

A Study of Bereavement Experience by Focusing on Positive Aspects

– Narratives of people in their 50s and 60s that have experienced multiple bereavement –

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The purpose of this study is to investigate those who have been affected by bereavement and their relationship with their lost loved ones, along with the age at which bereavement occurred, any positive psychological changes, and the experience of multiple bereavement, all by focusing on positive aspects. The researcher conducted semi-structured interviews with four men and women in their 50s and 60s who lost people close to them. The acquired data was summarized, and concepts were identified regarding the narratives of those that were lost and how valuable they were to the bereaved person. The following three points were inquired into: 1) thoughts about their way of life and their current relationship with the lost loved one, regarding positive aspects, 2) the tendency toward wanting to ensure that life is productive, for those who experienced bereavement in their 40s, and 3) aspects that are similar and included in other repeated bereavement cases and that are constructed through experience. These results relay two aspects regarding positive psychological changes: changes in their experience due to their relationship with their lost love one and their age; and multiple cases that have contributed to deeper contemplation. For a deeper understanding, it would be necessary to examine factors that influence psychological changes and interaction among the various experiences as observed.