

Research Paper

Metacognition, Cognitive Flexibility and Well Being in The Pandemic Times Among Young Adults (With and Without Mental Health Disorders)

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ABSTRACT

As a significant infection flare-up in the 21st century, the Corona virus illness 2019 (COVID-19) pandemic has prompted phenomenal perils to psychological wellness all around the world. While mental help is being given to patients and medical care laborers, the overall population's psychological wellness requires critical consideration too. **Aim:** The current research aims to study metacognition, cognitive flexibility and well-being in the pandemic times among young adults (with and without mental health disorders). **Objectives:** To study the significant difference, correlation between the variables metacognition, cognitive flexibility and well-being. The aim was also to study metacognitions and cognitive flexibility as the predictors of well-being. **Sample:** Young adults with any mental health disorder (N=50) and individuals without any mental health disorder (N=50). Scales used The Metacognition Self-Assessment Scale (MSAS), Cognitive Flexibility Scale and The World Health Organization- Five Well-Being Index (WHO-5). **Results:** T test, Correlation and Regression analysis was used to measure the scores. **Future Implications:** Being aware of the importance of mental health encourages medical care suppliers to pay more consideration toward an individual's psychological well-being, particularly for if there should be an occurrence of having low social help, and lower pay for the family. Further examination ought to inspect the definite data of youngster's illness and handicap, clinical help use, and quality and amount of social help in cross country to fix the framework for supporting administrations of the two kids with disabilities and their CGs.

Keywords: Metacognitions, Cognitive Flexibility, Well-being, Pandemic, Mental health.

As a significant infection flare-up in the 21st century, the Corona virus illness 2019 (COVID-19) pandemic has prompted phenomenal perils to psychological wellness all around the world. While mental help is being given to patients and medical care laborers, the overall population's psychological wellness requires critical consideration too. This deliberate survey intends to integrate surviving writing that gives an account of the impacts of COVID-19 on mental results of everyone and its related danger factors.

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Novel CoronaVirus Disease (COVID-19) beginning from China has quickly crossed fringes, tainting individuals all through the entire world. This marvel has prompted an enormous public response; the media has been detailing constantly across fringes to keep all educated about the pandemic circumstance. Every one of these things are making a ton of worry for individuals prompting increased degrees of uneasiness. Pandemics can prompt uplifted degrees of stress; Anxiety is a typical reaction to any upsetting circumstance. (Roy, D. et al. 2020)

The quickly developing circumstance has definitely modified individuals' lives, just as numerous parts of the worldwide, public, and private economy. Decreases in the travel industry, avionics, farming, and the money business attributable to the COVID-19 episode are accounted for as huge decreases in both gracefully and request parts of the economy were ordered by governments globally.

The vulnerabilities and fears related with the infection flare-up, alongside mass lockdowns and financial downturn are anticipated to prompt expansions in self-destruction just as mental problems related with self-destruction.

Emotional and mental wellness concerns and treatment generally assume a lower priority when the restricted assets are intended for pandemic regulation. History recommends that any irresistible sickness episode or pandemic carries with itself a significant difficulty in the emotional wellness front. On account of the Ebola flare-up in the year 2014, indications of Post-Traumatic Stress Disorder (PTSD) and nervousness despondency were more common even after 1 year of Ebola reaction. (Jalloh et al.,2018).

During any episode of an outbreak of deadly viral pandemic, the populace's mental responses assume a basic part in forming both spread of the infection and the event of enthusiastic misery and social problem during and after the flare-up. Regardless of this reality, adequate assets are normally not given to oversee or weaken pandemics' impacts on emotional well-being and physical wellbeing. (Taylor S, 2019) While this may be reasonable in the intense period of an episode, when wellbeing frameworks organize testing, lessening transmission and basic patient consideration, mental and mental requirements ought not be ignored during any period of pandemic administration.

To handle the quick ascent of cases in India and to check the network spread, public level "lockdown" was pronounced, with affirmation that the essential requirements of the overall population will be dealt with.(Lancet 2020)

While lockdown can be a huge and powerful system of social separating to handle the expanding spread of the exceptionally irresistible COVID-19 infection, simultaneously, it can have some level of mental effect on people in general. It is notable that isolate/confinement for any reason and with regards to a pandemic (Severe Acute Respiratory misery Syndrome, 2003) has been related with huge emotional wellness issues going from nervousness, dread, burdensome side effects, feeling of dejection, rest unsettling influences, outrage, and so on, in the prompt not many long periods of disengagement, and later with indications of posttraumatic stress problem and wretchedness after release from the medical clinic (Reynolds,DL. 2008)

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There are numerous explanations behind this. It is realized that mental elements assume a significant function in adherence to general wellbeing measures, (for example, immunization) and in how individuals adapt to the danger of contamination and resulting losses. (Taylor S, 2019) These are obviously urgent issues to consider in the administration of any irresistible illness, including COVID-19. Mental responses to pandemics incorporate maladaptive practices, passionate misery and protective responses. (Taylor S, 2019) People who are inclined to mental issues are particularly powerless.

The danger of PTSD in the fallout of the pandemic can, thusly, be a tremendous test to the psychological well-being arrangement of the nation. Since the medical care framework centers significantly around crisis administrations, people experiencing substance misuse and reliance problems may see crumbling in their psychological wellness because of this pandemic. (Clay & Parker, 2020)

Against this foundation, and as the COVID-19 pandemic keeps on spreading the world over, we guess various mental effects that merit thought now as opposed to later.

In the primary case, it should be perceived that, even in the ordinary course of functions, individuals with set up dysfunctional behavior have a lower future and less fortunate actual wellbeing results than the general population. (Rodgers M et al, 2018) thus, individuals with prior emotional wellness and substance use issues will be at expanded danger of disease with COVID-19, expanded danger of having issues getting to testing and treatment and expanded danger of negative physical and mental impacts originating from the pandemic.

Second, we foresee a significant expansion in nervousness and burdensome side effects among individuals who don't have previous emotional wellness conditions, with some encountering post-horrendous pressure problem at the appointed time. There is now proof that this chance has been under-perceived in China during the current pandemic. (Duan, L et al, 2020)

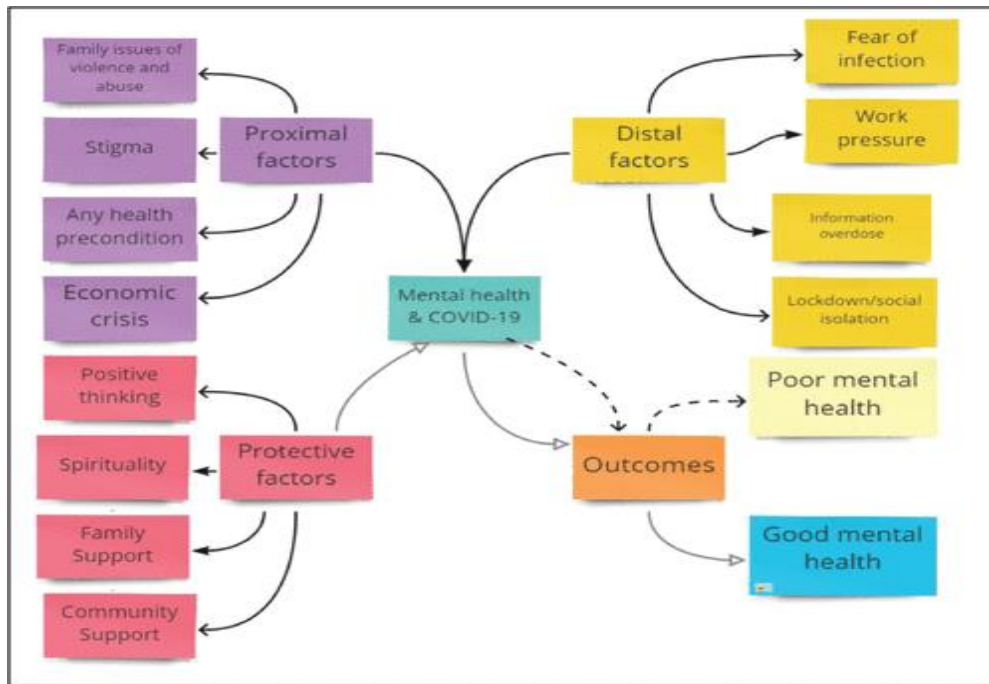
Third, it very well may be foreseen that wellbeing and social consideration experts will be at specific danger of mental side effects, particularly in the event that they work in general wellbeing, essential consideration, crisis administrations, crisis offices and serious or basic consideration. The World Health Organization has officially perceived this danger to medical care workers, (WHO, 2020) so more should be done to oversee uneasiness and stress in this gathering and, in the more extended term, help forestall burnout, misery and post-horrendous pressure issue.

