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GRIEVING

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Grieving

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Dedication

I dedicated the literature review for my father, who died when I was fifteen years old. My father was the only one that made me a strong person. Therefore, I am willing to contribute my experience with women who experienced a loss of a father. Thank you my father for giving me the opportunity to help others through my experience.

Introduction

Growing up with a father and a mother makes us lucky, but there are children and teenagers out there, who are not lucky enough. They had to say good bye to their father before becoming adults. Grieving a loved one, especially a father, is an unforgettable experience in life. Grieving is part of life. Unfortunately, nobody lives forever. There are five stages in the grieving process; denial and isolation, anger, bargaining, depression, and acceptance. Parental death impacts children in their education and in physical and emotional ways. A father's death influences daughters in terms of communication with a romantic partner. However, there are recreational therapies that could be used to treat grieving.

Women whose father died when they were teenagers may or may not live the same lifestyle as women that had a strong relationship between a father and daughters. These women did not have the chance to get a father's compliments and any other advice about relationships. Research about women whose fathers died and the effect on their personality is important because grief and loss affect everybody who loses a loved one. Women whose father died could behave differently than these who did have a father. Every woman needs to have self-esteem, confidence, independence, etc. however, when there is no a male figure, these factors decrease dramatically. It can become problematic when a woman does not have a male figure and depends on her partner as replacement for her father. It is important to find out if this issue affects women who have a father and grow up with father's support. In addition, research is significant because there is no research that focuses on the effect on a daughter when a father died. According to Rittgers (1997), studies on parental loss do not consider the specific aspect of same sex and different-sex parent-child relationships (p. 4). This research does not focus on the impact of fathers' deaths on their daughters.

This literature review will examine the consequences of the father's death on their daughters in terms of depression, communication with a partner, and the impact on their education.

The grieving process

The grieving process is very different among people. It is important to be aware of the normal and non normal grieving processes among orphan children in late childhood and adolescence. Axelrod, J., (2006), highlighted that there are five stages of grieving, which are universal.

The first stage is Denial and Isolation, which means that we deny our feelings due to shock. We do not want to face the truth. However, this is a temporary response.

The second stage is anger, where we become angry at our loved one for leaving us, angry at the doctor for not saving our loved one, and blaming ourselves for not saying something in particular such as "I love you". All of these can be in the anger stage, after the denial and isolation stage no longer affects us. It could be helpful to make an appointment with a family doctor in order to explain to us for the last time what caused the death in order to help us stop blaming ourselves.

The third stage is bargaining, which means we regret an action we took instead of taking others. For example, we wish we could have another doctor's opinion, wish we had sought medical attention sooner, and/or wish we could be a better person toward the loved one. In this case, it would be helpful to deal with God or a higher power in order to help us to relieve the pain.

The fourth stage is Depression. There are two kinds of depression. The first one consists of a reaction to practical implications related to the loss. For example concerns about the cost of burial or sudden loss of income. The second one is our private sadness that separates us from a loved one forever.

The fifth stage is Acceptance, which does not mean we are happy, but we are far from being depressed. We accept the fact that our loved one does not suffer any more due to

illness. We cannot change the circumstances and we accept that our lives must move on without the loved one.

These are the five stages of grieving. However, there are other researchers who agree with these stages and some who disagree. . For example, Neimeyer, Robert, Klass, Dennis, and Michael R., (2014), argue that there are differences of cultural contexts in regard to expression of grief. Some cultures consistent with the current social and political order, and the way a particular culture interoperate the meanings of grieving. Therefore, there is no one define of grieving process, since there are cultural and community factors, where each culture defines grieving differently. In addition, every person in the culture has a particular opinion about grieving that connects them to the situation.

The grieving process includes physical symptoms as well as emotional. These include hollowness in the stomach, tightness in the chest and throat, sensitivity in the nose, a sense of depersonalization, shortness of breath, muscles weakness, lack of energy, and dry mouth. The doctor should know about the symptoms of the grieving patient (William J., 2009, p. 23-24).

Parental loss and its effect on children

As stated by McLanahan and Sandefur in the book "Growing Up with a Single Parent" (1994),

"Children who grow up in a household with only one biological parent are worse off, on average, than children who grow up in a household with both of their biological parents, regardless of the parents' race or educational background, regardless of whether the parents are married when the child is born, and regardless of whether the resident parent remarried (p.1)."

In this case, an individual whose biological parent died would have more issues than those who live with both biological parents. It can effect schooling, marriage, and work in women who lived without a father.

