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EXAMINING EMOTIONAL STRESS THAT FRONTLINE MEDICAL HEALTH WORKERS WENT THROUGH DURING COVID-19 PANDEMIC: A PAKISTAN'S CASE

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Abstract

The Coronavirus pandemic altogether affects the emotional well-being and prosperity of medical care laborers around the world. The pressure, nervousness, and dread related with treating patients with Coronavirus, alongside the expanded responsibility, long working hours, and the risk of getting the infection have negatively affected the emotional well-being and prosperity of medical care laborers. The emotional wellness and personal satisfaction of specialists, medical attendants, and other clinic staff and tracked down that elevated degrees of stress and burnout were common among medical services laborers. Moreover, preparation and post-calamity mediations can be viable in alleviating the mental effects of fiascos on medical care laborers. Raising incidents of emotional breakdown of frontline medical health workers due to Covid 19 outbreak has become a growing point of concern in the world. While this Epidemic is wreaking havoc in every one's life, the lives of front-line medical health Workers i.e., doctors, nurses and others health worker's physical and psychological health is impacted by this virus. Their work environment is highly stressful. This research aims to characterize the types and degrees of emotional stress that frontline healthcare providers in Pakistan encountered during the COVID-19 pandemic. It also seeks to investigate the causes of emotional stress among Pakistani frontline healthcare providers and the coping mechanisms they employed to handle it throughout the pandemic. The research also looks into how well institutional support systems work in lowering emotional stress among front-line medical and health workers in Pakistan during the pandemic.

Keywords: COVID-19, China, Epidemic, Frontline, Medical Workers

Introduction

In Wuhan, China, in 2019, the infectious disease corona virus disease (COVID-19) received its original diagnosis. The initial COVID-19 outbreak was a dynamic event

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that rapidly evolved from a small-scale Wuhan epidemic to a terrifying global pandemic. The new corona virus illness (COVID-19), which first surfaced in the Chinese province of Hubei in December 2019, is spreading alarmingly both domestically and internationally. By March 2020, WHO had classified this condition as a pandemic because it posed a risk to the general public's health.

The research emphasizes the terrible consequences of stress and depression on Pakistan's front-line healthcare workers caused by Covid 19. Despite the devastation this pandemic is causing to everyone's lives, it has an especially detrimental impact on the physical and emotional well-being of front-line medical professionals like doctors, nurses, and other healthcare workers. The environment at work is incredibly stressful.

The suddenly spreading novel Covid illness (Coronavirus) puts extra tension on clinical experts all over the place and makes new difficulties. To more readily comprehend the psychosocial, profound, and word related difficulties looked by Pakistani medical services experts who care for Coronavirus patients, this examination will check these issues out. Because of a mass quarantine, clinical experts who work in emergency clinics, ongoing and short-term care settings, huge tertiary consideration offices, local area-based clinics, essential consideration settings, nursing homes, helped residing offices, and all disconnection units could feel a feeling of aggregate panic, dread, and tension. Clinical laborers who encounter affirmed and thought Covid cases and are presented to it have a high risk of getting the infection and creating psychological wellness issues like uneasiness, dread, and gloom. Because of the Coronavirus episode in Pakistan, clinical work force has encountered both physical and mental trauma, including a high risk of disease, deficient defensive stuff, disconnection, depletion, and an absence of family contact. The power is causing more psychological well-being issues, which not just influence the thinking skills of clinical specialists however may likewise affect their general prosperity. Because of the continuous pressure they persevere, clinical and medical care laborers might foster mental issues like nervousness, dread, fits of anxiety, posttraumatic stress jumble (PTSD) side effects, mental misery, aversion of contact because of shame, burdensome propensities, rest aggravations, and defenselessness, as well as relational social seclusion from family and different wellsprings of help. They may likewise stress over spreading a contamination to their loved ones.

