

Exploring Inner Experiences of Muslims with High Sensory-Processing Sensitivity in Facing the Loss of Loved One(s) during COVID-19 Pandemic

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ABSTRACT

COVID-19 pandemic was declared by the WHO in March 2020 and has caused major changes, for example lockdown, movement restrictions, and new norms, which affected the experience of loss and grief, as relatives' visits and physical meetings were limited due to the COVID-19 procedures. The study of sensory-processing sensitivity (SPS) is still new. It is unknown how high SPS individuals experience the grieving process particularly during the pandemic. Furthermore, it is unknown how high SPS Muslims cope with the loss of loved one during the pandemic. Thus, the study aims to explore the experiences of high SPS Muslims in dealing with the loss of loved one(s) during COVID-19 crisis and how they cope with the loss of loved one(s) during the crisis. Using IPA approach, the study explored the experiences of high SPS Muslims adults who experienced the loss of loved ones during COVID-19 crisis and how they cope with the situations. Five high SPS participants who are Malaysian Muslim adults aged between 18 to 35 who experienced loss of loved one(s) during COVID-19 crisis were recruited using purposive sampling to participate in a semi-structured interview. Due to the lack of resources related to the study of SPS within Malaysian community, the present study used global sample as a reference. It is hoped that future SPS studies will focus more on Malaysian community so that the community can be prepared with new information of SPS.

Keywords: sensory-processing sensitivity, coping with loss, COVID-19 pandemic, Malaysian Muslim adults