

BEREAVEMENT AND COPING STYLES

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By

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DECLARATION OF AUTHENTICATION

I hereby certify that the research work presented in this thesis is to the best of my knowledge of my own. All sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that I have not submitted this material either in whole or in part for any other degree at this or any other institution.

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DEDICATION

This dissertation is dedicated to the friendship and loving memories of Anam Shamim (late) and to the complicated grief period of Begum Shamim Akhter. We also dedicate this thesis to our parents for their social financial, emotional and physical support without which doing this research would never have been possible. We extend our gratitude to our family, friends and alma mater for motivating and inspiring us to carry out this research work successfully.

ABSTRACT

The purpose of this study is to find the most preferred coping styles in young adults in order to deal with bereavement. Purposive sampling has been used in order to select the individuals. The sample consists of 41 adults aged from 21-27 years including both male and female. It was found out through Prigerson's Complicated Grief Inventory (1995) that the sample of 41 bereaved persons had 12 persons with non complicated grief and 29 with complicated grief. It was hypothesized that the bereaved adults with complicated grief would have high scores on emotion oriented and avoidance oriented coping styles. It was also assumed that the bereaved persons without complicated grief would have high scores on task oriented coping. Special Package for Social Sciences (SPSS) version 19 was used to test these hypotheses. Using Levine test the applicability of t-test was confirmed the results of t-test depicted that there is no significant relation among complicated grief and coping styles in bereaved adults.

INTRODUCTION

Life is a journey that starts with a drop of blood and ends at loss of breath. Every living thing that has an existence has to come to an end. This makes humans mortal and death an ultimate truth of life. The mortality of human being can however not restrict him from making bonds with other humans during the entire course of life. The bonds one has with the family are the intimate ones for many people. This is why any person's death in a family affects the relatives of the deceased in many ways. Some people consider the death of a loved one as an end to their own life and others try to cope up with this event by focusing more on the different life tasks. However if it takes long for a person to overcome his low moods and sorrow, this might result in bereavement. The term is often used as an alternative for grief and sorrow but it actually represents complicated grief.

Grief is defined as a reactive process to the loss of a loved one and it surrounds a wide range of prevalent reactions that follow the loss and reflect separation from the loved one (Bowlby, 1960). The characteristic reactions of a grief mostly involve appetite and sleep disturbances along with behavioral, emotional, cognitive and somatic responses which are marked by distancing oneself from social activities, living in the past, preoccupation with the deceased person's memories and longing for the deceased (Worden, 2002).