

Table no 10 shows that majority of the respondents utilized online relationship. The average of the daily communication by using text, phone, and other social networks are high in which people are using communications for the time. This table shows most of the people are daily communicate to family and friends through social media which are 38.7% highest figure of this rather than physical contact. Physical contact was prohibited during lock down and it is still advised that one should keep distance for his/her safety and for the safety of the country too. ta. This means that respondents relied on online communication and

relations and the some are neutral which are 19.4% (Sommerfield and Ungern-Sternberg 2020).

Table 11 : Become a victim of domestic violence

Category	Frequency	Percentage
Strongly agree	4	6.5
Agree	12	19.4
Neutral	11	17.7
Disagree	5	8.1
Strongly disagree	30	48.4
Total	62	100

Table no 11 shows that Pakistani community is not hostile to crisis. They stay in contact during hard time. As the data shows that majority of the people, 48%, strongly rejected the idea that they felt domestic violence during pandemic period furthermore, second highest are neutral which are 17.7%.

Table 12 : In lockdown, feeling lonely

Category	Frequency	Percentage
Strongly agree	16	25.8
Agree	12	19.4
Neutral	10	16.1
Disagree	8	12.9
Strongly disagree	10	25.8
Total	62	100

Table 12 shows that almost all respondents have same thoughts, some are strongly agreed which are 25.8% and frequency 16 and another hand some are strongly disagree which are 25.8% frequency are 10 So the ratio of the neutral is 16.1%. nevertheless, the data confirms various international research studies (Gómez-Salgado 2020 Hervalejo et al. 2020) which claimed that people felt lineless during lock down period.

Table 13 : Family support to overcome stress of pandemic

Category	Frequency		Percentage
Strongly agree	21		9
Agree	13		21
Neutral	13		21
Disagree	5		8.1
Strongly disagree	10		16.1
Total	62		100

Table no 13 shows that family support for overcoming a stress in pandemic is 21 with strongly agrees and it has high ratio. This finding also confirms results of (Hervalejo et al. 2020), which argued that family system supported individual's moral and economic values regarding being brave to fight with pandemic. The percentage of the agreed 29.1% with both classes. And some are disagreed which are 16.1%. And the neutral is 21 they exist in Center point.

Table 14 : Friend support during distress

Category	Frequency	Percentage
Strongly agree	19	31.1
Agree	10	16.4
Neutral	15	24.6
Disagree	10	16.4
Strongly disagree	7	11.5
Total	61	100

Table no 14 shows a ratio between friends support during lockdown as highest ratio is for strongly agree. Which are 31.1 %. And another hand some are disagree they are 11.5% which in minority. So, the data shows during lockdown stress are overcome due to friends. Friends comes to contact at high times. People feel secure and help with their friends. During the pandemic, it was difficult for people to stay connected and live happily. The culture of friendship makes it possible to be safe and without stress for young population.

This finding also confirms the results of Lippke, Fischer and Ratz (2021) that friendship become safeguard from loneliness (Stevic et al. 2021). And the neutral percentage are 24.6.

Table 15 : Fully satisfied with financial situation of household

Category	Frequency	Percentage
Strongly agree	12	19.7
Agree	11	18
Neutral	12	7
Disagree	12	7
Strongly disagree	14	23
Total	61	100

Table no 15 shows that most of the respondents were fully satisfied with their family's income during lockdown. It needs to check a satisfaction between financial situation of the households and mostly people are disagreeing as financial situation is affected with lockdown. Which are 23% and they are in majority. And second highest point are agreed which are 19.7%.

Table 16 : During lockdown, talked with neighbors

Category	Frequency	Percentage
Strongly agree	14	23
Agree	8	13.1
Neutral	15	24.6
Disagree	11	18
Strongly disagree	13	21.3
Total	61	100

Table 16 shows different results. Neighbors are always at immediate response in Pakistani society. This table presents talk with neighbors in the lockdown which has a high ratio of strongly agree for the 14 people who spend their time in that lockdown. And percentage are 23 and another hand some are disagree they are in minority. Which are 21.3%

Table 17 : Satisfaction with personal relationship

Category	Frequency	Percentage
Strongly agree	17	9
Agree	14	23
Neutral	9	14.8
Disagree	8	13.1
Strongly disagree	13	21.3
Total	61	100

Table no 17 represents people's satisfaction for the relationship during lockdown and highest ratio of strongly agree is 17. And the percentage of agreed are 9%. And second highest point are disagreed is 13 and percentage are 21.3. The neutral participants are 9 and 14.8%. this means that they were, to some extent, fully satisfied with their relationships during such hard times.

