

# Exploring Ways People Thrive During a Pandemic: Qualitative Measures

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## Research Question

- What psychological and contextual factors support people in thriving during a pandemic?
- What learning, appreciation or growth have people identified during the pandemic that they hope to carry forward post-Covid19?

## Methods

### PHASE ONE

**Participants (n):** 205, ages: 18-83

- Used 5 quantitative inventories & 5 qualitative questions
- Independent and comparative coding, categorization, and thematic analysis

### PHASE TWO

**Participants (n):** 35

- 3 follow-up questions were then created based on the data found in phase one
- Independent and comparative coding, categorization, and thematic analysis

## Results

### **Theme 1: New Found Time**

**PHASE ONE:** "I started catching up on life and changing it for the better... My life has changed for the better during the pandemic. It's almost like I needed this to get my life on track."

**PHASE TWO:** "Essentially, a slower paced life closer to home has been so good for me. I am looking forward to seeing more people some day again, to being able to travel again but, my husband and I do not plan on rejoining the rat race at our previous pace."

### **Theme 2: Self-Prioritization**

**PHASE ONE:** "I have had the opportunity to see how my inside world is reflected out to my outside world... 'forced' into some 'tight' spaces and seeing how I alone have to ability to change my world, whether it be inner or outer."

**PHASE TWO:** "Making changes to what is important to me will be a change I plan to continue... making myself a priority."

### **Theme 3: Resilience**

**PHASE ONE:** "As well I have become more confident in myself being able to handle difficult situations and get through them as I have made it through the pandemic so far"

**PHASE TWO:** "I have discovered that I am resilient... I am capable of moving through my tougher feelings, accepting the reality and rising above again. I am strong."

## Conclusion

- People identified positive impacts in their lives during this time.
- People improved themselves by using this time as an opportunity to grow.
- People hope to carry these changes forward.

## Further Research

- Explore the effects of the relationship between cultural identity and thriving during a pandemic.
- Explore the longitudinal effects of the pandemic on thriving.

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