

The Dynamics of Grief in Late Adolescence After Maternal Death in Terms of The Theory of Kübler-Ross

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Abstract. Adolescence is a developmental phase between childhood and adulthood. There are many experiences that teenagers get from the surrounding environment. These experiences are in the form of positive experiences or negative experiences that teenagers will receive in different ways. Individuals have different reactions to death events, including adolescents. The event of death can affect the development process, this is because death causes deep sorrow for adolescents. This study aims to examine the dynamics of late adolescent grief after maternal death in terms of the Kübler-Ross theory. According to Kübler-Ross, there are five stages that individuals have when experiencing grief, including denial, anger, bargaining, depression, and acceptance. Teenagers who experience maternal death will go through the five stages of grief from the Kübler-Ross. The results obtained are that some participants have not yet reached the acceptance stage because they still need time to accept the grief event that occurred. The discussion is expected to provide knowledge regarding the dynamics of late adolescent grief after maternal death in terms of the Kübler-Ross theory.

Keywords: *Late Adolescence, Grief.*

Abstrak. Masa remaja merupakan suatu fase perkembangan antara masa kanak-kanak dan masa dewasa. Ada banyak pengalaman yang didapat remaja dari lingkungan sekitar. Pengalaman tersebut berupa pengalaman positif ataupun pengalaman negatif yang akan diterima remaja dengan cara yang berbeda-beda. Individu memiliki reaksi yang berbeda-beda terhadap peristiwa kematian, termasuk remaja. Peristiwa kematian dapat mempengaruhi proses perkembangan, hal ini dikarenakan kematian itu menimbulkan duka yang mendalam bagi remaja. Penelitian ini bertujuan untuk melihat dinamika duka remaja akhir setelah kematian ibu ditinjau dari teori Kübler-Ross. Menurut Kübler-Ross ada lima tahap yang dimiliki oleh diri individu ketika sedang mengalami duka diantaranya penyangkalan, marah, tawar-menawar, depresi, dan penerimaan. Remaja yang mengalami kematian ibu akan melewati lima tahap duka dari Kübler-Ross tersebut. Hasil yang didapat adalah beberapa partisipan belum sampai pada tahap penerimaan karena masih membutuhkan waktu untuk menerima peristiwa duka yang terjadi. Pembahasan diharapkan dapat memberikan pengetahuan terkait dinamika duka remaja akhir setelah kematian ibu ditinjau dari teori Kübler-Ross.

Kata kunci: *Remaja Akhir, Duka.*

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Introduction

Late Adolescence

Hurlock (2015) states that late adolescence becomes the threshold of adulthood so that adolescents begin to focus on behaviors associated with adult status. Late adolescence is in a period of age that is quite important in an individual's life, which consists of a period of transition and transformation also often appears unrealistic thoughts, and is a period towards maturity (Biswas & Krori in Mahdia, 2018). Sarwono (in Putri & Rustika, 2017) adjustment to adulthood that occurs in late adolescence, is characterized by a strong interest in intellectual functions, the ego's desire to unite with other people and experience new experiences, a permanent sexual identity, balance between self-interest with others, and can separate things that are private with public things. According to Santrock (in Suwarsi & Handayani, 2017) in their late teens, they are required to be able to make decisions related to career development, social and family relationships, and related to lifestyle.

Teen Age Limit

The age limit for adolescents according to the World Health Organization (WHO) is the age of 12-24 years (in Madinah et al, 2017). In Indonesia, general guidelines that can be used to determine the age limit for late adolescence are all individuals between the ages of 16-19 years and are unmarried (Sarwono in Paramitha & Wideasavitri, 2018). But Monks, et al (in Salamah, 2019) distinguish adolescence into four parts, namely: pre-adolescence 10-12 years, early adolescence 12-15 years, mid-adolescence 15-18 years, and late adolescence 18-21 years. Hurlock (in Annisa & Maretih, 2016) divides adolescence into early adolescence and late adolescence, while the separator between early and late adolescence lies at the age of 17 years to early adulthood when teenagers have almost entered the adult world of work. While the age of early adulthood, according to Hurlock, is at the age of 21 years.

In this study, the authors used the age of late adolescence according to the World Health Organization (WHO) with an age limit of 12 - 24 years.