The major emotional well-being issues that have been accounted for to have been related with the COVID-19 pandemic are pressure, tension, burdensome side effects, a sleeping disorder, anxiety, stress and anxiety worldwide. (Torales et al., 2020) Stress, uneasiness and discouragement go inseparably with the COVID-19 pandemic, results from contemplates done universally have demonstrated the expanding predominance of psychological wellness problems among different populace gatherings (Ji et al., 2017; Mohindra et al., 2020; Xiao et al., 2020b).

Exacting lockdown laws, distancing with social norms, limitations in moving outside could bring about expanded screen time. Steady falsehood in online media gateways may bring about a condition of frenzy and nervousness, regularly bringing about wretchedness in the

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end. Discoveries of an investigation done in Shanghai, China show a high predominance of psychological well-being issues, which decidedly connected with incessant web-based media presentation during the COVID-19 episode(Gao et al., 2020).



Conceptual Framework of the Causal and Protective Factors Affecting Mental Health

Recognizing the mental processes that can assist with ensuring prosperity and mental wellbeing under such excellent conditions is hence of most extreme significance. Understanding these cycles of processes has suggestions for how people may be assisted with dealing with the current pandemic, yet additionally how we may best intercede in the coming a very long time to keep incipient mental challenges from forming into genuine long haul psychological wellness conditions. Seeing alone, nonetheless, is inadequate; these cycles additionally should be moldable and receptive to mental mediation in the event that they are to have practical utility

Metacognitions and Covid 19

Metacognition alludes to attention to one's own intellectual cycles, including inspecting own inclinations and dynamic. Metacognitive self (MCS), characterized as exactness in view of own inclinations, is related with supportive of wellbeing practices and want for input, including negative data. (Szczepanik, J et al,2020)

The reasoning and metacognition capacity incorporates five profoundly broad abilities that all include the guideline of reasoning. These abilities are basic reasoning, critical thinking, dynamic, computational reasoning, and metacognition. The choice to zero in on these five aptitudes was driven by an intersection of variables. Except for computational reasoning, every aptitude has a broad and unmistakable observational writing base and is a known indicator of achievement in different settings. The firmly interrelated bunch of basic reasoning, critical thinking, and dynamic is emphatically connected with work zone and pay in the O*NET information base, and these are among the most sought-after aptitudes referred to by managers.

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Cognitive Flexibility and Covid 19.

Cognitive flexibility, the capacity to perceive and adjust to situational requests in quest for by and by significant longer-term results, is one such cycle. Over an expansive scope of populaces and introductions, more noteworthy mental adaptability has reliably been related with decreased pressure, uneasiness, melancholy, and expanded prosperity (Bluett, Homan, Morrison, Levin, & Twohig, 2014)

On the other hand, Cognitive inflexibility or mental rigidity, especially as experiential shirking (an extreme inclination to dodge troublesome encounters, contemplations, sentiments, and circumstances; S. C. Hayes, Wilson, Gifford, Follette, and Strosahl, 1996), and additionally a penchant to connect with unbending and resolute mental, enthusiastic, or conduct techniques, has been found to identify with less fortunate adapting and disabled mental and passionate wellbeing over a variety of mental writing. (Bardeen, Fergus, & Orcutt, 2013)

A person's degree of cognitive flexibility seems to be identified with, however unmistakable from, their specific methods of adapting. While mental firmness (as experiential evasion) unequivocally identifies with an inclination to convey avoidant adapting methodologies, for example, interruption, separation, or substance use, which can get useless, it has additionally been found to represent a more prominent extent of mental misery results far beyond an individual's regular adapting style alone (Karekla; Panayiotou, 2011)

This differentiation is significant as it suggests that cognitive flexibility (or scarcity in that department), instead of a particular adapting style or proclivity, is probably going to be more significant for comprehension (and affecting) how individuals effectively explore the effect of the pandemic now and later on. (Nielsen et al., 2016)

Thoughtfully, cognitive flexibility can be perceived as a summed up or higher-request capacity to react adequately to situational requests in the quest for longer-term objectives, empowering choice of adapting reactions as well-suited to the circumstance. Hence, cognitive flexibility may incompletely influence results through its effect on choice of adapting practices (counting, however not restricted to, assistance of more open/less avoidant methods of reacting). This thought has been upheld by mediational displaying showing roundabout impacts of mental adaptability on prosperity and pain results, by means of adapting techniques. (Rueda & Valls, 2020)

(Rueda & Valls, 2020) discovered direct impacts of cognitive flexibility notwithstanding roundabout (interceded) impacts: These immediate impacts may reflect remarkable parts of cognitive flexibility as a practical relevant cycle (adjusting reacting as indicated by situational requests/affordances and wanted results) which may not be caught by conventional proportions of adapting.

Cognitive flexibility is likewise the key cycle focused by Acceptance and Commitment Therapy (ACT; S. C. Hayes, Strosahl, and Wilson, 2009) – the experimentally settled third-wave CBT (Cognitive Behavioral Therapy) with exhibited viability for improving mental wellbeing and prosperity results over a large number of clinical and non-clinical populaces and introductions. (Bluett et al., 2014)

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Cognitive flexibility, hence speaks to a promising applicant measure for both arrangement and anticipating how an individual might be influenced by, and adapt to, the critical difficulties of the pandemic, while likewise offering a potential mediation target should guessed useful connections be affirmed. (Dawson, D. L., 2020)

Well Being And Covid 19

The rise of Covid illness 2019 (COVID-19) has had an abrupt and significant impact on networks across the country. As cases and passing because of the novel infection expanded, defensive estimates, for example, physical separating were instituted to moderate the infection's spread, bringing about sudden terminations of schools, kid care, network projects, and work environments. These progressions have brought about social segregation, mental misery among adults, (McGinty EE, 2020) and considerable financial distress, with the most elevated level of joblessness since the Great Depression (Long,H et al 2020).

Families with youngsters have confronted horde stresses from misfortunes of monetary and mental help for guardians and their kids. Likewise, families with kids excessively live in poverty,(Semega J, et al 2019) possibly expanding the danger of financial trouble through intense employment misfortune and related challenges supporting fundamental necessities, for example, food security and solid youngster care. Every one of these stressors, thus, may increment mental strain on families. Government agencies (American Academy of Pediatrics; 2020) and proficient organizations have communicated worry that kids, specifically, might be at expanded danger for mental unsettling influences. Notwithstanding worry that guardians and youngsters may both be in danger for a significant number of the sequelae related with the COVID-19 pandemic, information on the effect of COVID-19 on these populaces are meager.

Covid 19 and Pre- Existing Mental Illness

Coronavirus pandemic and nationwide lockdown are probably going to expand the new beginning of Illness Anxiety Disorder and to cause worsening of manifestations in analyzed cases. Any straightforward influenza like side effect builds nervousness and under current conditions, COVID-19 is relied upon to have a more extreme effect. Fanatical Compulsive Disorder patients, particularly who have checking, accumulating and washing impulse, are at higher danger. Exhortation on improving individual cleanliness measures may build the pollution fixations and washing impulses. Despite progressing lockdown, patients are bound to depend on alarm purchasing and unreasonable storing of fundamental things, despite the fact that nonstop gracefulness of basic things is guaranteed by the states. (Qiu et al., 2020)

For Recurrent Depressive Disorder patients, lockdown is a significant pressure endangering ordinary every day normal, social mood and subsequently expanding feelings of anxiety, which would additionally raise the cortisol level, bringing about a horrendous intensification of burdensome side effects. This is same for summed up nervousness problem, ongoing a sleeping disorder (Dong and Bouey, 2020) and even self destruction (Goyal et al., 2020). In addition, pandemics are not just a clinical wonder. Failure to join work, diminishing funds and the drawn out effect on economy will have its impact on new and prior regular psychological wellness problems (Zandifar and Badrfam, 2020).