Table 18 : During lockdown, usage of pills and medicine for mental peace

Category	Frequency	Percentage
Strongly agree	7	11.5
Agree	3	9
Neutral	9	14.8
Disagree	4	6.6
Strongly disagree	38	62.3
Total	61	100

A mostly people does not use any pills for the mental peace only 7 people are strongly agreeing as compared to this 38 people disagree from these things. Highest percentages are disagreed which is 62.3%. And another hand 11.5% are agreed. Some are neutral which

Table 19 : Non-material help from friends, relatives, and neighbors

Category	Frequency	Percentage
Strongly agree	17	27.9
Agree	10	26.4
Neutral	20	32.8
Disagree	4	6.6
Strongly disagree	10	16.4
Total	61	100

Table no 19 shows a non-material help from the friends, relatives, and others are about neutral opinion of people with highest ratio. Most of the people are neutral which are 32.8%. And some are agreed which are 27.9%. So, the data highest ratio is neural about this statement. People helped each other during crisis days. This shows the solidarity among community members. There were also various charity organizations which supported to individuals in lock down days.

Table 20 : Not satisfied with financial situation of household

Category	Frequency	Percentage
Strongly agree	11	18
Agree	9	14.8
Neutral	12	19.7
Disagree	8	13.1
Strongly disagree	21	34.4
Total	61	100

Table 20 the data shows in the financial situation of the household a people is satisfied, and non-satisfied for their conditions. The highest ratio is 21 they are disagreeing, and some are agreed they are 11. And some neural participation the percentage of that people are 19.7%.

Cross Tabulation

Cross tabulation is performed to know a relationship between variables and how they are affecting each other.

Hypothesis checking

ANOVA

Sum of Squares	Df	Mean Square	F	Sig.
2.523	1	2.523	8.856	.004 ^b
32.477	114	.285		
35.000	115			

We conducted the Anova test analysis that shows the result of the significant impact, above Anova table represents the F value, 8.856, and the p values shows significant value of 0.004 which is less than 0.05 the sig value is less than 0.5, this means that there is relationship between variables. Thus, the hypothesis is accepted which states that there is relationship between social capital and psychological distress during Covid-19 pandemic crisis in Pakistan.

Regression Analysis test:

We conducted the regression analysis test by running the SPSS application. The aim of this test to evaluates the impact of the x variable on the Y variables.

Model Summary

Mo del	R	R Squar e	Adjusted R Square	Std. Error of the Estimate
1	.268 ^a	.072	.064	.53375

A. Predictors: (Constant), Stereotypical Coefficients beliefs

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.880	.247		11.637	.000
	Lockdown and Covid-19	.222	.075	.268	2.976	.004

After running the test on SPSS software, we found that the value of t is 2.976 that is more than the value of 1.96. below coefficients table also shows that the value of p is 0.04 that is below the maximum value of p. So, to consider the result of the impact of social capital (x) on the outcome variable we concluded that there is an important significant impact on the x variable on the Y variable because the p-value indicates the significant value that is represented in the given below table. The coefficient table also tells us the beta value that is 0.268 which also implies that there is a strong significant impact on psychological distress. The sig value, which is .004 and is less than .05 shows that there is relationship between two variables i.e., x and y. For current research, I tested that weather there is relationship between social capital and psychological distress. The statistical test shows that there are relationships. This means that higher social capital results in less psychological distress. Similarly, lower social capital yields higher psychological distress.

Null hypothesis is rejected because there is a negative relationship between variables, and which means high social capital causes less psychological distress.

Chapter 7

DISCUSSION, CONCLUSION, AND RECOMMENDATION

In the COVID-19 pandemic situation in Pakistan, like everywhere around the globe, psychological distress was developed in the human mind which is caused by depression, anxiety, stress, and low social capital also created problems in the economic, culture, environment that people are losing in the financial things in this virus (Campo-Arias et al. 2020; Prout et al. 2020 and Qiu et al. 2020). Moreover, the data confirms various international research studies (Gómez-Salgado 2020 and Hervalejo et al. 2020) which claimed that people felt lonely during the lockdown period. In the period of lockdown, the ratio of people that are happy in this period are very low ratio and the average number of people are reacted neutral and because of strong bonding with family and high social capital the old age people are very happy during this period. This finding also confirms the results of (Hervalejo et al. 2020), which argued that the family system supported an individual's moral and economic values regarding being brave to fight the pandemic. The school-going children prefer to live at home and played at all the time they were very happy for the lockdown period the children's activities are playing with toys, watching cartoons, and played with the family and they are happy for doing all activities and not going to school in the online system the children are happy for this system. The adult people that are the students at college and universities are not happy in lockdown period because of low social capital. The social capital (Li 2020) of adult people is their friends, teachers, coworkers who they find absent in lockdown. During the pandemic, it was difficult for people, especially young people, to stay connected and live happily. The culture of

friendship makes it possible to be safe and without stress for the young population. This finding also confirms the results of Lippke, Fischer, and Ratz (2021) that friendship becomes a safeguard from loneliness (Stevic et al. 2021). So, they have least ratio than others these age group people prefer to doing studies in the campus they are like to complete education in the campus participate in the activities and they do not like the online system because they cannot develop a better understanding in the online study lectures and this thing making human mind in depression, stress, anxiety that are caused of psychological distress so, the COVID-19 has impact deeply on the young people because they cannot feel happy to stay at home continuously. Nevertheless, they death with the pandemic with the help of online communication facilities (Stevic et al. 2021). Whoever, In the communication process in the lockdown period, the school going age children could not have any mobile phone so they didn't like the communication process because all the communication are done through the using of social media apps like Emails, messages in WhatsApp, video calls in Skype, playing games so all the communication between the friends, cousins, family relatives, and teachers are through on the communication in the social media user. Because of lockdown, online systems are developed so this communication on social media is very important for the students at universities, but some students were not like the online system than physical. The middle school-going age children are like to playing outside like cricket, football, hockey or other physical games and they like to meet the friends and communicate like going to friends home and doing combine study, all activities of playing or communicative are doing physically but in the lockdown period they all are completely closed in the home watching T.V and using mobile in this age children are common in this period and these activities have affected the children in the psychological distress and these findings are aligned with