Characteristics of Late Adolescence

Gunarsa and Gunarsa and Mappiare (in Putro, 2017) explain that late adolescence is characterized by the following characteristics: (1) psychological and physical aspects begin to stabilize, (2) increase in realistic thinking, have a good perspective, (3) more mature in the way of dealing with problems, (4) increased emotional calm, better able to control feelings, (5) has formed a sexual identity that will not change again, and (6) more attention to symbols of maturity.

Dead

Death is a reality of life, humans will experience death, death can happen to anyone, both old and young, or even newborns. It's just that no one knows when death will come (Hidayat, 2006). Death is a biological fact, but death also has social, cultural, historical, religious, legal, psychological, developmental, medical, and ethical aspects, and often these aspects are interrelated (Papalia et al, 2001).

Types of Death and Surroundings Processes

Ann and Lee (in Fitria et al, 2013) describe several types of death, namely:

1. Anticipated death.

The phenomenon of anticipated grief can be understood as a reaction to awareness of a future loss.

2. Sudden Death.

Sudden death occurs in certain contexts, for example, war results in certain circumstances surrounding death, and these circumstances affect how the subject deals with loss.

3. Suicide.

People who have experienced the loss of a loved one to suicide are often confused. The impact of suicide can increase feelings of guilt in individuals.

4. Murder.

When a loved one dies as a victim of murder, those left behind can feel that the world is becoming dangerous, cruel, insecure, and unfair.

5. Disaster.

People who survive disasters where other people do not survive (died) make them called 'survivors' twice, first, they survive a major disaster that could end their life, also survive the death of other people, both friends, and relatives.

Parent's Death

Death does not only involve the individual being left behind but also, more importantly, those left behind must overcome the death and adjust to the loss of a loved one. The death of parents is a big loss for children because for them it is like losing a safe person in life, and for parents, it is like losing a companion in life (Brooks, in Anugari & Masykur, 2018). The death of a parent can have a big impact because teenagers have spent a lot of time with their families. However, the death of a parent can be a mature experience that can encourage individuals to be able to solve more important developmental issues, such as achieving self-awareness, being realistic, awareness of responsibility, commitment, and attachment to others (Scharlach and Fredriksen, in Anugari & Masykur, 2018).

Grief

According to Stroebe (in Patricia et al, 2018), grief is an emotional response as well as a somatic psychological reaction to an event of a loss. The experience of grief is a multidimensional process that includes biological, psychological, spiritual, and social components (Rodriguez in Fauziah & Kahija, 2017). The process of grief is deep, internal, sad, and prolonged. When a grieving person wants to achieve a more effective function, it takes a long time and a lot of effort to make it happen. The intensity of grief varies from person to person and can last for months or even years.

Grief Stage

Elisabeth Kübler-Ross (in Papalia et al, 2001) 5 stages are owned by individuals when experiencing grief including:

1. Denial.

In the denial stage, individuals who experience grief will act in denial of the reality that has happened to them. In addition, the form of denial response is always seeking opinions from various parties.

2. Anger.

At the angry stage, the individual cannot contain the sense of denial he has and develops into a sense of anger, rage, envy, and hatred. This stage is very difficult to overcome by family or close people. This is because the anger experienced by individuals is expressed in various ways to their environment at uncertain times.

3. Bargaining.

At the bargaining stage, the individual is no longer able to face the sad reality for the individual concerned in the early stages and at this stage, the anger that arises is directed to God.

4. Depression.

At the stage of depression, the individual can no longer deny the things that cause the grief response to appear. This is because the more clear things that prove that the individual has something that makes him feel sad (the grief response). The more clear this reality changes the attitude of the individual concerned, starting from the attitude of denial and anger experienced to a sense of loss that greatly affects his life.

5. Acceptance.

The stage of acceptance of the individual does not mean starting to enter the stage of happiness because the individual concerned has accepted what is happening in his life. After the individual has experienced the four stages of grieving, he will be resigned.

Although the Kübler-Ross stages have been criticized that the emotions described are general, not everyone goes through all five stages and need not be in the same order, a person may skip several stages or may go through several stages at once.

Discussion

This research is viewed from the stages of grief according to the theory of Kübler-Ross (in Papalia et al, 2001) namely denial, anger, bargaining, depression, and acceptance. After analyzing several main themes and their sub-themes in this study, which are shown in the table above, such as (1) Distrust of maternal death, (2) Crying as an overflow of loss of a

mother, (3) Changes faced after mother's death, (4) Facing feeling depressed after the death of the mother, (5) The period of receiving grief.