REVIEW OF LITERATURE

Hong, J., Hwang, M., Szeto, E. et al. (2020) reviewed the professional gap and it alludes to the marvel of people with a logical foundation showing non-logical convictions. Educated

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by the social-intellectual cycle model, this examination meant to build up a more cognizant comprehension of how such non-logical convictions can be anticipated by people's psychological adaptability interceded by their epistemic interest. A survey was controlled to 332 college understudies studying science at 2 colleges in Taiwan. It remembered things for intellectual adaptability, 2 sorts of epistemic interest, and non-logical convictions. After the unwavering quality and legitimacy of the things and develops were approved, basic condition displaying was applied to confirm the examination model. Results demonstrated that the 2 kinds of epistemic interest, intrigue type and hardship type, were decidedly anticipated by intellectual adaptability however were contrarily reflected in the understudies' non-logical convictions. The examination additionally tried the sex distinction for each factor and found that female understudies studying science would in general have more grounded non-logical convictions than their male partners. The outcomes infer that if a more significant level of intellectual adaptability is accomplished, the researcher professional hole might be decreased.

Al-gaseem, M, Bakkar, B, Al-zoubi, S. (2020) reviewed the Metacognitive speculation abilities in educator instruction are significant. In this way, it is essential to zero in on understanding training rather than remembrance, utilizing information, tackling issues identified with new circumstances, having the option to clarify, orchestrate and sum up and create theories. The reason for this exploration was to look at the degree of metacognitive reasoning aptitudes (MTSs) among gifted science training understudies (TSEs) at Sultan Qaboos University (SQU), Oman. An intentional example of 77 TSEs was utilized to accomplish this objective. The TSEs are enrolled in the Bachelor of Science Education program, and they have a high scholarly accomplishment. The TSEs reacted to Omani Metacognitive Thinking Scale. This scale comprises of 42 things dispersed into three areas: Knowledge of cognizance, guideline of discernment, and psychological preparing. The outcomes demonstrated that TSEs had an elevated level of MTSs.

Ranieri, J.; Guerra, F.; Di Giacomo, D. (2020) conducted research reviewing longer survivorship is conceivable because of advances empowering early recognition and treatment. In any case, malignancy survivors are confronted with prognostic vulnerability with respect to endurance, long haul side effects, observation, and outcomes of treatment. This examination pointed toward exploring enthusiastic qualities of ladies after bosom malignancy (BC) analysis from a three-year viewpoint of the sickness. We expected to analyze the enthusiastic pattern inside longer survivorship after the essential treatment for BC. An example of 72 ladies determined to have bosom disease (age run 30–55 years) was assessed dependent on metacognition, mental pain, nervousness, stress, and sorrow. The outcomes demonstrated positive recuperation after essential consideration notwithstanding enthusiastic delicacy in survivorship inferable from negative musings; relationships among metacognitive elements, nervousness, and pain not just affirmed the negative passionate example soon after essential consideration, yet additionally indicated ladies recapturing a positive enthusiastic example in everyday life. The survivors showed passionate delicacy during certain particular purposes of time over the span of their survivorship. In view of our discoveries, the dread of repeat and malignant growth explicit mental treatment is a superior structure to support and improve clinical practice.

Kleitman, S., Hui, J.S. Jiang, Y. (2020) conducted an examination that inspected singular contrasts in intellectual and metacognitive skill and pomposity. In doing as such, we decided the function of metacognitive certainty and self-checking in ability and pomposity. We

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likewise explored the prescient legitimacy of the subsequent model to dynamic ability. Brain research students (N = 180) finished proportions of insight, on-task certainty, self-important and obstinate like attributes and thinking auras. Corroborative Factor Analysis uncovered that the most miserly arrangement was a various leveled two-factor model characterized by expansive Cognitive and Metacognitive Competence and Arrogance factors. The wide Competence was characterized by sure loadings from Intelligence and Confidence factors and a negative stacking from the Dogmatism factor. The expansive Arrogance factor was characterized by certain loadings from Confidence, Arrogance, and Dogmatism factors, yet no stacking from the Intelligence. Subsequently, the examination confirmed that the Confidence attribute stacked on the two components while a first-request Intelligence factor stacked on competence as it were. Along these lines, while egotistical people were as sure as able people, this certainty was not advocated by their exhibition and capacity. In addition, Arrogance emphatically anticipated higher predisposition, certainty, expectation and assessment gauges, however not genuine execution on a choice assignment. Conversely, the Competence factor emphatically anticipated the exactness of execution. Supporting and expanding the Koriat's (1997) signal use hypothesis, the current outcomes demonstrated that test-and (precise) singular explicit wellsprings of indicative prompts underlie judgment exactness, notwithstanding, they appear to assume changed parts for people dependent on their overall remaining inside the Cognitive and Metacognitive Competence and Arrogance scientific classification. Expanding Dunning et.al (2003), a few "individuals will in general be willfully ignorant of their inadequacy" and are "triply reviled" as they are additionally overbearing.

Robertson, L. (2020). conducted this examination to investigate the connection between electronic media utilization and sexual orientation job pressure and whether these connections are needy upon metacognitive capacities. Understudy members (n = 238) between the ages of 18 and 25 from the University of Tennessee at Chattanooga were enrolled and finished self-report proportions of both recurrence and kinds of media use, sex job pressure, and metacognitive capacities. Results showed that however there was no immediate connection between measure of media expended and sex job pressure, a collaboration impact happened between metacognitive capacities and measure of media devoured. Results demonstrated that people with lower metacognitive capacities who expended more media had higher sex job pressure. Discoveries from this investigation can advise future exploration bearings, just as strategy and practice.

Selmeczy, D. et al. (2020). conducted a study where Metacognition alludes to the capacity to self-reflect about our own perceptions, for example, feeling certain when we are correct and dubious when we are incorrect. Metacognition starts to develop during youth and improves all through center youth and immaturity. Newborn children and babies take part in practices that demonstrate early information on mental states utilizing nonverbal practices. Metacognition utilizing verbal pointers rises during youth, and improves generously all through adolescence as youngsters become more delicate to unobtrusive contrasts in mental states. More seasoned kids and young people become progressively modern in their metacognition and use it to control their choices in complex circumstances. The section plots the ordered improvement of metacognition all through adolescence and talks about regions of applied and future exploration.

Norman, E. et al. (2020). conducted a study where the idea of metacognition been utilized inside essential and applied mental examination. We start our answer by introducing an expansive meaning of metacognition, a chronicled diagram of its turn of events and its

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quality in research information bases. To survey which capacity and aspects are most every now and again tended to inside every one of the sub-disciplines, we present outcomes from isolated writing look. We at that point audit how metacognition has been characterized and experimentally investigated inside chosen sub-disciplines regarding normal exploration questions, calculated definitions, how the idea has been estimated, and instances of intriguing discoveries and suggestions. We recognize likenesses, irregularities, and contradictions across fields and point out regions for future examination. Our general decision is that it is valuable to think about metacognition as an expansive umbrella idea across various areas and across fundamental and applied examination. Regardless, we suggest that specialists be more explicit and unequivocal about their methodology and presumptions at whatever point utilizing metacognition in their exploration.

Nejati, S. et al. (2020). conducted this current examination to study the correlation of flexibility, psychological feeling guideline, and metacognitive convictions of primiparous and multiparous ladies in Rasht. The momentum research was a cross-sectional diagnostic examination. The members of this exploration were the entirety of the primiparous and multiparous ladies who alluded to Rasht emergency clinics among June and October in 2016. An aggregate of 120 people (60 primiparous and 60 multiparous ladies) chose by the irregular bunching testing technique. The Connor-Davidson versatility scale surveyed the members, intellectual feeling guideline poll by Granfsky et al and Wells et al. metacognition survey. Information investigation have done by utilizing the multivariate change examination by SPSS v. 22 software. The discoveries demonstrated that there were huge contrasts in strength, psychological feeling guideline, and metacognitive convictions among primiparous and multiparous ladies ($P < 0.001$). The outcomes showed that there were huge contrasts in primiparous and multiparous ladies in versatility, psychological feeling guideline, and metacognitive convictions. It appears to be that preparation and commonsense strides to overhaul them as fundamental.

