



De La Salle University – Dasmariñas

Forgotten Grievers?

Resilience of Grandparents in Grief

An Undergraduate Thesis

Presented to

The Faculty of Behavioral Sciences Department

College of Liberal Arts

De La Salle University – Dasmariñas

Cavite, Philippines

In Partial Fulfillment

Of the Requirements for the Degree of

Bachelor of Arts Major in Psychology

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MARCH 2011



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ABSTRACT

NAME OF INSTITUTION: De La Salle University- Dasmariñas

ADDRESS: Dasmariñas City, Cavite

TITLE: "Forgotten Grievors? Resilience of Grandparents in Grief"

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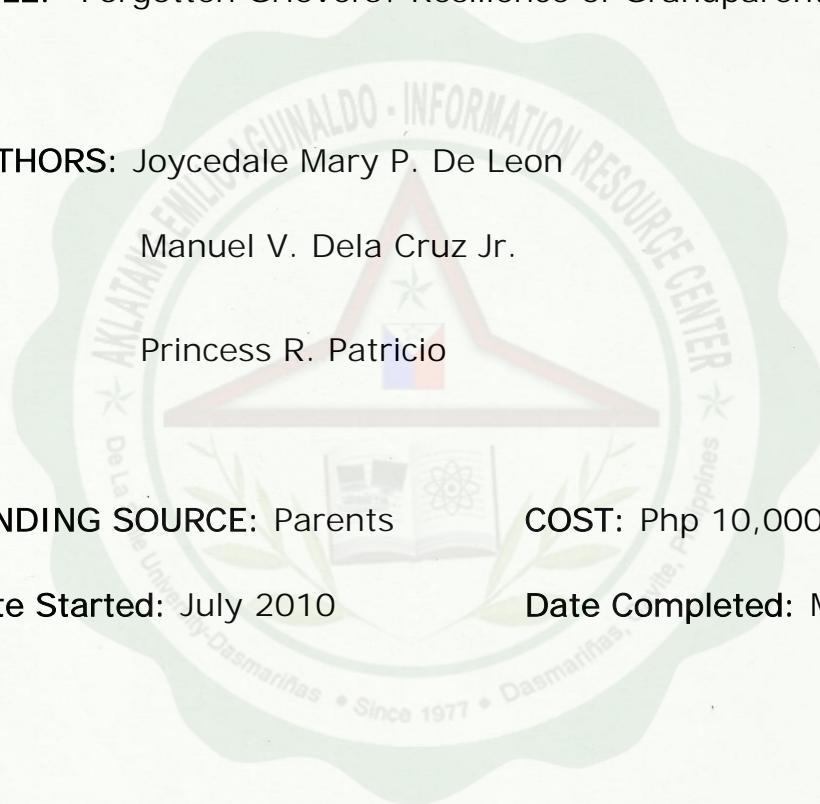
Princess R. Patricio

FUNDING SOURCE: Parents

COST: Php 10,000

Date Started: July 2010

Date Completed: March 2011





OBJECTIVES OF THE STUDY:

This thesis intended to explore the experiences of grandparents and to know how resilient they are when exposed to adversity such as death of a grandchild.

SCOPE AND LIMITATION

The study focused on the psychological experiences of the grandparents during and after the death of their grandchild on areas of cognitive, affective and behavioral. Researchers also looked at the resilience protective factors that were identified by the respondents.

METHODOLOGY

The descriptive method of research was used in this study. *Makapilipinong pananaliksik* is the method used for gathering data wherein two approaches were used: *Pakikipagkuwentuhan* and *Pagdalawdalaw*. Validated guide questionnaires was the main data gathering instrument for this study and deliberation of questions was in a form of *pakikipagkuwentuhan*.

Ten (10) grandparents from Dasmariñas City Cavite were the respondents of this study. They were gathered through purposive sampling regardless of gender but categorized in the following criteria: grandparents aged 60 years old and above and with grandchild/ren who died 21 years old and below and who have been dead for 6 to 24 months.



SUMMARY OF FINDINGS

The findings showed that the top psychological experiences of the grandparents on area of cognitive are disbelief, longing, and believing God's hands/ plan. On the area of affective, the common answers are despair, anger, and acceptance. And on behavioral area, eight (8) respondents stated that the most usual things that they do to cope up are diverting of attention, such as caring for their other grandchildren, doing household chores; spending time with friends, doing hobbies, and engaging in vices.

Out of ten (10) respondents; (8) grandparents could be categorized as resilient individuals. They completed the four main protective factors such as self (active coping, and optimism), family support, social support, and spirituality. However two (2) male grandparents couldn't be considered as resilient individuals as of the moment.

Conclusions

In light of the foregoing findings of the study, conclusions were drawn as follows:

1. It can be concluded that the resilience factors identified by the grandparents can affect their grieving process.
2. Family and Social support play a significant role in helping the grandparent during the loss of their



grandchild. It can give great impact and help an individual in surpassing a stressful situation like death of a loved one.

3. Therefore, grandparents in the Philippines cannot be categorized as forgotten grievers because of the Filipino. In most cases, the grandparents and grandchildren live together in the same house.

Recommendations:

In light of the foregoing conclusion drawn and presented, the following are recommended.

1. Future researchers should continue or pursue studies regarding "Grandparents in Grief" for more extensive results and a better understanding of this concept. To furthermore add to the study, researchers should broaden this concept in-depth through different methods and instruments.
2. The researchers would like to recommend future researchers to take note of this significant issue and give more time researching on the topic since grandparents in grief are not usually discussed.



3. This research is recommended for grandparents who have lost a grandchild to help them identify in which stages of grief are they belong and to help them cope and bear life struggles after their loss.