The author emphasized that it does not matter if it is a father or mother, either way it will cause the same situation (1994, p. 2). During therapy, it would be significant to find out the cause of the absence of the parent, which can be divorce or death. In this case, death has a different result than the absence due to divorce of a parent.

According to Horns Julia (2007), approximately 3.5% of American children under 18 years old experience the death of a loved one.

In addition, Rousou E, Koita C, Middleton N, and Karanikola M, (2013) revealed that single mothers experience poorer physical and mental health than their married counterparts (p. 2).

The physical and mental condition of the mother could affect their daughters because they rely on their mother since they do not have a father. It can be helpful when we treat women by knowing that they are more vulnerable than men in terms of poor physical and mental health, which often leads to depression level among women.

Shenk, Mary K., Scelza, and Brooke A., (2012) found that a father's death during one's childhood leads to negative circumstances in adult life when that person. These negative circumstances include limited educational growth and an increased probability of a failed marriage.

Similar findings were reported by Case, Anne, Ardington, & Cally, (2006). The authors found that children who experience a parental death are less likely to enroll in school and complete fewer grades in school. The authors discussed the different influences of a father's or a mother's death had on children. A mother's death impacted the schooling situation among children. However, a father's death affected household socioeconomic status among orphan children.

Daughters Depression Associated with a Father's Loss

A traumatic situation as a child can create complications in adult life. For example, a woman who grows up as a fat girl and experiences bullying might lose weight as an adult, but she still feels fat "in her mind" for the rest of her life no matter how many compliments she gets. The same issue occurs among women whose father died and will have the empty "space" in their heart that would never be filled by any other men.

Research by Mireault and Bond (1992) supports that experience that early parental death in childhood leads to depression in adults (p. 517). The research refers to death of a father or a mother. There was no specific evidence in regard to a father's death, which means it shows a general idea about the death of mother or father that can lead to depression. The method of this research was by questionnaire. The participants were undergraduate students aged between 17- 25 years old. The experimental group consisted of subjects who lost either their mother or father through death. The population was 159 that lost their father and 67 participants who lost their mother. The control group consisted of undergraduate students randomly selected, and non-bereaved. (Mireault & Bond, 1992, p. 519). Moreover, negative life events reduced the optimism of the person, which means that if one of the parents died, it affected their daughter's life in terms of pessimism that leads to more vulnerability to depression when their parents died before age 18 (Mireault & Bond, 1992).

As a result, Weinstein (1982) indicates: "Children who experience the loss of someone close are likely to perceive themselves as vulnerable to similar losses in the future, a belief that may be especially anxiety-producing if they feel they cannot change their own behavior or circumstances to decrease the risk of such loss". Death of a parent is unpredictable so that children remember it as an un-controlled situation in life. Therefore, the death of a loved one cannot be compared to the anxiety and depression

level of different kinds of threatening situations during childhood. For example, children that got through dental surgery or an automobile accident do not have the same vulnerability in terms of anxiety and depression. Those who lose a parent experience life as out of control.

According to Shapiro, Howell, Kathryn, Kaplow, and Julia (2013), a warm, sensitive, and engaged communication with mothers about the father loss with a mom, most likely will reduce the maladaptive grief and depressive symptoms when father recently died. On the other hand, mothers who demonstrate weakened emotional response with their children in regard to father death, it causes unusually few depressive symptoms. Therefore, mothers and children communications is a significant intervention factor for bereaved families.

Another factor of depression among daughters came from a strong relationship with a mother. A mother is important to a daughter in terms of warmth, self confidence, and communication. Therefore, a positive relationship with the mother leads to a positive effect on depression and anxiety among daughters who lose their father.

The literature discussed the risk of psychopathology when a child experiences a father's death. The method of research was a survey of 3481 men and women in order to assess DSM-III disorders of depression, anxiety, and panic. As a result, a father death's during childhood more than doubles the risk of a major depressive disorder in adulthood (Jacobs, John, Bovasso, & Gregory, 2009).

The Effect of a Father's Death on a Daughter's Social Relationships

It is important to know how a death of a father in a woman's life would affect or affect their relationship with their partners. According to Dupont (1999), studies pointed out that a father's absence on females caused a failure to interact appropriately with males. Dupont's research examined whether women who experienced parental death during latency may expect to have complications during the life of from their grief (p. 3). The participants completed a Personal History Questionnaire and the Multiple Affect Adjective Check List, Revised (MAACL-R). In addition, women were divided into five groups at the time their father's died; under 2 years old, 2 to 5 years old, 6 to 12 years old, and 13 to 18 years old, and a fifth group of women who has not lost their fathers before age 19.