Inci H et al (2020) studied how Confidence alludes to an individual's positive and negative perspectives towards oneself, and metacognition is an upper framework giving mindfulness and heading of functions and mental capacities. Adapting alludes to the particular and mental endeavors used to manage upsetting functions or the negative impacts of the operators of these. The point of this examination was to assess confidence, metacognition status and adapting perspectives in patients with disease, which is known to have seriously dangerous mental impacts. Materials and Methods: Fifty grown-up disease patients who were followed up in the clinical oncology center between July 2018 and June 2019 and 50 age-and sexual orientation coordinated sound controls as control bunch were remembered for this examination. All the members were applied with a sociodemographic information structure, the Rosenberg confidence scale, the Metacognition Assessment Scale, and the Copying Orientation to Problems Experienced (COPE) stock, and their outcomes were looked at between the gatherings. Results: The gatherings contained half females with a middle age of 58 (33–82) a long time. The qualities identified with the level of interest in conversations, issue centered adapting, dynamic adapting, arranging, and condition of passionate weakness were low in the disease persistent gathering contrasted with the benchmark group ($P < 0.005$ for all). The continuing of their mental self-view, feeling compromised in relational connections, and level of wandering off in fantasy land were higher, and in the meta cognition tests, the good convictions identified with tension, uncontrolled or hazardous negative contemplations, nonfunctional adapting, strict adapting, kidding, wild conduct, substance use, forswearing, and mental separation scores were higher

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($P < 0.05$ for all). End: Self-regard was lower in disease patients and upper-level psychological capacities and issue centered adapting were resolved to be more awful contrasted with solid controls. In the light of these outcomes, psychosocial uphold given to disease patients in this regard could add to personal satisfaction and social similarity.

Le,H. et al (2020) conducted a research that inspects representatives' metacognitive social knowledge as an arbitrator in the connection between pioneer part trade (LMX) and workers' abstract prosperity. We tried the theoretical model utilizing relapse investigation from an example of 462 transient specialists in Australia. The results showed that representatives' metacognitive social knowledge directed the connection among LMX and workers' emotional prosperity so that the impact was more grounded among those representatives with lower levels of metacognitive social insight. One approach to improve metacognitive social insight for worldwide administration adequacy could be through the presentation of variety and culturally diverse preparing, for example, pedantic projects gave either in-house or by outside foundations. Drawing on Conservation of Resources hypothesis, this paper adds to the writing by showing that workers' metacognitive social knowledge is a limit condition that modifies the qualities of the LMX–abstract prosperity relationship.

Rogers,M. et al (2020) conducted a research stating Metacognition is a multi-dimensional marvel comprising of information and administrative abilities used to screen, control, and assess one's considerations and perspectives (Schraw, 1998; Wells, 2009). This paper battles that metacognition is pertinent to positive brain science and the non-clinical use of prosperity rehearses as it could be used to advance self-viability, decline tension, and increment prosperity. Sustaining metacognitive cycles (for example information and guideline of insight) is considered to cultivate a feeling of control with respect to one's considerations and practices, subsequently expanding one's self-adequacy. Next, it is contended that metacognition might be utilized to diminish nervousness as the observing cycles subsumed in metacognition offer an instrument to deal with the impacts of psychological cycles which meet enthusiastic unsettling influence. An investigation of different existing treatments plans to show the subconscious presence of metacognition and its ability to alleviate tension for those in the non-clinical populace. At long last, it is estimated that metacognition might be used to build prosperity as information and administrative psychological limits license one to evaluate and oversee comprehensions, plan, and change practices which are more lined up with one's objectives and qualities. Metacognitive abilities might be utilized to seek after practices which increment positive effect, energize a positive self-appreciation, and by and large advance thriving.

Zabag,R. et al (2020) conducted a research which stated how Past investigations have discovered that PTSD is related with hippocampal-related hindrance in cognitive flexibility. In any case, little is thought about this hindrance following nature experience mediations. The current ex present facto study pointed on analyze the connection between psychological adaptability, cruising-based mediation and PTSD indications. 39 people with PTSD conclusion (17 who occupied with cruising and 22 who didn't take part in cruising) and 38 sound control (18 who occupied with cruising and 20 who didn't participate in cruising) finished a presentation-based inversion learning worldview to survey psychological adaptability and were assessed for PTSD, burdensome and uneasiness manifestations. The outcomes uncovered essentially lower levels of PTSD and attribute tension side effects in the PTSD-cruising gathering, contrasted with the PTSD-no-cruising gathering. Also, both PTSD bunches demonstrated particular, however extraordinary, hindrances in inversion

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learning. In particular, PTSD-no-cruising people demonstrated a specific hindrance in turning around the result of an adverse improvement they attempted to discover that a formerly pessimistic upgrade was later connected with a positive result. PTSD-cruising people, then again, showed a particular hindrance in switching the result of a positive improvement they experienced issues discovering that a formerly sure upgrade was later connected with a pessimistic result. The outcomes may propose that despite the fact that people who partook in a cruising-based intercession had lower clinical side effects, their hippocampal related psychological adaptability was saying improved, and the hindrance exists in an alternate space.

Gharehasani, N et al (2020) conducted a research in which it was stated Earthquake is one of the cataclysmic events that, notwithstanding cause wounds to survivors, can have some sure results. One of these outcomes is post-horrendous development, which is the positive mental result of backhanded presentation to an awful mishap. The point of this investigation was to foresee the vicarious post horrible development dependent on intellectual adaptability and psychological reappraisal in medical caretakers offering types of assistance to Kermanshah seismic tremor casualties. This investigation was an illustrative correlational exploration. The measurable populace comprised of all attendants offering clinical types of assistance to tremor casualties in Kermanshah in 2018, among them 181 medical caretakers were chosen by accessible inspecting strategy. Information were gathered by Tedeschi and Calhoun Post-Traumatic Growth Scale (CIS), Dennis and Vander wal Cognitive Flexibility (2010) and Cognitive Emotion Regulation of Garnefski et al. (2001). Information were dissected utilizing Pearson relationship coefficient and Simultaneous relapse tests in SPSS 25 programming. The outcomes indicated a huge positive connection between's intellectual adaptability and psychological reappraisal with post-horrible development. The aftereffects of relapse examination additionally indicated that psychological reappraisal and intellectual adaptability can foresee post-awful development ($p < 0.05$). The results uncovered the significance function of psychological adaptability and intellectual reappraisal in anticipating post-horrible development in medical attendants. Consequently, expanding the psychological adaptability and intellectual reappraisal preparing, may help the psychological improvement of attendants.

Otero, J. et al (2020) conducted a study Strength is a defensive wellbeing variable that adds to fruitful transformation to upsetting encounters. Nonetheless, despite its significance, scarcely any investigations have inspected the psychophysiological and neuropsychological components engaged with strength. The current investigation breaks down, in an example of 54 young ladies, the connections among high- and low-resilience, estimated with the Spanish renditions of Connor-Davidson Resilience Scale survey and the Resilience Scale, and two files of psychophysiological and neuropsychological versatility, the cardiovascular protection reaction (CDR) and intellectual adaptability. The CDR is a particular response to an unforeseen extreme commotion portrayed by two acceleration-deceleration pulse segments. Intellectual adaptability, characterized as the capacity to adjust our conduct to changing ecological requests, is estimated in this investigation with the CAMBIOS neuropsychological test. The outcomes demonstrated that the stronger individuals, notwithstanding having better scores on emotional well-being polls, had a bigger starting acceleration-deceleration of the CDR-indicative of more prominent vagal control, acquired better scores in psychological adaptability, and assessed the extraordinary clamor as less undesirable than the less versatile individuals. No gathering contrasts were found in the second acceleration-deceleration of the CDR-indicative of thoughtful heart control, in the

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skin conductance reaction, or in abstract force of the commotion. The current discoveries widen the comprehension of how tough individuals change their versatile reactions to address natural requests.

Odaci, H., Cikrikci, Ö. (2019). Conducted a study to explore the arbiter part of Cognitive flexibility in the connection between five-factor character characteristics and life fulfillment. The example in present cross-sectional exploration comprised of 620 college understudies, 460 female and 157 male. Tests went in age somewhere in the range of 18 and 32, with a mean time of 20.80 (SD=2.07). Members rounded out the Five-Factor Personality Inventory, the Cognitive Flexibility Inventory and the Satisfaction with Life Scale. The character attributes of extraversion, suitability, scruples and neuroticism arose as huge indicators of life fulfillment. Also, there were critical connections among character characteristics, psychological adaptability and life fulfillment. The intervention results uncovered that psychological adaptability is a critical arbiter in the connection between character characteristics and life fulfillment. These outcomes give data with respect to a potential through which intellectual adaptability with its own elements may improve the assurance of decadent increases warmth fulfillment with life.

