



COMPARATIVE STUDY IN THE LEVEL OF DEATH ANXIETY IN FAMILIES GOING THROUGH BEREAVEMENT DUE TO DEATH BY COVID-19 AND NON COVID DEATHS.

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ABSTRACT:

During the coronavirus era, the experience of losing family, which is inherently one of the most distressing experiences in a person's life, has evolved into a new idea and struggle for survivors. Pandemics appear to entail many losses, both directly connected to death and in terms of disruption to social norms, rituals, and grieving customs, according to the research study. This has an impact on a person's ability to connect with the deceased both before and after death, thereby raising the likelihood of death anxiety.

AIM: Comparative study in the level of Death anxiety in families going through bereavement due to death by Covid-19 and non Covid deaths.

METHODS: The researcher used quota sampling for the data collection; Data were collected online by the help of Google form by the help of Ex post facto research design using quota-sampling method. A sample of 60, 30 COVID death affected families and 30 individuals who were grieving Non-Covid deaths of age group 20 to 55 years was selected for present research with the help of Death Anxiety Scale constructed by Dr. Upinder Dhar, Dr.Savita Mehta, Dr. Santosh Dhar.

STATISTICAL TECHNIQUES: Data was analyzed with the help of t-test. The statistical analysis of the research study was carried out by comparing the affected family members of death due to Covid and Non-Covid deaths.

RESULT: The calculated t-value exceeds the critical value. By conventional criteria, this difference is considered to be statistically extremely significant. Hence, the null hypothesis was rejected. Thus the result reveals that the families affected by Covid deaths have higher death anxiety than individuals who have been grieving Non-Covid related deaths. So it can be concluded that individuals from families who have suffered Covid related death are in constant fear of death because they have seen their loved one suffering and dying due to Covid while the individuals grieving Non-Covid deaths are not directly affected by fatal experiences of Covid so they have significantly lower fear of death due to COVID.

CONCLUSION: In conclusion, the findings of the obtained quantitative data by the help of experimental research on the "Level of Death anxiety in families going through bereavement due to death by Covid-19 and non Covid deaths." researcher examined that families going through bereavement due to death by Covid-19 have greater death anxiety than the families going through bereavement by non Covid deaths.

KEYWORDS:

COVID-19, PANDEMIC, DEATH, DEATH ANXIETY.

INTRODUCTION

The COVID-19 pandemic has been a harrowing experience of proximity to death. It has affected many aspects of human beings, including economic, social, interpersonal, psychological, and cultural dimensions. The coronavirus is a global threat against human lives (Abdollahi Mohammad & Firouzkouhi, 2020; Lai et al., 2020). We have seen many people die in a short period of time as the coronavirus disease 2019 (COVID-19) sweeps the world. Because of the need for physical separation, many people have died alone. The great majority of people who lose someone adjust over six to twelve months and eventually find a new sense of normalcy in their lives. But on the other hand, many find this process to be inconvenient and lengthy.

Fear of death has been proposed to be an underlying, central component of the experience of being human (Becker, Reference Becker1973). Archaeological findings suggest that humans have been gripped by death anxiety for as long as the species has been recording its history (see Menzies (Reference Menzies, Menzies, Menzies and Iverach2018) for a review). We have the cognitive capacity to contemplate and anticipate our own death, and so we live our lives 'forever shadowed by the knowledge that we will grow, blossom, and inevitably, diminish and die' (Yalom, Reference Yalom2008, p. 1).

Human behavior might be modified by fear of death, so the awareness of mortality itself turns out to be a source of feelings of apprehension and uncertainty. The salience of

mortality, or the awareness of the inevitability of death itself, generates a state of anxiety that triggers a defence mechanism for the control of thought that affects human actions and basic psychological processes (Gordillo et al., 2017). It has been suggested that death anxiety has a transdiagnostic nature that underlies a number of different mental health conditions. For example, fear of death can be seen as frequent seeking reassurance from physicians through self-control and continuous analysis of somatic symptom-related disorders (Menzies & Menzies, 2020). In addition, the increase in stress causes excessive density in health institutions as well as physical health problems (Biçer et al., 2020). For this reason, people use many defence mechanisms to deal with these situations.

Studies show that people are in tension and anxiety during the COVID-19 pandemic. In this case, effective use of mindfulness and coping strategies will help people control stressful events and reduce negative emotions (Damirchi et al., 2020). On the one hand, people may develop adaptive ways of coping with their fear of death, such as building meaningful relationships and leaving a positive legacy (Yalom, 2008).

On the other hand, awareness of death may also produce a powerful sense of fear or meaninglessness, and may drive a number of maladaptive coping behaviours (Menzies, 2012). Hence, death anxiety should not be ignored during the COVID-19 pandemic.

This study is being conducted to check the level of death anxiety caused by Covid-19 deaths on the grieving family members and in the families dealing with Non-Covid related deaths. Increased levels of death anxiety in the time of pandemic, with social distancing and refusal of physical closure via different final rituals can cause significant distress in these families. These results contribute to the well-being of an individual and the society during the Pandemic.

