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## **Psychological Pain and Coping Mechanisms: An Omani Perspective**

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### **Abstract**

The present study explored students' experiences and understanding of pain, examining how internal and external factors shape these experiences. Participants were encouraged to reflect on the ways in which personal beliefs, emotions, and physical states (internal factors), alongside social, relational, and environmental contexts (external factors), influenced their perceptions and responses to pain. They were also invited to describe the cognitive processes and coping strategies they employed in managing their pain experiences.

A total of 30 students (15 females and 15 males) who expressed willingness to participate were recruited. A qualitative research design utilizing standardized open-ended questions was adopted. Data were collected through face-to-face interviews conducted by the researcher, as well as written reflections and narratives in which participants detailed their personal experiences, understandings, and beliefs about pain and coping.

Thematic analysis revealed several noticeable patterns, including dispossession and ambiguity, deprivation of meaningful connections, and internal fragmentation. Additional themes illuminated participants' navigation of psychological distress and life challenges, highlighting the centrality of close social circles, interpersonal support networks, personal belief systems, and cognitive reframing as primary coping resources for mitigating psychological pain. Implications and recommendations were proposed based on the study's findings.

**Keywords:** Emotional Suffering, College Students, Adaptive Strategies, Qualitative Design