Oguz, G., Celikbas, Z., Batmaz, S. et al. (2019) conducted this study to examine the likenesses and contrasts between patients with OCD and PD, and solid control subjects (NPC) on their metacognitive convictions, passionate mappings, and intellectual adaptability. We conjectured that the clinical gatherings would score higher than the NPC bunch on their broken metacognitive convictions and negative convictions about passionate patterns, and lower than the control subjects on their psychological adaptability. Concerning metacognitive convictions, the clinical gatherings scored higher than the NPC bunch on the scores of the wildness and threat, the need to control contemplations subscales, and on the complete score of the MCQ-30. On the wildness, fathomability, rumination, disparity, peril, and blame measurements, and on the all out score of the LESS, the clinical gatherings scored altogether higher than the NPC gathering. The NPC bunch got higher scores than the clinical gatherings on the Cognitive Flexibility Inventory. Zeroing in on the mental ideas that separate patients with OCD and PD from solid controls may help distinguish possible focuses for psychotherapy.

Sadeghi M, Shafiei M, Mobasher A. (2018) conducted a study where people confronted with a physical issue don't have the adaptability approach in managing pressure and don't look for another significance forever. Concerning significance of this issue, this examination was led to explore the adequacy of self-empathy preparing on psychological adaptability and importance of life in people confronted with mine blast prompting injure. In this exploratory examination with pre-test post-test plan with control gathering, 40 individuals confronted with mine blast prompting debilitate, who were upheld by saint establishment of Gilan-e-Gharb in the principal half of 2017, were haphazardly chosen, utilizing straightforward inspecting strategy. They were separated into the test and control gatherings, each comprising of 20 individuals. An intellectual adaptability poll and Meaning in Life Questionnaire (MLQ) were utilized for information assortment. Eight meetings of self-empathy preparing were performed for the test gathering. The information were investigated, utilizing SPSS 21 programming by multivariate covariance examination. Subsequent to changing the pre-test scores, the mean scores of psychological adaptability (F=11.22) and sub-segments of view of control (F=13.16), impression of a few arrangements (F=5.64) and mean scores of importance throughout everyday life (F=13.24), and the sub-

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parts of the flow importance throughout everyday life ($F=3.78$) and quest for significance throughout everyday life ($F=19.07$) were fundamentally higher in the test bunch than the benchmark group ($p<0.05$). The treatment zeroed in on self-empathy was viable for improving the psychological adaptability and importance in life in individuals confronted with mine blast prompting disfigure.

Dajani, D. et al. (2017) conducted a study in which Intellectual adaptability, the status with which one can specifically switch between mental cycles to produce suitable social reactions, creates in an extended way and is undermined in a few predominant neurodevelopmental messes. It is hazy whether intellectual adaptability emerges from neural substrates unmistakable from the leader control organization (ECN) or from the interaction of hubs inside this and different organizations. Here we audit neuroimaging investigations of psychological adaptability, zeroing in on set moving and assignment exchanging. We suggest that more steady operationalization and investigation of psychological adaptability is required in clinical and formative neuroscience. We propose that a significant road for future examination is the portrayal of the connection between neural adaptability and psychological adaptability in ordinary and atypical turn of events.

Sun, X., Zhu, C., & So, S. H. W. (2017) conducted an examination where Dysfunctions in metacognition have been accounted for in people with uneasiness issues. Albeit ongoing investigations have analyzed metacognition in different issues, how broken metacognition thinks about across messes isn't clear. This survey expected to determine the significance of broken metacognition in different psychopathologies, and to distinguish similitudes and contrasts in metacognitive profiles across messes. 47 examinations were chosen from 586 articles distributed among 1990 and August 2015, including an absolute example of 3772 patients and 3376 solid people. Studies that deliberate metacognition utilizing the Meta-Cognitions Questionnaire (MCQ) and its variations were incorporated. We led five meta-investigations including 49 to 55 impact sizes, contrasting mental patients with sound people on particular metacognitive components of the MCQ. We discovered raised metacognitive dysfunctions in patients, as a gathering, on all MCQ measurements. Gathering impacts were enormous and powerful for the two negative convictions (i.e., convictions about the wildness and threat of musings, and convictions about the need to control considerations), and moderate and unsteady for the positive convictions. Patients demonstrated diminished psychological certainty and increased intellectual hesitance on moderate to huge levels. Mediator investigations uncovered that negative convictions about wildness and threat of considerations were generally predominant in summed up nervousness problem, though elevated psychological hesitance was more trademark in fanatical enthusiastic issue. Summed up nervousness problem, fanatical impulsive issue and dietary issues showed more comparable metacognitive profiles than different issues. Our discoveries upheld useless metacognition as basic cycles across psychopathologies, with specific measurements being more predominant specifically messes.

Hartkamp, M. et al (2017) with their research stated, various previous researches have proposed that care contemplation can upgrade psychological execution. Albeit both western experimental discoveries and Buddhist mental hypothesis have underscored a function for psychological adaptability in the turn of events and upkeep of emotional wellness, barely any investigations have explicitly centered around adaptability according to care. The current examination utilized a scope of target, conduct measures to evaluate intellectual adaptability in 41 people when a 6-day serious Vipassana (care) retreat. Emotional

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appraisals of care, positive working and prosperity were likewise taken. A similarly estimated control gathering of understudies and government workers was given the equivalent pre-and post-test measures. As opposed to our desires and to past reports, there were no huge changes in intellectual execution, well beyond training related upgrades likewise appeared by the benchmark group. Retreat members did, nonetheless, register positive enhancements for the emotional measures. We examine potential constraints with our exploratory plan and feature significant issues that may help future examinations intending to evaluate impacts of care in the intellectual area.

Fu, F & Chow, A. (2017) conducted this examination and inspected the directing part of cognitive flexibility between seismic tremor presentation and individual well being. The members were 491 youths from three center schools in Sichuan. Multivariable, various leveled direct relapses were utilized to investigate the information. The discoveries demonstrated that there were critical contrasts in mental well being for the element of movement of school ($T = -3.09, p < 0.01$), harm to property ($F = 2.73, p < 0.05$) and harm to class ($F = 5.76, p < 0.01$). Progressive regression analysis investigation showed that cognitive flexibility directed the connection between being harmed during the quake and mental prosperity ($B = 1.01, SE = 0.31, T = 3.22, p < 0.01$).

İşgör, I. et al (2016) conducted this research was to investigate the predicting effect of high school students' metacognitive skills, exam anxiety and academic success levels upon their psychological well-being in a provincial center with a medium-scale population in Eastern Anatolian Region. The research group included totally 251 high school students including 149 females and 102 males between 14 and 19 years old. Psychological Well-Being Scale, Metacognitive Skills Scale, and Personal Information Form were used in the research. According to the results, it was determined that there was a positive significant relationship between psychological well-being and metacognitive skills and academic success average, and a negative significant relationship between psychological well-being and exam anxiety. It was also specified that there was a negative significant relationship between exam anxiety and metacognitive skills, and a positive significant relationship between metacognitive skills and academic success average. Finally, metacognitive skills, exam anxiety and academic success average were noticed to be significant predictors of psychological well-being. In this model, it was revealed that success average explained =.30 of psychological well-being, academic success average and metacognitive skill explained =.46 of the variance together, and the triple model including academic success average, metacognitive skill and exam anxiety explained =.57 of the variance.

METHODOLOGY

Aim

To study metacognition, cognitive flexibility and well-being in the pandemic times among young adults (with and without mental health disorders)

Objectives

- To study the significant difference on the level of metacognitions, cognitive flexibility and well-being among young adults with and without any mental health disorder
- To measure the relationship between metacognitions, cognitive flexibility and well-being among young adults without any mental health disorder.

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- To find the relationship between metacognitions, cognitive flexibility and well-being among young adults with any mental health disorder.
- To study the relationship between metacognitions, cognitive flexibility and well-being among the young adults. (With and without any mental health disorder)
- To find out metacognitions and cognitive flexibility as the predictors of well-being among young adults. (With and without any mental health disorder)

Hypotheses

- There will be significant difference on the level for metacognitions, among the young adults of the two groups. (With and without any mental health disorder)
- There will be significant difference on the level for cognitive flexibility, among the young adults of the two groups. (With and without any mental health disorder)
- There will be significant difference on the level for well-being, among the young adults of the two groups. (With and without any mental health disorder)
- There will be significant relation between metacognitions and cognitive flexibility among the young adults without any mental health disorder.
- There will be significant relation between metacognitions and wellbeing among the young adults without any mental health disorder.
- There will be significant relation between cognitive flexibility and wellbeing among the young adults without any mental health disorder.
- There will be significant relation between metacognitions and cognitive flexibility among the young adults with any mental health disorder.
- There will be significant relation between metacognitions and wellbeing among the young adults with any mental health disorder.
- There will be significant relation between cognitive flexibility and well-being among the young adults with any mental health disorder.
- There will be significant relation between metacognitions and cognitive flexibility among the young adults (with and without any mental health disorder)
- There will be significant relation between metacognitions and wellbeing among the young adults (with and without any mental health disorder)
- There will be significant relation between cognitive flexibility and well-being among the young adults (with and without any mental health disorder)
- Metacognitions and cognitive flexibility will be the predictors of well-being among young adults. (With and without any mental health disorder)

Locale of the Study

Due to the Covid 19 pandemic situation, the one to one collection of data wasn't possible (Social distancing to be maintained). The study was conducted online with the help of Google forms and informed consent of the participants was taken into account.