Hence, dealing with the psychological well-being issues of clinical staff individuals is fundamental for working on pandemic avoidance and control. Clinical staff pivots among the state's territories to deal with affirmed or thought cases, better strategic help, and diminish the responsibility on the staff. On the web and electronic media that disperse clinical direction on the most proficient method to bring down the risk of transmission among patients and clinical staff in a clinical setting could diminish the weight on those staff individuals in such a situation.

To deal with the optional emotional wellness issues welcomed on by the Coronavirus plague, a mental emergency mediation model (PCIM) ought to be created and executed by means of the web. This PCIM unites groups of doctors, therapists,

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analysts/emotional well-being specialists, and social laborers to give early mental mediation to patients, families, and clinic staff.

During the Coronavirus pandemic, frontline medical care laborers have been under a lot of psychosocial stress because of various variables, including threatening workplaces, heartless emergency clinic supervisors, and unsupportive family standards. Insufficient preparation, an absence of motivating forces, unfortunate framework observing, and reports spread by the general population have likewise added to the tension and stress experienced by bleeding edge clinical and medical services workers.

It is urgent to get the medical care frameworks and the overall population prepared for each circumstance that could happen during the ongoing flare-up, both truly and mentally. Past examination has exhibited that HCWs (counting paramedics, rescue vehicle work force, and other HCWs) presented to irresistible infection flare-ups at a high risk showed intense pressure, were mentally impacted and damaged, and had outrageous degrees of burdensome and restless side effects. This is expected on the grounds that there is a bigger feeling of dread toward contamination and tension because of the openness risk. They could likewise be stressed over spreading the illness to their friends and family. Most of public clinical specialists and the media are predominantly zeroing in on organic and actual issues while managing this pandemic. Outcomes of the flare-up; minute consideration is being paid to the emotional wellness issues.

In any case, there is a developing requirement for further developed psychological wellness support. For example, on January 27, the Chinese Public Wellbeing Commission gave nitty gritty ideas for brief mental emergency intercession for Coronavirus casualties. These ideas focused on the prerequisite for interdisciplinary psychological wellness groups to give emotional well-being administrations to patients and bleeding edge clinical staff. (HCW).

Problem Statement

Despite the rapid spread of the Corona virus to 206 countries, health care workers continue to play a significant role in the early detection and treatment of this condition worldwide. Healthcare workers may be impacted psychologically by COVID-19 even though they are part of the crisis management team. The front-line staff members who are actively involved in caring for these patients are more at risk than others.

A heavy workload and lengthy work hours, a lack of personal protective equipment, excessive media hype, and a lack of motivation are the primary causes of these adverse psychological effects in them. Another significant factor that must be considered as having such psychological effects is the infection rate among medical staff. The abrupt change from a patient to a front-line healthcare practitioner may result in the medical staff having adjustment issues, depression, frustration, and helplessness. Frontline healthcare workers must balance their job obligations, such as caring for their families and themselves, with personal obligations, such as providing effective care for non-COVID patients.

There has been more discussion of the emotional excise and general wellbeing of HCWs in news and academic journals. New Covid 19 virus variants that appeared in December 2020 have created chaos and panic among front-line staff, which is necessary to further assess the situation. (HCW). Both the general population and frontline staff are arguing whether the vaccines are effective enough to kill every germ present in these variants. Doctors, nurses, and other front-line staff members are skeptical of the effectiveness of these vaccines. In response to these worries, these gallant front line. HCW routinely care for patients while also ensuring their emotional and mental stability. Our study aims to assess the degree of stress that these Frontline (HCW) are under as well as their coping mechanisms for the psychological burden and anxiety symptoms.

Research Question

1. What emotional stress did frontline medical health workers experience during the COVID-19 pandemic in Pakistan?

Objectives of the Study

- To identify the types and levels of emotional stress experienced by frontline medical health workers during the COVID-19 pandemic in Pakistan.
- To examine the factors contributing to emotional stress among frontline medical health workers in Pakistan during the COVID-19 pandemic.
- To explore the coping strategies used by frontline medical health workers in Pakistan to deal with emotional stress during the COVID-19 pandemic.
- To investigate the effectiveness of institutional support systems in reducing emotional stress among frontline medical health workers during the COVID-19 pandemic in Pakistan.