Dupont pointed out that a father performs many roles in the family environment that are important for a daughter's development because a father expresses affection for his daughter, which increase her happiness, well-being, self-esteem, and regard for others (1999, p. 17). A father is the first man that daughters "meet" during her lifespan. The roles of fathers build the personality of women.

Dupont indicated (1997), a female child's father is a fascinating stimulant in the shaping of her behavior and personality. The experience with a father is the ground of a positive self-concept and provide sex-role model for later behavior in life.

As a result, once women grow up lacking a positive concept of a father figure, it impacts their behavior during their lifespan. The most challenging begins when a woman is in a relationship with a partner. A father is considered as a model that helps shape daughters' experiences. In case they do not have the male figure in childhood and adolescence, it causes confusion in terms of their identity as women. For example, women may be weak and believe in any partner. Men may take advantage of these

women because women whose fathers died do not have a voice because they tend to trust any men. The research pointed out that fathers help shape the personalities of daughters. Hetherington (1972) conducted studies of adolescent girls who had lost their fathers through death and divorce. The studies reported that the absence of a father either by divorce and/or death impacted the ability of the girls to interact appropriately with men. On the same note, researches do not indicate the long term effect of fathers' deaths on the adult women.

Traditional means of treating the grieving process

Another therapy could be a family counselor that defines family loss, evaluates their resources, and develops a way to overcome the loss (Betz, Gabrielle, Thorngren, & Jill, 2006). The family counselor would work by conversation, behavioral, cognitive, or cognitive behavioral therapy. It may be individual and then include all the family members. It is significant for the family member to gain knowledge about grief, especially, if they never experienced it. Most of the time families tend to deny the grieving process, but then each family member has a hard time to overcome his own grief. Therefore, it is important talking it out It is tough for family members to share the loss. However, a family counselor would use a therapeutic approach for advancing the therapy.

Support groups would be helpful as a therapy by sharing the stories among women. Usually when people have the same issues and they talk it out, it is very effective in creating a sense of community and bonding. However, the therapists should pick the right women for leading appropriate support group in order to achieve the goals such as the same age that they experience lose their fathers, single, in a relationship, or married. These factors would be divided into separate support groups since the goals of these women would be different, and the therapists may create different creativity interventions. Therefore, it is important to evaluate the support group programs. Schuurman D., DeCristofaro J. (2010), published principles and practices as intervention guidelines for support groups that deal with grieving.

Benefits of Recreation Therapy on Grieving

Women whose father died will most likely suffer from depression and difficulties in a relationship. Therefore, recreational therapy could potentially assist with these issues. The role of recreation therapists is to find leisure activities that the women like and create a treatment plan where the goal will be to increase self esteem and communication skills. For example, if a woman likes theatre, then it would be appropriate to find a group of men and women who participate in a play role/ drama therapy about a situation of grieving. On the same note, make sure that there is no competition because these women ~~because they~~ may feel like a failure if the men beat them. Therefore, they should play together in the same group by communicating with each other.

Research by McCallum, Piper, and Ogrodniczuk (2002) discovered that dropping out from therapy will most likely increase depression symptoms that relate to grief. The group therapies were run by either psychologists, social workers, or occupational therapists. The research examined a sample of 32 individuals that attended fewer than eight sessions, and terminated prematurely. The result was that 22% dropped out from interpretive and 24% dropped out from supportive therapy. Recreational therapy is different than others therapies because of its focuses on the creative ideas of the therapist. Therefore, the intervention of recreational therapy will consist of a group and/or individual therapy that includes a number of sessions. If patients drop out they would not accomplish their goals as mentioned in the research (McCallum, Piper, & Ogrodniczuk, 2002). Therefore, it is significant to be aware of ways to keep patients in sessions and not let them drop out.

To minimize the chance of patients from dropping out, a recreation therapist assesses the patients and creates meaningful activities for the ~~of~~ patients as part of the approach. It definitely increases the success of the patients to stay in a group and/or

individual therapy. However, recreational therapist using group therapy has to be very thoughtful because the therapy needs to be based on evidenced-based practice to be most effective to these women.

According to Susan L., Andrea D., and Douglas A., (2008), recreational therapy shows growing evidence in regard to the benefit of leisure activity in coping with stressful situations in life. Leisure brings about social interaction that connects patients together in leisure settings that provide individuals with emotional support (p.10).