Sample Description

A sample of 100 young adults (Both male and female) participated in the research study. Random sampling method was used and the minimum education qualification taken into account for the young adults was 10+2.

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Tools Used

Four tools were used in the collection of data and conduction of the research. The tools are as follows:

SN	Name of the tools	Author and Year	No. of items	Reliability and validity
1.	The Metacognition Self-Assessment Scale (MSAS)	Pedone, R. et al	18	MSAS has the premises to be validated as a reliable instrument for measuring metacognition and its components.
2.	Cognitive Flexibility Scale	Martin, M. M. & Rubin, R.B. 1995	12	Internal reliability, construct and concurrent validity.
3.	The World Health Organization- Five Well-Being Index (WHO-5)	WHO Regional Office. 1998	5	The scale has adequate validity and reliability both as a screening tool for mental health issues and as an outcome measure in clinical trials and has been applied successfully across a wide range of study fields
4.	Personal Information schedule	Researcher 2020		
5.	Mental health status	Researcher, 2020		

Tools Description

- **The Metacognition Self-Assessment Scale (MSAS):** The MSAS was created from the MMFM (Semerari et al. 2003) and it is straightforwardly gotten from two effectively approved instruments dependent on a similar model, the Metacognition Assessment Scale (MAS), a rating scale for evaluating metacognition in psychotherapy records (Carcione et al. 2008, 2010; Semerari et al. 2003) and the Metacognition Assessment Interview (MAI), a semi-organized clinical meeting (Pellecchia et al. 2015, Semerari et al. 2012)
- **Cognitive Flexibility Scale:** Cognitive flexibility scale consists of 12 items. It is a 6 pointer likert scale and is constructed to tap on the aspects of cognitive flexibility. This 12-item questionnaire was constructed with the help of three scales: Communication flexibility scale, Rigidity of attitudes and Personal attitude scale.
- **The World Health Organization- Five Well-Being Index (WHO-5):** The 5 item World Health Organization Well-Being Index (WHO-5) is among the most broadly utilized surveys evaluating abstract mental health wellbeing. Since its first distribution in 1998, the WHO-5 has been converted into in excess of 30 dialects and has been utilized in research concentrates everywhere on the world
- **Personal Information schedule:** A self-made questionnaire was used to get the basic demographic information (With their consent) about the individuals who participated in the study.
- **Mental health status:** A self-made questionnaire was used to get information about any previously diagnosed mental health disorder in the past 10 years. It was used as a group division factor.

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Procedure

A sample of 100 young adults participated in the study. Out of the sample of 100 young adults, 50 belonged to the group of young adults with any mental health disorder and 50 belonged to the group of young adults with any mental health disorder. The young adults with any mental health disorder included the diagnosis of past 10 years. Due to the corona pandemic situation, the data was collected via online Google forms. The age range of the individuals who participated in the study was 18 – 25 years. Five tools were used in the study namely: The metacognition assessment scale, Cognitive flexibility scale, The World Health Organization- Five Well-Being Index (WHO-5), Personal Information schedule and mental health status. Consent was taken from each and every participant and then only the questionnaire were distributed. After the data collection was complete, scoring and analysis of the result was done. All the results were examined and interpreted.

ANALYSIS OF RESULTS

Table 1: Mean, SD and t value for Metacognition among the Young adults (with and without any mental health disorder)

Groups	N	M	SD	t	P
Young adults with mental health disorders	50	66.49	9.781	3.475	Sig***
Young adults without mental health disorders	50	60.25	8.116	3.475	Sig***

Significant at 0.05 and 0.01 level.

From the above table 1 the t value (3.475) can be seen very clearly and it is found to significant at both levels (0.01 and 0.05). Thus, it indicates that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of metacognitions.

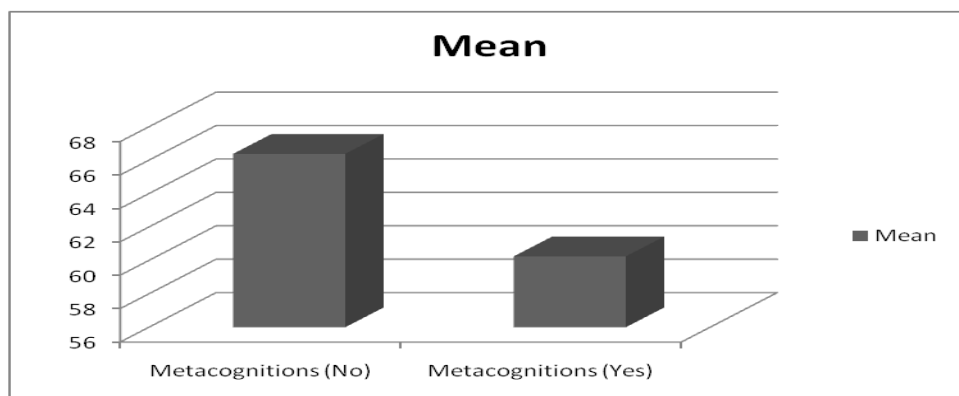


Fig.1. Mean Graph table for metacognition among young adults. (Individuals with and without any mental health disorder)

Table 2: Mean, SD and t value for cognitive flexibility among the young adults. (With and without any mental health disorder)

Groups	N	M	SD	t	P
Young adults with mental health disorders	50	17.02	4.13	4.296	Sig***
Young adults without mental health disorders	50	12.91	5.52	4.296	Sig***

Significant at 0.01 and 0.05 level.

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From the above table 2 the t value (4.296) can be seen very clearly and it is found to significant at both 0/01 and 0.05 levels. Thus, it indicates that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of cognitive flexibility.

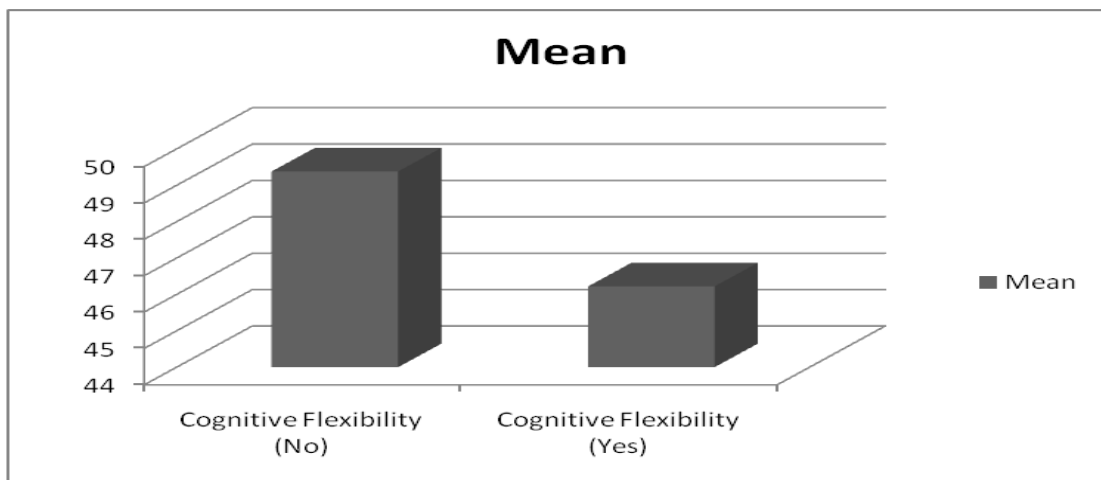


Fig. 2. Mean Graph table for cognitive flexibility among young adults. (Individuals with and without any mental health disorder)

Table 3: Mean, SD and t value for well-being among young adults. (Individuals with and without any mental health disorder)

Groups	N	M	SD	t	P
Young adults with mental health disorders	50	49.52	5.40	2.879	Sig***
Young adults without mental health disorders	50	45.21	7.67	2.879	Sig***

Significant at 0.01 and 0.05 level.