Significance of the research

The novel viral sickness (Coronavirus) was analyzed without precedent for Wuhan, China, in 2019. Because of the sickness' fast spread from a limited scale scourge in Wuhan to an unnerving worldwide pandemic, the first Coronavirus episode was what was happening. After first appearance up in the Chinese region of Hubei in December 2019, the original Covid sickness (Coronavirus) has been rapidly spreading both locally and globally.

By March 2020, WHO had classified this condition as a pandemic because it posed a risk to the general public's health. Our research demonstrates the terrible consequences of stress and depression on Pakistan's front-line healthcare workers. On February 26, 2020, in Karachi, Pakistan, the first instance of Covid 19 was noted. The infection quickly spread from there to other regions of the country within a few weeks. 1,135,858 confirmed COVID-19 instances have been reported. However, only 25,220 individuals died as a result of the infection, while 1,019,434 made a full recovery.

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Study Limitations

There are some drawbacks to this study. Because we didn't want the participants to be distracted from their essential work during the pandemic, we conducted the interviews via zoom meetings, which have a distorted internet connection.

Due to the study's use of a thematic analysis technique, it may not have adequately captured an in-depth analysis because only reported themes were examined. A more thorough methodology, like phenomenology or grounded theory, could be used in similar future research to further analyze the data linguistically. Data collection during the corona virus, according to the author, was challenging, especially because it was crucial to maintain social seclusion and take all necessary measures to protect both the study participants and the researcher conducting it.

Literature Review

The literature review offers a thorough understanding of the research. business-life balance describes how a doctor divides their time between business and family. The area where a person balances their responsibilities to their family and job is known as the work-life balance. Employee behavior and output at work are considered to be indicators of employee achievement. The company looks favorably on workers who participate in their work and improve their efficiency. Because of a good overall arrangement between their own and proficient lives, they are less worried in both of their positions.

- Feeling of dread toward getting the infection.
- Shock and gloom.
- Disengagement by the general public and relatives.

Writing survey gives the nitty gritty comprehension of the exploration. Balance between serious and fun activities includes a specialist's time-term extent among work and family. Balance between serious and fun activities is that highlight where a representative is occupied in being their work life and day to day life. The harmony between work-life and individual life, they experience the less degree of stress in both of their obligations which they performed.

Feeling of dread toward getting the infection.

One of the pressure and profound weight that is been looked by cutting edge wellbeing laborers in Pakistan is the apprehension to be tainted infection. This has made numerous wellbeing laborers live in dread and mental torment while taking care of the Coronavirus patients.

Shock and misery

Coronavirus pandemic has driven numerous wellbeing laborers into sorrow and uneasiness because of seriousness and passings related with the infection. Many individuals have lost their lives on the hands of wellbeing laborers and this has left them damaged and derided.

Disengagement by the General Public and Relatives

Coronavirus pandemic is gone through the contact and consequently since wellbeing laborers are collaborating with Coronavirus patients. the general public and relatives dread to communicate with them dreading they might contaminate them with the sickness. This has caused wellbeing laborers to endure genuinely and got discouraged because of the social hole.

- A huge responsibility, deficient individual defensive hardware (PPEs), feeling of dread toward disease, and an absence of social collaboration have all been displayed to jeopardize bleeding edge HCWs and Coronavirus patients of creating mental problems.

- There is an ascent in tension, which might be credited to the way that our HCWs have no related knowledge dealing with pestilences.

- HCWs are stressed over being defiled, spreading the disease to their families, and abusing individual defensive hardware (PPE).

- The principal wellsprings of stress for HCWs were an absence of data about legitimate treatment plans, weakness brought about by physical and obnoxious attack by Coronavirus patients' parental figures, absence of concentration, and tense muscles because of expanded responsibility.

