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Research Paper

A Context Exploration of How to Deconstruct oneself on the Network of Interpersonal Relationships in Bereaved People facing Unexpected Deaths

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Abstract

Death is a social phenomenon that social scientists have studied in different dimensions. In the meantime, unexpected deaths caused by accidents, drownings, fires, etc., in addition to the dimensions of demographic consequences, also have dimensions of subsequent social and cultural consequences that have been less studied. Every day, a large number of citizens face sudden deaths, which have special psychological and social effects on the bereaved. The purpose of the present study was to discover the process of how to deconstruct the bereaved people after the death of loved ones. To understand this process, using a qualitative approach and grounded theory method. Required data were collected using theoretical sampling and in-depth interviews. Research samples also included the bereaved who experienced the sudden death of their loved ones in the traditional-religious context of Yazd. Data were carefully analyzed using open coding, axial coding and selective coding. Then a table of concepts and a paradigm model were presented. The results show that people facing this kind of tragedy, suffer psychological and social trauma; But over time, with the intervention of some conditions governing the research, especially empathy and support received or deprived of it in the space of individual and interpersonal relationships, with different strategies such as emotion regulation, mutual blame and supportive expectations in self-support try to rethink of their mourning and slowly complete their deconstruction process.

Conflict of interest:

According to the authors of the article, did not have any conflict of interest.

Keywords:

Regulation of emotions, Loss, mourning, Death, Self-deconstruction.