From the above table 3 the t value (2.879) can be seen very clearly and it is found to significant at both 0/01 and 0.05 levels. Thus it indicates that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of well-being.

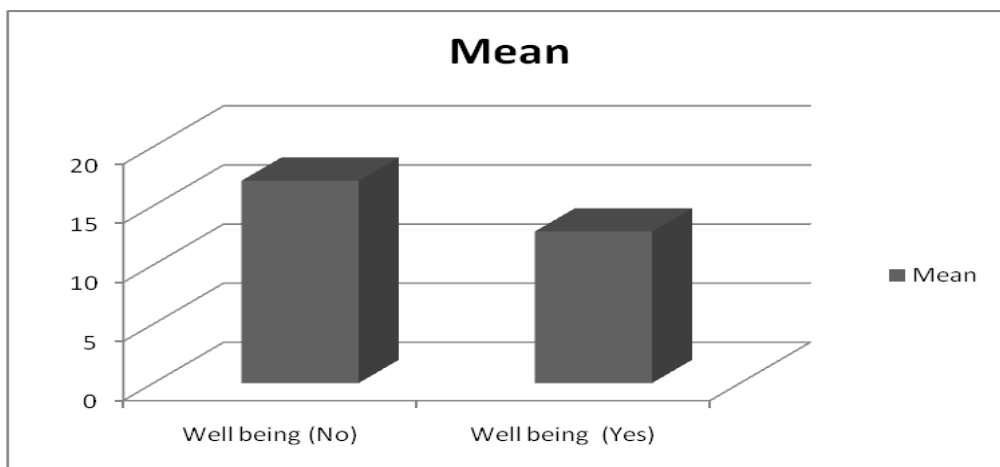


Fig.3. Mean Graph table for well-being among young adults. (Individuals with and without any mental health disorder)

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Table. 4. Correlation scores between metacognitions and cognitive flexibility among the young adults without any mental health disorder.

Variables	N	r	P
Metacognitions	50	0.410	Sig***
Cognitive flexibility			

Significant at 0.01 and 0.05 level

Table.4. clearly represents the correlation value (0.410), indicating a significant relationship between metacognition and cognitive flexibility among young adults without any mental health disorder, as the value is found to be significant at both levels. (0.01 and 0.05)

Table. 5. Correlation scores between metacognitions and Well being among the young adults without any mental health disorder.

Variables	N	r	P
Metacognitions	50	0.302	Sig*
Well being			

Significant at 0.05 level.

Table. 5. clearly represents the correlation value (0.302), indicating a significant relationship between metacognition and well-being among young adults without any mental health disorder, as the value is found to be significant at 0.05 level.

Table 6. Correlation scores between well being and cognitive flexibility among the young adults without any mental health disorder.

Variables	N	r	P
Well being	50	0.371	Sig***
Cognitive flexibility			

Significant at 0.01 and 0.05 levels.

Table. 6. clearly represents the correlation value (0.371), indicating a significant relationship between cognitive flexibility and well being among young adults without any mental health disorder, as the value is found to be significant at both levels. (0.01 and 0.05)

Table. 7. Correlation scores between metacognitions and cognitive flexibility among the young adults with any mental health disorder.

Variables	N	r	P
Metacognition	50	0.287	Sig***
Cognitive flexibility			

Significant at 0.01 and 0.05 levels.

Table. 7. clearly represents the correlation value (0.389), indicating a significant relationship between metacognition and cognitive flexibility among young adults with any mental health disorder, as the value is found to be significant at both levels. (0.01 and 0.05)

Table. 8. Correlation scores between metacognitions and Well being among the young adults with any mental health disorder.

Variables	N	r	P
Metacognition	100	0.287	Sig***
Wellbeing			

Significant at 0.05 and 0.01 level.

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Table. 8. clearly represents the correlation value (0.287), indicating a significant relationship between metacognition and well being among young adults with any mental health disorder, as the value is found to be significant at both levels. (0.01 and 0.05)

Table. 9. Correlation scores between well being and cognitive flexibility among the young adults without any mental health disorder.

Variables	N	r	P
Wellbeing	50	0.429	Sig***
Cognitive Flexibility			

Significant at 0.01 and 0.05 level.

Table. 10. Correlation scores between metacognitions and cognitive flexibility among the young adults (with and without any mental health disorder).

Variables	N	r	P
Metacognition	100	0.232	Sig***
Cognitive Flexibility			

Significant at 0.05 and 0.01 levels.

Table.10. clearly represents the correlation value (0.232), indicating a significant relationship between metacognition and cognitive flexibility among young adults (with and without any mental health disorder), as the value is found to be significant at both levels. (0.01 and 0.05)

Table. 11. Correlation scores between metacognitions and Well being among the young adults (with and without any mental health disorder)

Variables	N	r	P
Metacognition	100	0.240	Sig*
Wellbeing			

Significant at 0.05 level.

Table.11. clearly represents the correlation value (0.240), indicating a significant relationship between metacognition and well being among young adults (with and without any mental health disorder), as the value is found to be significant at 0.05 level.

Table.12. Correlation scores between well being and cognitive flexibility among the young adults (with and without any mental health disorder)

Variables	N	r	P
Wellbeing	100	0.325	Sig***
Cognitive Flexibility			

Significant at 0.05 and 0.01 levels.

Table.12. clearly represents the correlation value (0.325), indicating a significant relationship between well-being and cognitive flexibility among young adults (with and without any mental health disorder), as the value is found to be significant at both levels. (0.01 and 0.05)

Table.13: Contribution of the variance by metacognitions and cognitive flexibility well-being among young adults. (With and without any mental health disorder)

Variables	N	Standard Regression coefficients	t	Significance
Metacognitions	100	.201	2.126	0.016
Cognitive Flexibility	100	.284	2.926	0.004

R square = 0.116, F= 7.515

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Table 13 shows that the adjusted R square for metacognitions is 0.116, indicating a low variance by the predictors in well being, however the adjusted R square is significant beyond 0.05 level for metacognitions. Table 13 also shows the adjusted R square for cognitive flexibility is 0.116, indicating a low variance by the predictors in well being, however the adjusted R square is significant beyond 0.05 and 0.01 level for metacognitions. It means the two predictors contribute 14.2 % significant variance in metacognitions.

DISCUSSIONS

The present study aimed to study metacognition, cognitive flexibility and well-being in the pandemic times among young adults (with and without mental health disorders). A sample of 100 young adults (Both male and female) participated in the research study. Random sampling method was used and the minimum education qualification taken into account for the young adults was 10+2. Out of the sample of 100 young adults, 50 belonged to the group of young adults with any mental health disorder and 50 belonged to the group of young adults with any mental health disorder. The young adults with any mental health disorder included the diagnosis of past 10 years. Five tools were used in the study namely: The metacognition assessment scale, Cognitive flexibility scale, The World Health Organization-Five Well-Being Index (WHO-5), Personal Information schedule and mental health status. Consent was taken from each and every participant and then only the questionnaire were distributed. After the data collection was complete, scoring, analysis of the result, t test, mean, correlation and regression analysis was done. All the results were examined and interpreted.

Table 1 shows the t value (3.475) and it is found to be significant at both levels (0.01 and 0.05). Thus, it indicating that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of metacognitions. Table 2 shows the t value (4.296) which is found to significant at both 0/01 and 0.05 levels. Thus it indicates that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of cognitive flexibility. Again, in Table 3 the t value (2.879) can be seen very clearly and it is found to significant at both 0.01 and 0.05 levels. Thus, it indicates that there is significant difference between the young adults without any mental health disorder and young adults with any mental health disorder on the level of well-being. A research conducted by *Oguz, G. et al. (2019)* showed the difference in the metacognitions amongst the individuals with and without OCD (mental health disorder), thus indicating better mental health well being in individuals without mental health disorders.

Table 4, 5 and 6 clearly represents the correlation among the young adults without any mental health disorder between the variables metacognition and cognitive flexibility, and cognitive flexibility and well-being respectively. It is found to be significant at both levels between metacognition and cognitive flexibility, & cognitive flexibility and well being at both levels (0.01 & 0.05). But between metacognition and well being it was found to be significant only at 0.05 level.

Table 7, 8 and 9 clearly represents the correlation among the young adults with any mental health disorder between the variables metacognition and cognitive flexibility, metacognition and well-being and cognitive flexibility and well-being respectively. It is found to be significant at both levels between metacognition and cognitive flexibility, & cognitive flexibility and well-being at both levels (0.01 & 0.05).

