

Mental Health Recovery and Quality of Life Improvement Strategies Among Perpetrators: Insight from Thematic Analysis

Preet Kiran Sekhon

Akal University, Talwandi Sabo, Punjab, India

Abstract

Mental Health and Quality of life remains under explored in marginal community such as perpetrators despite its significance for rehabilitation and successful social reintegration. The present study explores coping mechanism, experience of social support and the strategies employed to improve mental health and quality of life among perpetrators. A qualitative research design was applied and thematic analysis was conducted on responses obtained from 244 perpetrators in Punjab.

The findings revealed diverse coping mechanisms utilized by perpetrators, including religious practices, spiritual coping, family-oriented coping, active behavioral coping, avoidance coping, emotional suppression, and acceptance and cognitive re-framing. Participants' experiences of social support were characterized by both supportive and adverse interactions. Major themes included social exclusion and stigma, self-reliance resulting from inadequate support, family emotional support, professional and therapeutic support, institutional and basic support, peer and social network support, emotional withdrawal and distrust, adaptive self-resilience, and humane institutional support. Regarding strategies used to improve quality of life and mental health, participants reported engaging in spiritual coping and behavioral activities, cognitive restructuring, future orientation and psychological resilience, adaptation and active engagement, acceptance, and emotional detachment.

The findings highlight the complex interplay between individual coping processes, social support experiences, and efforts toward mental well-being and quality of life among perpetrators. While experiences of stigma and limited support often fostered self-reliance and emotional withdrawal, supportive family relationships, professional assistance, and adaptive coping strategies contributed to resilience and positive adjustment. The study underscores the importance of strengthening social support systems, promoting adaptive coping mechanisms, and implementing rehabilitation-focused interventions to enhance mental health and quality of life among perpetrators.

Keywords

Perpetrators, Coping Mechanisms, Social Support, Mental Health, Quality of Life, Thematic Analysis, Resilience, Rehabilitation, Stigma, Psychological Well-Being.