Walsh (in Ausie and Mansoer, 2020) explains that each displays varying reactions to grief, influenced by cultural background, social support, age, gender, and socioeconomic status, psychological conditions, and the situation when the loss event occurred. Lindemann (in Fauziah and Kahijah, 2017) generally grieving individuals show shock and disbelief as the main reaction. The results of this study found various reactions shown by participants, namely shock, crying, disbelief, feeling like a dream, and not expecting.

Expressing the feelings felt after the death of the mother shows how the individual is devastated by the grief that occurred. According to Kübler-Ross (in Widiyanto, 2018) at the stage of anger is an individual expression because of feelings of injustice over the conditions experienced and feeling angry over events that occur to individuals. In this study, participants expressed more by crying. Crying is an emotional strategy, where a person expresses his feelings to reduce stress levels in himself (Burr and Klein in Sari, 2013).

Participants also began to bargain about the conditions experienced, one of which was living a life without a mother figure. The changes that occur are not easy for each member of the family (Kertamuda in Anugari and Masykur, 2018) because they will begin to adapt without the presence of their mother and get used to not being dependent on their parents. They also bargain over memories with Mom, where memories with Mom sometimes cross their minds. Chaplin (in Umainingsh et al., 2017) memory is a function involved in remembering or re-experiencing past experiences, all past experiences that can be recalled, and one typical experience. In the study, participants admitted that they began to learn to live independently even though they always expected Mother's presence beside them, visited Mother's grave and looked back at Mother's photos if they remembered memories with Mother, and prayed to God to stay strong in life.

Dealing with depressed feelings and dealing with things that trigger memories with the mother, after the mother's death shows how participants go through the fourth stage of grief, namely the stage of depression. At this stage, usually, someone who is experiencing grief just wants to be alone, spending time crying over the grief experienced. Depression itself is a mental disorder characterized by the appearance of symptoms of decreased mood, loss of interest in something, feelings of guilt, sleep or appetite disturbances, loss of energy,

and decreased concentration (WHO in Sari et al, 2020). In this study, all participants did not experience depression, when interviewed it could be said that they were depressed about their mother's death because they had to adapt to a new environment without their mother but did not cause depression because they could still carry out daily activities.

Acceptance is the last stage of suffering where one will begin to accept the suffering that occurs and this is the stage that takes the longest and most difficult time to be in this stage. In the study, some participants had accepted the grief event that occurred but what was still difficult was not being able to forget and still missing their mother, while some other participants admitted that they had not been able to accept the sad event that occurred but believed that one day they could accept the sad event.

Conclusion

This research is about the dynamics of grief in late adolescence after maternal death in terms of the Kübler-Ross theory. According to Elisabeth Kübler-Ross, (in Papalia et al, 2001) individuals who experience grief will go through five stages of grief, namely the stage of denial, the stage of anger, the stage of bargaining, the stage of depression, and the stage of acceptance.

Denial stage the individual feels in disbelief about what is happening to him or rejects reality. The anger stage is an individual expression because of feelings of injustice over the conditions experienced, anger that is projected or expressed is directed at God, family, friends, health care providers, or yourself. The bargaining stage is the stage of negotiation to get the expected living conditions. The conditions experienced at this time, individuals like to wish to entertain themselves. In the depressive stage, individuals experience deep sadness, tend to withdraw, and sometimes express hopelessness and feelings of worthlessness. The acceptance stage can be reached when the individual can come to terms with the realities that occur to him, has truly accepted the bad conditions experienced, and realizes that the unpleasant conditions are indeed a part of his life experience.

Based on the results and discussion, 4 participants experienced the denial stage, 5 participants experienced the angry stage, 5 participants experienced the bargaining stage, 6 participants did not experience the depression stage, and 3 participants did not experience

the acceptance stage. The process and duration of grief in each individual are always different from one another. This is influenced by several factors including the individual's relationship with the person who died, personality, age, gender of the person left behind, and the process of death. In addition, the attachment that exists between participants and their mothers also affects the stages of grief experienced by participants.

So it can be concluded that the results of the study on the dynamics of grief in late adolescence after maternal death in terms of the Kübler-Ross theory showed that some participants did not pass through the denial stage, anger stage, bargaining stage, and acceptance stage. While at the stage of depression all participants did not experience it. In keeping with the critique of the Kübler-Ross stages of grief described earlier, in that the emotions described are general, not everyone goes through all five stages and need not be in the same order, one may skip several stages or may go through several stages at once.

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