(Glowacz 2020). Old people are like to communicate with their families especially the children, so they are always happy in the lockdown situation because all family members are at home, so they like to spend time with the whole family.

7.1 Conclusion

In the period of lockdown, the people are satisfied to stay at home in its relationships like family the married people relationship the children and parents' relationship, siblings' relationship are strong in this period because all the time they stay at home not going outside so the bonding was strong in the adult age people in the relationship of couples and with the children. Children were not to stay at home for a long period so they are getting bored after some period so the relationship is not strong for the long period because the children want to go outside for the entertainment purpose but in this period, they can't go outside they are having a mental disorder to affect the mind of children (Coren 2016). Financial problems were appeared in the lockdown mostly private companies people are without a job the companies were not accepted the high range of

people so this economic problem has destroyed the relationships because the loss of jobs that people are depressed deeply so they reducing the aggressiveness with the family members and this reason was caused of the fight to affected the home environment so, this reason was the affection in the social capital (Welton2020).

In current study, I found, that due to low social capital depression was caused especially in student (Adults) aged people feeling lonely because the lockdown period they are busy in different mental activities that they are doing physically and communicate with the friends, colleagues and teachers going outside so lockdown can deeply affect to that age of people

In Pakistan, the pandemic situation of COVID-19 is affecting the psychological distress problems in mind and economic problems due to loss of jobs and other financial issues are affecting the social capital. So, to resolve the psychological and social issues different therapies were doing by a psychologist to the patient, and in social issues government make policies to overcome these problems. So, as crux this study finds that owing to low social capital (less interaction with friends, colleagues, teachers) many people especially adults are suffered from psychological distress and depression during Covid-19 and children and old age people remained satisfied due to strong social capital (bonding with family).

7.2 Recommendation

Covid-19 initiatives can provide solution to the problems to deal with the obstacles. An online program can be initiated to avoid its obstacles in the social capital loss and other losses. A meeting should be arranged by the counselors to provide tips about solving a stress and it needs to be done to get a solution of psychological distress.

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ANNEX:1

Dear respondent I am conducting research on "Social capital and psychological distress during

Covid-19 lockdown in Pakistan" Please read the questions carefully and complete this survey, we will protect your privacy.

PART 1- DEMOGRAPHICS PROFILE OF RESPONDENTS

1. Name:
2. Respondent age: Below 25, 25-35, 36-45, above 45
3. Respondent gender: Male, Female, Other
4. Respondent qualification: Bachelor, Master, other
5. Family system: Joint Family, Individual Family, other
6. Respondent monthly income: Below 50,000, 50,000-100,000, above 100,000, other
7. Have you been tested for COVID-19? Yes, No

Dear respondent I am conducting research on "Social capital and psychological distress during

Covid-19 lockdown in Pakistan" Please read the questions carefully and complete this survey, we will protect your privacy.

PART 2-

ACADEMIC RELATED PURPOSES DO MASTER STUDENTS AT QAUID-EAZAM, UNIVERSITY, ISLAMABAD

1-STRONGLY AGREE (SA) 2- AGREE (A) 3-NEUTRAL (N) 4- DISAGREE (DA) 5-STRONGLY DISAGREE (DA)

S.NO	CATEGORY	SA	A	N	DA	SD
1	During lockdown, most of the time you felt downhearted or depressed.	1	2	3	4	5
2	You are fully satisfied with your life in these days.	1	2	3	4	5
3	All the time, during lockdown, you have been happy.	1	2	3	4	5
4	During lockdown, you daily communicated with friends and family by phone, text, email, app, or using the Internet.	1	2	3	4	5
5	You have become the victim of domestic violence during lockdown.	1	2	3	4	5
6	Most of the time, during lockdown, you have been feeling lonely.	1	2	3	4	5

7	Your family supported you to overcome the stress due to pandemic.	1	2	3	4	5
8	Your friends supported you to overcome the distress during lockdown.	1	2	3	4	5
9	You are fully satisfied with the financial situation of your household.	1	2	3	4	5
10	During lockdown, you often talked with any of your neighbors.	1	2	3	4	5
11	You are satisfied with your personal relationships.	1	2	3	4	5
12	During lockdown you have used pills and medicine for mental peace.	1	2	3	4	5
13	You believe that if you need non-material help (somebody to talk to, help with doing something or collecting something) you can receive it from relatives, friends, neighbors, or other persons that you know.	1	2	3	4	5
14	You are not fully satisfied with the financial situation of your household.	1	2	3	4	5