

An Explorative Study of the Influential Factors upon the Grief

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Abstract

This is a literature review of the influential factors upon grief from 1995-2005. Factors such as physical, psychological, social, cultural and background were collected and anal sized. The findings are as following—

- (1)The elderly widows has higher risk of traumatic grief, while the male widowed has higher risk of dying and getting sickness.
- (2)In general, the traumatic grief of lost families within half year has higher correlation with the occurrence of getting cancer.
- (3)Work helps to maintain the physical health of the bereaved person.
- (4)Social support in general attributes to the reduction of the stress and the improvement of the mental hygiene.
- (5)Human being express divergent levels of social constructions, implying the necessity of the building of a more flexible atmosphere for bereavement.
- (6)Opening communication and the expression of emotions will helps to facilitate the functions of the bereaved families.
- (7)The intervention of the therapeutic groups proves to help the

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bereaved children the most.

- (8) Inadequate social support may produce the so-called “helplessness” or “overly dependent” bereaved.
- (9) Most people still have a higher tendency of avoidance to talk about death, therefore, More related courses are recommended to bring into the school and the community system.
- (10) For bereaved aged people, loneliness is the mostly mentioned disturbance.

Key words: *grief guidance*



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