- In Pakistan, the embarrassment and disagreement of individual medical services staff because of irresistible sicknesses caused worry among other medical services laborers.

One should educate and promote people to wear the protective gear in a proper way. Hand washing is considered as a protective measure to minimize the spread of infection to each other, in addition to frequent hand washing we have to gain additional protection by the proper wearing of personal protective equipment. Mostly the home care patients are more vulnerable to get the diseases as they are already sick or injured, dependent and or old age. As a caregiver, we have to compulsory wear all the personal protective equipment and promote the patient to wear the basic protective equipment while in contact with caretaker or others and as well as properly disposed of all the used equipment to prevent spreading of infection to others. As health care worker it is compulsory for them to wear and promote others in wearing all personal equipment to prevent not only covid -19 and all other infectious diseases.

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Munawar and Choudhry (2021) investigate the stress coping strategies of frontline emergency health workers dealing with COVID-19 in Pakistan through a qualitative study involving 15 frontline healthcare professionals who actively care for COVID-19 patients. Because it demonstrates that no one has taken into account how much COVID-19 has impacted the psychic health of frontline healthcare workers, resulting in anxiety and depression, the study emphasizes the need to approach and correct this issue with stress coping techniques. Interviews were halted and interrupted due to COVID-19 and the workload demands placed on healthcare workers and focus group discussions could not be conducted in accordance with SOP. A recurring topic in this research paper is examining the severe stress and psychological harm to the mental health of frontline healthcare workers. The relation to the research project is that both studies analyze the health and emotional burden faced by frontline healthcare workers.

Saleem et al.'s research from 2021 presents a qualitative analysis of the experiences of ten frontline Pakistani emigrant doctors battling COVID-19 in the UK. The results show that because the participants had limited access to professional counseling and rehabilitation, they had to depend on self-management strategies to deal with stress. The participants had put in a lot of hard work, and they were emotionally and physically exhausted. They also had a lot of pain and grief inside them. However, healthcare professionals showed a willingness to face challenges head-on and successfully overcome them. The fact that all interviews were conducted over the phone posed a serious limitation because no easy rapport could be established with the interviewee and nonverbal signals might be overlooked. The second problem was the small sample size that made it possible to reach the saturation threshold. Other study has links to the emotional stress, anxiety, and coping mechanisms used by frontline healthcare employees. However, in favor of concentrating more on doctors, this research ignores other field workers. Both studies investigate the emotional effects and consequences of COVID-19, so they are related to the research project because of this.

Shreffler et al. (2021) investigate the impact of COVID-19 on the wellbeing of healthcare workers using a survey of 994 healthcare workers. The study found that 28.6% of the population, mostly young women, had mild disturbances. The research admits that issues with worker engagement and financial constraints can make it difficult to implement strategies to improve healthcare worker wellness. Before COVID-19, healthcare workers were already suffering from burnout, stress, and the emotional toll of providing for sick patients. It will be crucial to take into account the long-term effects of the worldwide pandemic reviews in the upcoming months. The search methods used to discover distributions that concentrated on general wellbeing, burnout, or stress limited the scope of the current audit; as a result, only studies about real assurance, contamination, and transmission rates were taken into consideration. The COVID-19 global research had shown the variety of stressors in healthcare, including the need to manage electronic medical data, issues with insurance and billing, and patient satisfaction. In order to inform interventional strategies, the study aimed to examine recent studies assessing the effect of COVID-19 on healthcare providers' wellness.

Marvaldi, Mallet, and Dubertret (2021) conducted a systematic review and meta-analysis on the mental wellness of healthcare professionals during the COVID-19 pandemic. (HCWs). There were a variety of study subjects; some only included nurses, while others also included technicians and office staff. The research found that HCWs have high levels of mental symptoms like depression, anxiety, high levels of stress, post-traumatic stress disorder, and sleep problems. The authors proposed targeted prevention and emotional support to ensure this population's health and the caliber of care given during the pandemic. The research used subgroup analyses and meta regressions to find possible sources of heterogeneity, such as the proportion of female participants or nurses, location, scope, and sample size. They found that in analyses of subgroups and meta regressions, these factors acted as drivers of heterogeneity. The authors suggested that early and targeted prevention and support strategies are needed in the event of impending health disasters.

