Grief and Self-Healing Due to the Death of a Parent

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Abstract
The concept of "death" brings to mind the profound anxiety associated with the irreversible absence of significant individuals, including parents, family members, friends, and partners. The passing of a parent can trigger intense feelings of sorrow that deeply affect the children who remain. This research employs the Systematic Literature Review (SLR) methodology to scrutinise existing pertinent studies regarding grief and self-healing following the loss of a parent. A meta-synthesis was performed to address the research inquiry concerning grief and self-healing in the context of parental death. The aim of this SLR investigation is to enhance the understanding of grief and self-healing resulting from the death of a parent; to enrich comprehension through a literature review of ten carefully selected studies; to conduct an in-depth examination of the research and the depth of discussion; and to provide substantiation for grief and self-healing associated with the loss of a parent. A systematic review was conducted following the PRISMA framework, analysing articles published from 2020 to 2024 on the topic of grief and self-healing after the loss of a parent. Research articles were sourced using keywords like "grief," "self-healing," "bereavement," "resilience," and "parental death" in the Google Scholar database. Mendeley was used to manage titles and abstracts, eliminating duplicate entries. The study utilized the meta-synthesis method for a qualitative systematic review, focusing on ten relevant journals. The research process involved defining the problem, conducting a thorough literature search, and analysing the selected studies in detail. Data collection involved reviewing previous studies to draw conclusions, with a focus on different research methodologies related to death and self-healing post-parental loss. The selected articles, available in English and Indonesian, were analysed using the VOSviewer application, revealing common keywords such as "Resilience," "Loss," "Grief," "Self-healing," and "Death."
Keywords: Grief, Self-Healing, Parental Death, Resilience

INTRODUCTION

Death is an inevitable aspect of life that affects everyone on a global scale. As reported by the World Health Organization (2023), there have been over 772 million confirmed COVID-19 cases, resulting in nearly 7 million fatalities. In this context, Buddhism reminds us of mortality and the importance of accepting death as part of the cycle of life. Learning and understanding death can bring peace and tranquillity, and prepare individuals to face death in a more positive way. Grief is a natural response to loss, especially the loss of someone who is considered important in life, such as a parent, family member, or friend. This loss is often accompanied by feelings of fear and deep trauma. Louie (2013) noted that virtually every person will encounter significant loss at some point, whether it involves health, employment, or the passing of a loved one. The death of a parent is particularly recognised as a profoundly distressing experience for children, often leading to feelings of abandonment and an extended period of mourning (Melhem et al., 2011). The grieving process is a very personal experience and is different for each individual. Dealing with the loss of a parent requires an adaptive response, which includes emotional reactions such as grief and behavioural changes, including aggression (Suprihatin et al., 2013). The psychological impact of this loss can be very profound, often triggering stress and depression that can hinder a child's development and contribute to mental disorders in adulthood (Andriessen et al., 2018; Nurriyana & Savira, 2021). Children who are unable to cope

with trauma may exhibit negative behaviours such as substance abuse or engaging in risky activities (Purbararas, 2018).

Losing a parent and the grieving process are integral parts of a child's life journey. The long-term effects of this loss can affect a child's mental well-being, but effective grief management can help mitigate these impacts (Nurriyana & Savira, 2021). Children who experience the loss of a parent often lack the emotional support needed to cope with the challenges of grieving, and may experience additional psychological loss from a surviving parent who is also grieving (Biank & Werner-Lin, 2011). However, children have a remarkable ability to cope with feelings of loss through a variety of strategies, one of which is self-healing. Self-healing is a proactive approach to dealing with the negative impacts of trauma, which can help individuals regain control over their lives (Nurriyana & Savira, 2021). This process involves motivation to overcome the trauma and address psychological issues that may have been triggered by past experiences (Hero et al., 2023). Various techniques, such as meditation, music therapy, yoga, and positive affirmations, can be used to support this healing process. The deliberate application of psychological mechanisms can help individuals reduce irrational beliefs and anxiety, and facilitate recognition of the impact of the past. Thus, individuals can be better able to cope with the challenges they face (Humaira et al., 2023).