METHODOLOGY

Research problem for this research work: Is there any significant difference in the level of death anxiety in families going through bereavement due to death by Covid-19 and due to non-Covid deaths.

RESEARCHER FORMULATED FOLLOWING RESEARCH OBJECTIVES:

- To find the level of death anxiety in families affected by covid-19 deaths
- To find the level of death anxiety in families affected by non-covid-19 deaths
- To compare the level of death anxiety in families affected by death due to Covid-19 and due to non Covid-19 deaths

RESEARCHER FORMULATED FOLLOWING NULL HYPOTHESES:

1. There is no significant difference between level of death anxiety in families going through bereavement due to Covid deaths and due to non-Covid deaths.

SAMPLE & SAMPLING:

With the help of simple random sampling the researcher collected 60 samples i.e. (individuals from families going through bereavement due to Covid-19 deaths - 30 and individuals from families going through bereavement due to non Covid-19 deaths - 30) with the age range between 25-55, and Ex-post facto research design was used in this present investigation.

VARIABLES:

Independent variable: Families going through bereavement during Covid.

Dependent variable: Death anxiety level.

INCLUSION CRITERIA:

In this research, the researcher have included individuals from families that have lost their loved ones during pandemic, of age group 25-55 years, both Covid-19 death affected families and non Covid-19 affected families are included.

EXCLUSION CRITERIA:

In this research, researcher excluded the people who lost their loved ones before or after the pandemic.

PROCEDURE OF DATA COLLECTION:

- Researcher has used Death anxiety scale for collecting data related to families affected by Covid-19 deaths and families affected by non Covid-19 deaths
- Questionnaire are created on Google forms and circulated via online platform
- Simple random sampling is used but the age range lie between 25-55 years.
- After data collection, scoring has been done through concerned manual.

RESEARCH TOOLS:

Researcher applied Death Anxiety Scale constructed by Dhar, Mehta & Dhar S. A total number of items in this scale is 10 & the age norm is 20-55.

STATISTICAL TECHNIQUES:

In this, researcher did a study over a variable i.e. Death anxiety. Researcher used t-tests for statistical analysis.

RESULT AND INTERPRETATION:

Collected data through above mentioned inventories were analyzed in terms of mean, standard deviation & t-test method. The results have been presented in the tables.

Ho: There is no significant difference between level of death anxiety in families going through bereavement due to Covid deaths and due to non-Covid deaths.

Ha: There is a significant difference between level of death anxiety in families going through bereavement due to Covid deaths and due to non-Covid deaths.

STATISTICAL ANALYSIS:**TABLE: MEAN, STANDARD DEVIATION, AND T-VALUE OF SUBJECTS IN COVID DEATH AFFECTED FAMILIES AND NON-COVID DEATH AFFECTED FAMILIES.**

Groups	N	Death anxiety Scores			SED	t-Test	Significance Level
		Mean	SD	SEM			
Covid death affected families	30	9.3667	0.3656	0.6046	0.274	10.1008	At 0.05 level
Non-Covid death affected families	30	6.9	1.4233	1.193			

df=58

From the above result, it is interpreted that there is a significant difference between level of death anxiety in families going through bereavement due to Covid deaths and due to non-Covid deaths. The null hypothesis has been rejected and the alternative hypothesis is accepted. Results reveal that death anxiety level is higher in families going through bereavement due to Covid deaths than families going through bereavement due to non-Covid deaths.

The above scores show that death anxiety level is higher in families going through bereavement due to Covid deaths than families going through bereavement due to non-Covid deaths, which means families that have lost their family members due to non-covid-19 related deaths are able to easily cope with the grief and have closure which is causing significantly lesser death anxiety in them than the families who have lost their loved ones due to Covid-19.

Results also reveal that families that have lost their family members due to non-covid-19 issues can easily come to terms with the death -- and can have less death anxiety due to proper ritualistic closure and other causes to blame rather than a sudden fatal virus that haven't yet been eradicated— better than the families that have lost their family members due to covid-19.

CONCLUSION:

The main aim of the study is to reveal whether there is a significant effect of Covid-19 death on the level of death anxiety. The research study includes families going through bereavement due to Covid deaths and families going through bereavement due to non-Covid deaths. The sample includes 30 individuals from families going through bereavement due to Covid deaths and 30 individuals from families going through bereavement due to non-Covid deaths. After the data collection, analysis was done with the help of t-test and results were formulated which shows that the Covid-19 deaths have affected and raised the level of death anxiety and therefore it is concluded that the families going through bereavement due to Covid deaths suffer more death anxiety than

families going through bereavement due to non-Covid deaths.

LIMITATIONS AND SUGGESTIONS:

- Several things could not be included in the current research study due to various circumstances such as uncontrollable issues, time constraints, and a lack of necessary resources. The small sample size may have influenced the results.
- The new researcher can work on the same factors with different variables and different age and sex
- Other independent variables can be included in the future studies
- Other dependent variables can be included in the future studies
- In future researches the researcher uses other death anxiety inventory

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