Giorgi et al. talked about the COVID-19 pandemic's effects on mental health at work in 2021. In the event of a pandemic, the authors theorized that some groups, such as migrant workers and front-line healthcare professionals, are more likely to experience mental health issues. Professionals in the medical field are more susceptible to mental health issues like depression, anxiety, PTSD, suicidal ideation, sleep disorders, and drug and alcohol addiction. The research classified worker risk factors and found the relationship between work, social environment, and severe psychological illnesses, highlighting important public health issues that must be addressed. It also identified priorities for future interventions. The writers claim that a pandemic's numerous stressors that employees must cope with can affect a range of workplace variables. The study revealed some useful strategies and techniques that can be applied in this pandemic, like COVID-19 safety gear and workplace safety precautions, which are good for workers' mental health and efficiency.

Bell & Wade (2020) inspected the psychological wellness of clinical staff managing scourges and pandemics of high-risk irresistible infections, including studies from Covid sickness (Coronavirus). The review recognized that key relevant elements decide the effect of the clinical reaction on the staff answerable for conveying it. The creators proposed that scourge and pandemic reaction work might add just a little extra weight and work on emotional wellness through help the board and arrangement of psychological well-being administrations. The investigation discovered that attendants commonly detailed more significant levels of side effects and pain than specialists. Defensive factors that decreased the opportunity of poor emotional well-being or mental misery were social help, group attachment, or hierarchical help, recognized by various investigations.

Sharif et al. (2021) examined the expertise, perception, anxiety, and depression of Pakistan's front-line doctors during the COVID-19 pandemic. The research found that 43% of healthcare workers, including frontline doctors, nurses, and paramedical staff handling the situation at public sector institutions during the pandemic in Pakistan, reported experiencing anxiety or depression within a month of the conclusion of the first positive case. In order to provide patients with better treatment during this pandemic, the authors suggested addressing the psychological well-being and financial success of

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specialists. According to the study, stress can be made worse by social isolation and insufficient infection control practices at work, which can lead to psychosocial disease. The writers also learned that a common reason for the absence of protection Frontline workers were anxious due to yet another factor related to healthcare personnel. The analysis of the study was in contrast to previous studies that suggested a connection between the poor mental health of trainees and doctors and their long work hours.

Kannampalli (2020) looked at the effects of exposing medical students to COVID-19 patients while they were performing practical work. Doctors are among the health care workers leading the COVID-19 epidemic response. Increased stress and burnout are linked to their willingness to treat COVID-19 patients, and these stresses are exacerbated by work-family problems like childcare. According to Qasim et al. (2020), the dataset, which includes 476 healthcare professionals in Pakistan, contains details about the understanding, attitudes, and practices of these professionals regarding COVID-19. Additionally, it discusses the sizeable danger factors.

In the early phases of the COVID-19 pandemic, physical separation was strictly enforced in the area where this study was also conducted. Due to their exposure to the illness, confinement, and personal health anxieties, healthcare workers are at risk for poor mental health outcomes. A significant part of the research on wellness during the front line COVID-19 pandemic has focused on doctors, nurses, attending physicians, and other healthcare support staff.

The dataset, which includes 476 healthcare professionals in Pakistan, contains information on the knowledge, attitudes, and practices of these professionals with respect to COVID-19, according to Qasim et al. (2020). It also covers the significant risk factors for COVID-19-related mental health issues in healthcare workers. Due to the COVID-19 pandemic's long working hours, demanding workload, trauma, and ethical concerns, healthcare employees experienced a range of psychological impacts. There is a dearth of information available for researchers who want to determine whether healthcare employees' knowledge, attitudes, and practices are related to COVID-19 and the onset of psychological disorders. Other academics can use this dataset to apply statistical modeling to find characteristics that could alter how we perceive the pandemic and how to fight it. The study looks at the emotional stress, depression, and coping mechanisms used by front-line healthcare employees. Research conducted in conjunction with the project centers on the environmental, social, and emotional effects of COVID-19.