The same leisure interest in a group of individuals with social interaction would be beneficial for achieving a recreation therapy goal in a particular population. For example, there could be a group of children who experience a parental death who has the same leisure interest, such as camp. A recreation therapist would most likely create a day camp program that includes making a memory board. A child would bring an item that reminds them of the loved one such as photograph. Then they could write words in order to express their feelings, describe a happy memory of the loved one, and create art and crafts on the memory board. The memory board as a recreation therapy treatment plan would be beneficial when the children return home and could help them feel comfortable talking about the loved one by taking the memory board home (Sorensen B., King K., 2014).

There are many ways to treat grieving using meaningful activities as an intervention. One of them would be drama therapy. According to Emunah (1994), drama therapy is a healing intention by helping patients to express their life experience through drama, which leads to working through problems that they encountered in childhood and maintain well-being and health (p. 8). Drama therapy focuses on the issues of the person by experiencing them again in a comfortable place that includes a health professional. It is significant to re-experience the trauma because the individual can remember and feel

similar emotions by knowing the reason for it. It is important process to reduce guilt. Most of the time individuals blame themselves for a bad situation, but through drama therapy they can get a different and better conclusion.

Play therapy could be a new method to treat grieving women as part of recreational therapy. According to Ceballos P., and Williams M., (2013), "Play therapy media and treatments can be used to help . . . the process of grief." Play therapy can be anything that consists of leisure activities and anything the individual is comfortable participating in as long as it is safe. During play therapy the client may develop strategies to overcome grief or any barrier they deal with. Play therapy is the result of the experience of a game and debriefing questions in order to achieve the goals and/or evaluate the treatment plan. According to Gil E., (1994) "Play, like love, happiness, and other psychological constructs are easier to recognize than to define (p.3)." Horns highlighted her research by using 10-12 men and women who worked with bereaved children by expressive their emotions through art. The researcher recorded the session and interviewed them according to the findings. The results were that the art therapy was very efficient and useful for children (Horns J., 2007, p. iv). Art therapy as well as music therapy focuses on the expression of the patients' emotions. Some women would feel more comfortable with music, but others would more like the art therapy.

Music therapy would be useful for grieving. Music therapy is considered as a holistic therapy that focuses on body, mind, and spirit. Music therapists tend to set goals at the beginning of the therapy using client centered therapy. Music therapists as well as recreation therapists document daily notes (Heather M., 2002). A therapist uses the clients' skills in order to achieve their goal. Patients who want to deal with grieving can use their abilities and motivation to teach them new ways to deal with loss.

Hypothesis for Future Research

This literature review discussed the impacts on a child that experienced a parental death in terms of depression and relationship with a partner.

The literature emphasis influences a father death on a daughter. There were very few research studies that focused specifically on daughters whose father died. As a result, the literature review did not specify specific information about women and the effect of a father's death on their relationship with a partner. However, the researches indicated that a father's death leads to depression among the children. There were not enough studies about the differences of the level of depression between males and females. This will be a very important for experimental research. It would be important to collect information from both males and females whose fathers died and measure their depression level using control and experimental groups.

Researchers should conduct more research that measures how the age of the child affected by death influences treatment plans. Research is needed to determine how age impacts depression. For example, women whose fathers' died after they got married will not be affected as much as those whose father died during adolescence. But maybe the age at the time of father's death has no influence, then why?

Moreover, it would be beneficial to conduct a longitudinal study that focuses only on daughters whose fathers died in adolescence. Moreover, if depression influence these daughters, it is important to know if depression plays a role in their future. And if not, why?

In addition, the literature points out the benefits of recreation therapy on grieving. Therefore, it would be useful to consider recreational therapy's treatment effect on grieving among this specific population.

It would be helpful to rely on evidence based practice for creating a treatment plan for this population, however there is a dearth of research on this subject. Most studies focused on general ideas about parental death without being gender and age specific. Adolescence is a critical period for a person. According to the stages of Erickson, which discussed the adolescence stage, identity vs role confusion?

“Identity provides a deep sense of ideological commitment and allows the individual to know his or her place in the world . It provides one with a sense of well -being, a sense of being at home in one’s body, a sense of direction in one’s life, and a sense of mattering to those who count...role confusion can lead to a very different human experience. It causes the individual to seriously question one’s essential personality characteristics, one’s view of oneself, and the perceived views of others. Consequently, the individual experiences extreme doubt regarding the meaning and purpose of their existence, leading to absence of loss and confusion” (Sokol J., 2009, p. 4).

The identity vs role confusion is a critical stage for daughters once their father passed away. It definitely causes confusion because this is the age where the girl changes

into a woman. Women as well as girls need a male figure to assist as they move forward in life and relationships.

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