The researcher aims to conduct a Systematic Literature Review (SLR) investigation to identify the grief and self-healing due to the death of a parent. Meta-synthesis is conducted to answer the research question about grief and self-healing due to the death of a parent. The SLR method is carried out by conducting a thorough examination and evaluation of various articles related to the grief and self-healing due to the death of a parent. Through a careful examination of relevant previous research, this study has the capacity to provide a clear depiction and cover all concepts of grief and self-healing due to the death of a parent. The aim of this systematic literature review (SLR) is to enhance understanding of grief and the process of self-healing following the death of a parent. This study seeks to deepen comprehension through an analysis of ten selected articles, thoroughly investigating the research and the depth of discourse surrounding this topic, while also providing substantiated insights into grief and self-healing in the context of parental loss. This evidence can be a reference for further research. The results of this SLR study can make an important contribution to the development of grief theory and self-help interventions. The anticipated results of this investigation are projected to provide a broader and deeper understanding of grief and self-healing due to the death of a parent.

RESEARCH METHODS

The method used in this investigation is the SLR approach, which is designed to illustrate previous research on grief and self-healing due to the death of a parent. The main objective is to understand grief and self-healing due to the death of a parent. The data used for this study were extracted on December 29, 2024, from the Google Scholar database. The researcher chose Google Scholar as the primary source of information because of its perceived broader coverage compared to alternative indexes. In this research, articles pertaining to grief and self-healing after the death of a parent were gathered using the Publish or Perish (PoP) application and subsequently processed in accordance with the PRISMA methodology. Data collection through PoP was carried out by searching for journal articles containing the keywords "grief"; "self-healing"; "bereavement"; "resilience"; "parental death" in the Google Scholar database. The mapping analysis procedure, according to PRISMA provisions, is visually represented in Figure 1.
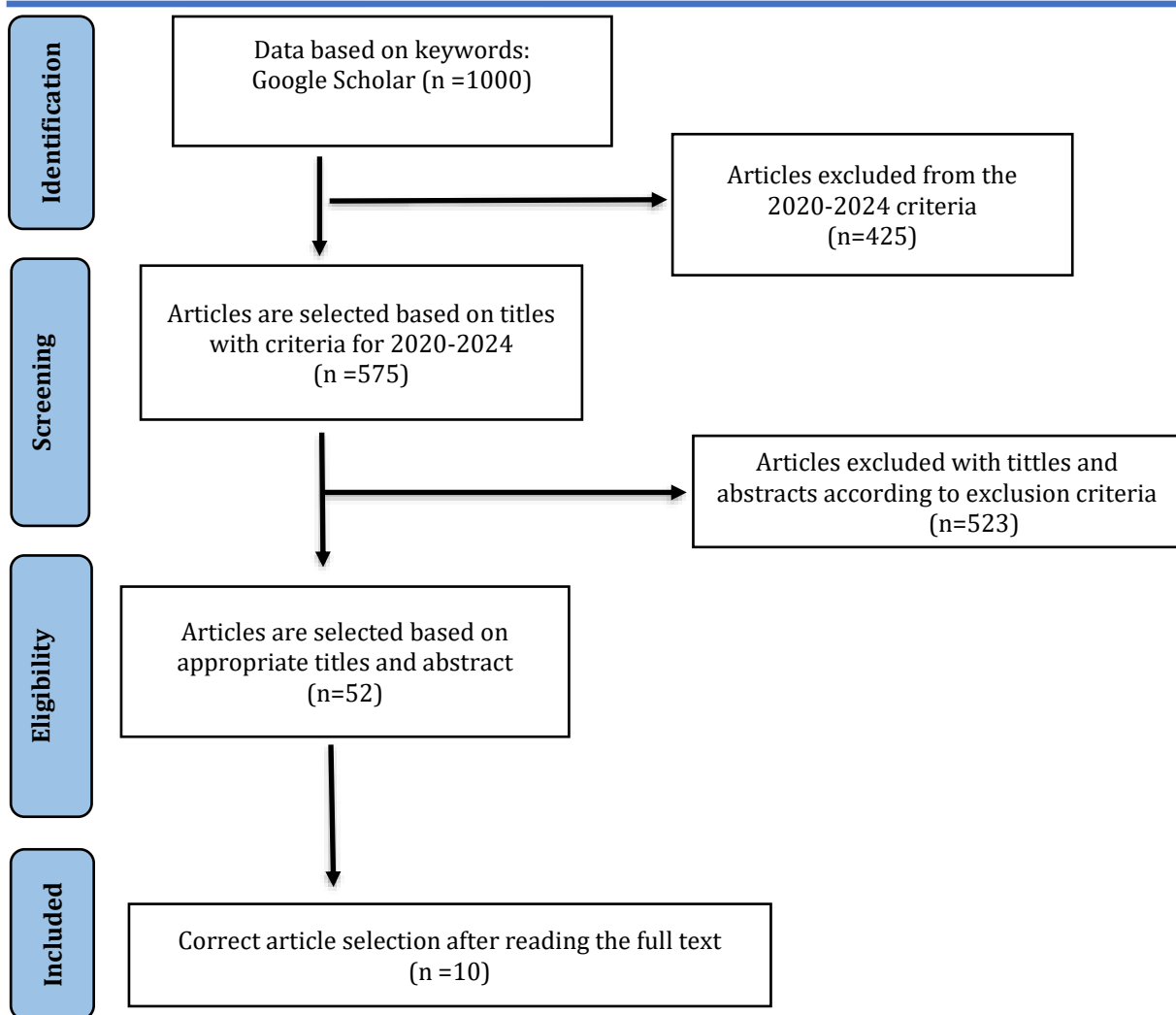
Figure 1. PRISMA Flowchart