Al-Hanawi et al.'s (2020) research sought to examine psychological distress among Saudi citizens, particularly among young people, women, people employed in the private sector, and medical professionals who were dealing with the COVID-19 pandemic The authors found a connection between the pandemic and increased distress among Saudi citizens and proposed both medium- and long-term prevention strategies, such as mapping stress and anxiety rates for effective psychological treatment allocation and establishing cutting-edge online techniques to enhance mental wellbeing. The study is constrained using an online survey, which might not accurately represent the entire

population. The numbers should therefore only be regarded as associations and not as evidence of causation. According to conventional studies, frontline workers are not properly protected, which causes stress, anxiety, and depressive symptoms in healthcare workers. This paper, however, challenges that notion. The study also looked at the connection between long job hours and poor mental health in the medical field.

Methodology

This qualitative analysis made primary effort to explore COVID-19 which is associated with all the surviving aspects, tools and protective methods among the emergency frontline health workers HCWs within Pakistan. Thematic analysis is an explanatory method, in which overall data is systematically observed and examined to find out the patterns and arrangements within the data by dealing with and enlightening interpretation of the phenomenon. This method also helps in developing expressive themes without undoubtedly generating theory. This method also used to create the rich and inclusive idea of phenomena which is complex in term.

Research design

As Thematic approach has been used in our research paper and four frontline emergency health workers in crisis HCWs unswervingly they are dealing with COVID-19 patients without taking care of themselves, serving the humanity in this pandemic. The semi-structured interviews had been conducted by face –to-face and zoom meeting as well, the whole data were examined and analyzed by using thematic analysis. This qualitative analysis made primary effort to explore COVID-19 which is associated with all the surviving aspects, tools and protective methods among the emergency frontline health workers HCWs within Pakistan. This method also helps in developing expressive themes without undoubtedly generating theory. This method also used to create the rich and inclusive idea of phenomena which is complex in terms. Authors individually read the data multiple times to explore or to extract and coding the themes which is related to our research aims and purposes.

The study trigger doctors to manage and work in multiple locations in order to cope and give cure services to the victim of corona patients also.

Data collection tool(s)

The whole data had been together by the qualitative interviews which were taken and conducted by participants consent. The times for conducting interviews were also chosen which should-based on the easiness and convenience of to each of participant. Each of the interview approximately took (20 to 30) mints. . Participations in this reading were unpaid and participants were no any requirement and obligations. The researchers also create the friendly relationships among participants.

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Data analysis techniques

All interviews were recorded with the help zoom video and audio voice application also some of face- to-face. The process of transcription began, and the whole data were successively analyzed and examined through the thematic analysis approach.

Ethical considerations

The data was collected by each of the participant which will be kept confidential and the main thing is privacy which could never be compromised. By using original participants' statements from that we made transcript and then coding it accordingly via excel.

Research Findings

The findings are limited to the number of health staff workers, the techniques are used as secondary data and interview. This study is essential for the health workers to cope up with stress during covid-19 pandemic. Staffs are educating the patients as well as the attendants. In order to cope up with depression, effective techniques are being used such as watching television, not listening to news, following proper SOPs etc.

The findings showed that the people are denial of Covid 19 pandemic; SOPs are not being followed by any of the patients and attendants for these result patients are coming in a very bad situation that prayers are the only way out to treat these patients.

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Themes

Social, psychological, emotional, and physical life effect

All doctors gather on a single point that is called "SOP's", They all are said that all people should take care of their family member and friend by maintain social distance, wearing a mask in public place sanitize your hand frequently, etc.

During this critical situation medical staff facing certain problems such as scarcity e of transportation, and high amount of traffic.

There are many causes of stress but being a doctor controls their social stress as well as emotional stress with the help of positive towards problems.

