

## ABSTRACT

The aim of this research was to explore the psychological problems are facing by the Human Resource/ work force at work place and as well as at home due to the power outages in Pakistan specifically in the cities of Karachi and Hyderabad. This research is based on a survey conducted for two main cities of Sindh i.e Hyderabad and Karachi including outskirts areas. Our Country has been experiencing the worst energy/power crisis of its history since 2007. This situation is getting worst on every year passing. It all start with power shortage that slowly turned into deficit in other forms of energy like gas, CNG and other petroleum products when both households and organization / firms resorted to these alternative sources of energy. The severe electricity shortfall compelled the authorities to impose load-shedding schedules of more than eight hours at times. Moreover, in addition to quantification of output losses, the effect on employment, cost of production, delay in supply orders, down fall of income which also affects on their children's education, health related matters of family and other domestic problems are also examined. The output loss is quantified using two-dimensional analyses. The secondary data revealed that employment has not suffered any significant drop due to alternative energy arrangements for big and middle level firms however, their cost of production has been increased which has directly affected on price of goods and commodities. On other side people who are working in cottage industries or Small and Medium Enterprises are directly and indirectly effected by load shedding, majority of them even does not have any power backup facilities at work place to continue their work which leads closure of cottage and small industries in Karachi and Hyderabad. The psychology experts has explore that numerous diseases is emerging and dozens of patients thronging the clinics of psychologists as a result of sleep disorder, hypertension, anxiety and depression caused by lack of sleep. This research reveals that majority of low income workforce does not have the facility of low power backup (UPS or Generator) which is also increase the problems of poor people.