



De La Salle University – Dasmariñas

GRADUATE PROGRAM

**COPING MECHANISMS OF ADOLESCENTS IN THE  
STATE OF GRIEF: BASIS FOR FORMULATING  
INTERVENTION STRATEGIES**

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A Master's Thesis  
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In Partial Fulfillment  
of the Requirements for the Degree  
Master of Arts in Education  
Major in Guidance and Counseling

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**AKLATANG EMILIO AGUINALDO ARCHIVES**



**ABSTRACT**

**Name of Institution** : De La Salle University-Dasmariñas  
**Address** : Dasmariñas, Cavite  
**Title** : Coping Mechanisms of Adolescents in the State  
of Grief Basis for Formulating Intervention  
Strategies  
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**OBJECTIVES OF THE STUDY**

**A. GENERAL:**

To determine the intervention strategies for adolescents in the state of grief among the first and second year college students from Communication Arts, Education, and Nursing programs of St. Paul College of Manila, school year 2001-2002.



**B. SPECIFIC**

1. To determine the causes of loss of a loved one, the behavioral, cognitive and affective difficulties experienced by the adolescents and their coping mechanisms in terms of detachment, compliance and hostility.

2. To find out if there are significant differences in the difficulties experienced by the respondents in terms of behavioral, cognitive and affective aspects when they are grouped as to age, ordinal position, type of family and socio-economic status.

3. To formulate intervention strategies for the adolescents who are in the state of grief.

**SCOPE AND COVERAGE:**

The study focused on the difficulties experienced and the coping mechanisms of adolescents in the state of grief as basis for formulating intervention strategies. The participants were 99 or 30% of first and second year students from Communication Arts, Nursing, and Education Programs of St. Paul College of Manila for school year 2001-2002. Lastly, the respondents were those who had experienced sudden or shocking losses of a loved one for more than three years now. Certain losses with strong feelings of grief may include death, serious illness of a loved one, and breakup in a relationship.



**METHODOLOGY:**

To gather the needed data, the researcher conducted a short unstructured interview to the first and second year students in order to choose the respondents who would best meet the purposes of the study.

A validated questionnaire was the tool used to determine the difficulties experienced and the coping mechanisms of adolescents in the state of grief.

The descriptive research design was employed in the study. Data were analyzed using frequency count, percentage, weighted mean, mean and chi-square.

**MAJOR FINDINGS:**

Based on the gathered data, majority of the respondents were 18 years old, first child in the family and came from intact family with average socio-economic status. As to cause of loss of a loved one, most of the respondents had experienced grief associated to the death of a loved one. Generally, the respondents sometimes experienced difficulties in behavioral, cognitive and affective aspects. In terms of coping mechanisms, the respondents preferred to seek the need to be wanted, loved, and protected by other people to overcome grief. Furthermore, they sometimes showed autonomy in solving their problems and rarely manifested hostility in their behavior towards other people.



**CONCLUSIONS:**

It was concluded that there were no significant differences in the behavioral, cognitive, and affective difficulties experienced by the respondents when grouped as to age, ordinal position, and socio-economic status. However, as to the type of family, there were also no significant differences in the behavioral and affective difficulties except in the cognitive aspect wherein those who belonged to a broken family showed higher level of cognitive difficulties than those from intact family.

**RECOMMENDATIONS:**

1. Since death of a loved one has been found the most profound type of major loss, the concerned school authorities and counselors need to conduct death education to help them understand their feelings and beliefs about loss of loved ones, so that living can be more adaptive and enjoyable.
2. . The counselor should provide individual counseling and follow-up to the adolescents who are in the state of grief and come up with a technique in order to help them identify and express their feelings openly.
3. A closer supervision of significant others to the adolescents in the state of grief especially those from broken families are encouraged to maintain affectional bond by making them feel the need to be open about their feelings which in turn may alleviate separation anxiety.
4. Putting the parents in touch with interventional supports such as holding seminars or symposia, fellowship programs, and discussing updates in



guidance and problems encountered in the course of working with the adolescents in the state of grief.

5. Closer monitoring of the teacher-adviser to the adolescents in the state of grief is also beneficial to establish a link with the counselor in helping them face the loss rather than deny it and later on bring healing and maintain a sense of well being.

6. The intervention strategies for adolescents in the state of grief should be employed and assessed in order to know its beneficial impact and to make necessary enhancement.

7. Extensive research should be done concerning helping individuals suffering from grief especially within the Filipino context, thus this study is hoped to give insights to counseling practitioners and researchers that can serve as guidelines for future study.



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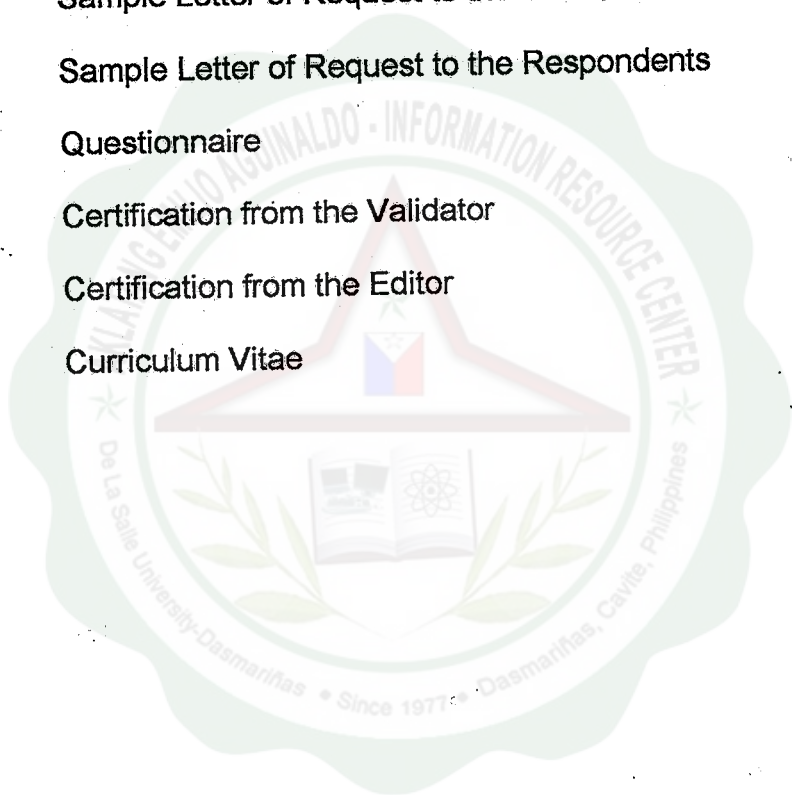


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