Population infected by the COVID-19

Doctors said we were feeling unyielding, sometimes that is a good thing, and sometimes just plain annoying. Physical things can be unyielding if they hard or impossible to stop.

We have all encountered tough periods in our lives and have lived for a few years in this condition. We know that life is full of ups and downs, but we have all experienced difficult moments in our lives.

Satisfied with Precautionary Measures

All doctors are satisfied by their job and hospital management, when they acquire decent job benefits, they should feel satisfied.

Satisfied with Profession

Being a doctor, we know that this is our duty how to perform in disapproving condition but we are satisfied just because we all have complete instrument and safety precautions.

Challenges

Take care of a patient: Best practices for taking better care of patients, this type of patient care may also encourage patients to value their health journey and adhere to their treatment plan.

Responsible Attitude: In hospitals and clinics, patients are monitored and cared for.

Taking detailed notes as a legal record and for the benefit of other healthcare providers.

Financial Compensation

All doctors said this is not a good time to think about financial compensation, this is ridiculous and cheap thinking because this is a very difficult time for our country as well as, the entire world.

Future Perceptions (Covid-19)

Prevention is better than cure: Doctors' opinion regarding the covid-19 is that we should follow the complete Sop's of COVID-19 because, avoiding future diseases and complications from existing problems is critical to the healthcare system & long-term viability.

SOP's

Follow the complete SOP's: The virus is transmitted through direct contact with respiratory droplets of an infected person which is why pursue the SOP.

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Discussion

This study was conducted to understand how frontline healthcare workers in Pakistan who are directly treating COVID-19 patients explain their experiences and the stress coping strategies they employ. The results of the thematic analysis show that the participants practiced and suggested different coping strategies to deal with the stress and anxiety that emerged from the COVID-19 pandemic. For example, participants shared that the media is a major source of stress and anxiety for the public. In addition, it is revealed that there is no way to confirm the authenticity of any updates or news shared in various media, adding to the uncertainty of this pandemic. . According to previous studies, the willingness of the participants to respond in an uncertain and dangerous situation with COVID-19 is their belief in obligations, positive opinions and views about their role in the pandemic, which affects also their resilience and coping mechanisms.

Participants also voiced concerns about community non-compliance and revealed that such community behavior worsens the country scenario. . One of the reasons for this non-compliance as well as religious scholars denying the seriousness of COVID-19 can cause distrust of the government. Studies have shown that people who do not trust government are less likely to adhere to government-led mechanisms for dealing with various epidemics. In addition, some participants show a lack of awareness about the availability of mental health services, especially in rural areas.

Conclusion

The in-depth and thorough understanding of the study has taught us to how frontline health worker are dealing with Covid -19 pandemic, how they are coping with the stress level and what are the protective measures and challenges while dealing with Covid-19 patients through thematic analysis method. It was observed that during the pandemic, media was one of the sources of anxiety and stress. Passion to serve humanity, dealing politely, praying for the patients and giving them hope are the only way to boost their resilience and coping mechanism. Encouragements to use safety measures are the key element to eradicate the virus completely. Virtual era has been established in almost every institution in order to keep the work on and not to have infections spread out. Additionally, these findings would definitely be the inspiration to the future mental health research studies. This research may help government to cope up with the psychological wellbeing of the frontline health workers in the face of Covid-19 outbreak in Pakistan and various other parts of the world.

Implementation

Covid 19 regulations and safety measures are being implemented even after the vaccinations are completely done. This will not spread the infection rather we all can live a healthy and safe life along with we all can regulate our work we all should be optimistic and hopeful for our future.

Recommendation

Some recommendations are being suggested, for instance we need to create strong link with the community to regain their trust not only to make healthy and constructive strategy to fight with the pandemic. In this linkage the role of staffs is very crucial and important. More research should be implemented in order to develop better understanding of the peer network in helping medical staffs. Furthermore, awareness campaign should be regulated by the government led institutions.

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