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Sadeghi M, et al. (2018) also conducted a study where it was found that there is a positive relationship between the the variables whether it is for the individuals with or without any mental health disorder. Also, in the research thesis conducted a positive significant relationship between metacognitions, cognitive flexibility and wellbeing among young adults with any mental health disorder. It can be used to improve the wellbeing of the individuals with any kind of mental health disorder.

Table 10, 11 and 12 clearly represents the correlation among the young adults between the variables metacognition and cognitive flexibility, and cognitive flexibility and wellbeing respectively. It is found to be significant at both levels between metacognition and cognitive flexibility, & cognitive flexibility and well being at both levels (0.01 & 0.05). But between metacognition and well being it was found to be significant only at 0.05 level.

Table 13 shows that the adjusted R square for metacognitions is 0.116, indicating a low variance by the predictors in well being, however the adjusted R square is significant beyond 0.05 level for metacognitions. Table 13 also shows the adjusted R square for cognitive flexibility is 0.116, indicating a low variance by the predictors in well being, however the adjusted R square is significant beyond 0.05 and 0.01 level for metacognitions. It means the two predictors contribute 14.2 % significant variance in metacognitions.

Fu,F & Chow,A. (2017) conducted a research study where it was found that metacognitions are a predictor of well being of the individuals. A few other research evidences from pubmed and various other journals show a correlation between the variables.

The findings of the study show a significant relation exists on the level of metacognitions, cognitive flexibility and well being among young adults with and without any mental health disorder. A few researches done let us know about the relationship between metacognitions and well being and others show the relationship between cognitive flexibility and well being. Yet, no such research was found clearly depicting a relation on the levels of metacognition, cognitive flexibility and well being among young adults with and without mental health disorders. There is a positive significant relationship between metacognitions, cognitive flexibility and well being among young adults without any mental health disorder. One of the reasons for a positive correlation is the reason that the improvement in cognitive flexibility and metacognitions leads to better well being of individuals.

Rogers,M. et al (2020) also conducted a research and it is estimated that metacognition might be used to build prosperity as information and administrative psychological limits license one to evaluate and oversee comprehensions, plan, and change practices which are more lined up with one's objectives and qualities.

The findings also show that Metacognitions and cognitive flexibility are the predictors of well being among young adults. (With and without any mental health disorder)

Hypotheses Testing

The first hypothesis tells that there will be significant difference on the level for metacognitions, among the young adults of the two groups. (with and without any mental health disorder). The second hypothesis stated, There will be significant difference on the level for cognitive flexibility, among the young adults of the two groups. (with and without

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any mental health disorder). For the third hypothesis, There will be significant difference on the level for well being, among the young adults of the two groups. (with and without any mental health disorder). The fourth hypothesis stated that, there will be a significant relation between metacognitions and cognitive flexibility among the young adults without any mental health disorder. For the fifth hypothesis, it was stated there will be a significant relation between metacognitions and well being among the young adults without any mental health disorder. The sixth Hypothesis, there will be a significant relation between cognitive flexibility and well being among the young adults without any mental health disorder. For the seventh hypothesis, it was stated there will be a significant relation between metacognitions and cognitive flexibility among the young adults with any mental health disorder. The eighth hypothesis states, there will be a significant relation between metacognitions and well being among the young adults with any mental health disorder. The ninth hypothesis states, there will be a significant relation between cognitive flexibility and well being among the young adults with any mental health disorder. The tenth hypothesis states, there will be a significant relation between metacognitions and cognitive flexibility among the young adults (with and without any mental health disorder). The eleventh hypothesis, there will be a significant relation between metacognitions and well being among the young adults (with and without any mental health disorder). The twelfth hypothesis states that, there will be a significant relation between cognitive flexibility and well being among the young adults (with and without any mental health disorder). The thirteenth hypothesis states that Metacognitions and cognitive flexibility will be the predictors of well being among young adults. (with and without any mental health disorder). All the thirteen hypotheses were accepted and approved. Hence a significant relation was found between the groups and positive correlation was also found amongst the variables.

SUMMARY AND CONCLUSIONS

The present study aimed to study metacognition, cognitive flexibility and well being in the pandemic times among young adults (with and without mental health disorders). A sample of 100 young adults (Both male and female) participated in the research study. Random sampling method was used and the minimum education qualification taken into account for the young adults was 10+2. Out of the sample of 100 young adults, 50 belonged to the group of young adults with any mental health disorder and 50 belonged to the group of young adults with any mental health disorder. The young adults with any mental health disorder included the diagnosis of past 10 years. Five tools were used in the study namely: The metacognition assessment scale, Cognitive flexibility scale, The World Health Organization-Five Well-Being Index (WHO-5), Personal Information schedule and mental health status. Consent was taken from each and every participant and then only the questionnaire were distributed. After the data collection was complete, scoring, analysis of the result, t test, mean, correlation and regression analysis was done. All the results were examined and interpreted.

Objectives

1. To study the significant difference on the level of metacognitions, cognitive flexibility and well being among young adults with and without any mental health disorder
2. To measure the relationship between metacognitions, cognitive flexibility and well being among young adults without any mental health disorder.
3. To find the relationship between metacognitions, cognitive flexibility and well being among young adults with any mental health disorder.

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4. To study the relationship between metacognitions, cognitive flexibility and well being among the young adults. (with and without any mental health disorder)
5. To find out metacognitions and cognitive flexibility as the predictors of well being among young adults. (with and without any mental health disorder)

Hypotheses

1. There will be significant difference on the level for metacognitions, among the young adults of the two groups. (with and without any mental health disorder)
2. There will be significant difference on the level for cognitive flexibility, among the young adults of the two groups. (with and without any mental health disorder)
3. There will be significant difference on the level for well being, among the young adults of the two groups. (with and without any mental health disorder)
4. There will be significant relation between metacognitions and cognitive flexibility among the young adults without any mental health disorder.
5. There will be significant relation between metacognitions and well being among the young adults without any mental health disorder.
6. There will be significant relation between cognitive flexibility and well being among the young adults without any mental health disorder.
7. There will be significant relation between metacognitions and cognitive flexibility among the young adults with any mental health disorder.
8. There will be significant relation between metacognitions and well being among the young adults with any mental health disorder.
9. There will be significant relation between cognitive flexibility and well being among the young adults with any mental health disorder.
10. There will be significant relation between metacognitions and cognitive flexibility among the young adults(with and without any mental health disorder)
11. There will be significant relation between metacognitions and well being among the young adults (with and without any mental health disorder)
12. There will be significant relation between cognitive flexibility and well being among the young adults (with and without any mental health disorder)
13. Metacognitions and cognitive flexibility will be the predictors of well being among young adults. (with and without any mental health disorder)

Findings

1. It was found that significant relation exists on the level of metacognitions, cognitive flexibility and well being among young adults with and without any mental health disorder
2. There is a positive significant relationship between metacognitions, cognitive flexibility and well being among young adults without any mental health disorder.
3. There is a positive significant relationship between metacognitions, cognitive flexibility and well being among young adults with any mental health disorder.
4. There is a positive significant relationship between metacognitions, cognitive flexibility and well being among the young adults. (with and without any mental health disorder)
5. Metacognitions and cognitive flexibility are the predictors of well being among young adults. (with and without any mental health disorder)

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Limitations

1. **Sample size:** As the research was done a sample of 100 individuals (Young adults), the sample was small. Therefore, a larger sample can be used. A research could be completed on a bigger sample population to upgrade legitimate speculation of results.
2. **Sampling tools:** Despite the fact that endeavors were made, however there is probability that specialized terms of the surveys utilized may have caused distortion.
3. **Other factors:** Demographic factors like sex, family, relationship could be remembered for a thorough report. Diverse cultural contrasts can likewise be considered in future exploration.

Implications

With the changing reality of the new normal this paper gives us an insight about the well being of an individual. Even the slightest changes in the thinking pattern can affect our well being on a huge level. Metacognitions and cognitive flexibility are two very important aspects and thus should be improved with the help of various activities.

Future Research Recommendations

Being aware with the importance of mental health encourages medical care suppliers to pay more considerations toward individual's psychological well-being, particularly for if there should be an occurrence of having low social help, and lower pay family. Further examination ought to inspect the definite data of youngster's illness and handicap, clinical help use, and quality and amount of social help in cross country to fix the framework for supporting administrations of the two kids with disabilities and their CGs.

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