

“COLLECTIVE EXPERIENCES OF CLIMATE CRISES: ECO-ANXIETY IN PAKISTAN’S 2025 FLOOD VICTIMS”



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Dedication

To my father,
a constant light from afar,

To my mother and brothers,
my anchors and strength,

And to the flood victims,
whose spirit inspires this work.

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Sahab Kazmi

Abstract

Global climate change has multiple adverse effects including floods that not only cause mass destruction but leave lasting psychological imprints on the affected communities. One of the recent catastrophes being 2025 floods in Pakistan which affected millions, forcing them to evacuate, multiple deaths being reported including children. While research has largely focused on economic losses and health problems due to floods but there is not ample research on eco-anxiety and psychological domain framing lived experiences of people. This study explored personal experiences of people especially in terms of eco-anxiety, coping strategies, cultural responses and how after-effects of floods leave enduring psychological legacies. Field visits were carried out in the Manga Mandi town of Punjab, in-depth interviews were conducted on a total of 5 participants 3 males and 2 females respectively that had to displace their homes and were primary earners of their home, based on convenient sampling technique. A qualitative research design was employed followed by a thematic IPA analysis. Based on reiterative reflections, following themes were found that showcase the essence of lived experiences of flood survivors. The themes were (1) mental and emotional impact (2) physiological implications (3) economic and livelihood challenges (4) exposure and risk (5) social and community support (6) coping and resilience (7) spiritual and cultural meaning-making. Findings of this research help to bridge the gap in existing literature in psychological domain and help the government to come up with psychological support policies and disaster responsive strategies to be employed in emergency situations.

Keywords: floods, collective experiences, eco anxiety, climate change, mental health

Table of Content

CHAPTER 1.....	17
INTRODUCTION.....	17-23
CHAPTER 2.....	24
LITERATURE REVIEW.....	24-37
2.1.1 Global Climate Change.....	24
2.1.2 Global warming and natural disasters	25
2.1.3 Global humanitarian crises.....	26
2.1.4 Psychology and climate change.....	27
2.1.5 Pakistan and climate change.....	28
2.1.6 Floods in Pakistan.....	29
2.1.7 2025 Floods in Pakistan.....	30
2.1.8 Lived experiences of floods.....	31
2.1.9 Eco anxiety and climate related psychological conditions.....	32
2.1.10 Personal and household impacts.....	33
2.1.11 Community impacts.....	34
2.1.12 Economic impacts.....	35

2.1.13 Cultural context (individualist vs. collectivist).....	36
2.1.14 coping and resilience.....	36
2.1.15 Gaps in literature.....	37
2.1.16 Theoretical framework.....	37
2.2 Problem statement.....	37
2.3 Rationale and significance.....	38
2.4 Research objective.....	39
2.5 Research question	39
CHAPTER 3.....	40
RESEARCH METHODOLOGY	40
3.1 Background.....	40
3.2 Research Design.....	40
3.3 Population and Sampling.....	41
3.4 Inclusion criteria.....	41
3.5 Exclusion criteria.....	41
3.6 Measures	42
3.7 Data Collection and Analysis.....	42

3.8 Procedure	44
3.9 Ethical Considerations.....	45
CHAPTER 4.....	46-77
RESULTS.....	46
CHAPTER 5.....	76
DISCUSSION.....	76
5.1 Limitations of the study.....	78
5.2 Suggestions of the study.....	79
5.3 Implication of the study.....	79
REFERENCES.....	80-85
APPENDICES.....	86

List of Tables

Table No		Page no
]4.1	Demographics table	46
4.2	IPA Analysis table	47

List of Figures

Figure No	Page No
4.3	68
Pictorial Representation of Themes	

List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
IPA	Interpretative phenomenological Analysis

List of Symbols

Symbol	Full Form
%	Percentage
P no	Participant number

List of Appendices

Appendices		Page No.
Appendix A	Permission Letter from Department of Professional Psychology	6
Appendix B	Consent Form	87
Appendix B	Demographic Form	88-89
Appendix B	Interview Guide	90
Appendix B	Interviews	91- 107
Appendix B	Plagiarism report	108