RESEARCH RESULTS AND DISCUSSION
Eligibility Criteria

Articles that have been selected based on the inclusion criteria are as follows: articles or journal literature that have conducted studies on grief and self-healing due to the death of a parent in the last five years; all studies, both descriptive and analytical, using various methodologies; and only articles written in English and Indonesian. On the other hand, exclusion criteria include: research on death and self-healing that is not related to the death of a parent; blogs, quotes, books, or e-books that are inaccessible; and articles whose full texts are inaccessible.

Research Process

The database search was conducted through the utilization of the Publish or Perish (PoP) application from Google Scholar. To ensure the integrity of the review process, a comprehensive assessment was carried out, leading to the identification and subsequent removal of duplicate articles. The selection process involved the inclusion of articles published between 2020 and 2024, with titles and abstracts containing the term "grief"; "self-healing"; "bereavement"; "resilience"; and "parental death". Inclusion and exclusion criteria were implemented to ascertain the appropriateness of the chosen articles. In addition, the carefully selected list of titles underwent a thorough examination to ensure the highest level of research relevance, as

well as eliminating articles that were considered irrelevant. Mendeley software was used for the evaluation, composition, and editing of titles and abstracts, as well as the identification and removal of duplicate articles.

Quality Assessment

After obtaining and extracting articles into a special database, the articles will be evaluated using a descriptive analytical checklist (Fahriza & Pujiyanto, 2021). Articles lacking quality standards for reporting were omitted from consideration.

Data Extraction

Following an assessment of the quality of the selected articles, a total of 10 articles were identified for inclusion. The information gathered encompasses the author's name, publication year, article title, research methodology, and findings. This research employed bibliometric analysis of the literature using VOSviewer. The purpose of VOSviewer is to analyse and visualise the bibliometric network within the research domain. Its utilisation is justified by its capacity to handle extensive datasets and to produce a diverse range of engaging visuals, analyses, and inquiries that contribute to the originality of this study. VOSviewer is also capable of generating publication maps, author maps, or journal maps based on co-citation networks, as well as creating keyword maps derived from shared networks (Hudha et al., 2020). The systematic literature review (SLR) was conducted to furnish evidence regarding grief and self-healing following the death of a parent, grounded in the analysis and synthesis of prior research findings. The SLR method was carried out by searching for and analysing various articles related to grief and self-healing due to the death of a parent. After assessing the extracted articles and using a screening process based on their relevance and calibre, a total of 10 articles were selected for review, with the results presented in Table 1. This study was conducted in a time frame spanning from 2020 to 2024 in various global regions.

Table 1. Article Review Results Data

No	Author & Year	Tittle	Method	Research Result
1	Rachael J. Hardman (2019)	The Death of a Mother in Adolescence. A Qualitative Study of the Perceived Impact on a Woman's Adult Life and the Parent She Becomes	● The research utilised a qualitative approach to investigate the experiences of women who experienced the loss of their mothers during their teenage years. ● Semi-structured interviews were carried out with four participants, all of whom were mothers aged over forty, which facilitated reflective insights into their experiences. ● The data collected from these interviews were analysed using Interpretive Phenomenological Analysis, which facilitated a deep understanding of the participants' personal narratives and the impact of their loss on their adult lives and motherhood.	● The findings of the study identified five key themes concerning the repercussions of maternal loss during adolescence, underscoring persistent psychological impacts such as diminished self-esteem, heightened anxiety, and enduring grief. ● The participants reported a 'ripple effect' that influenced subsequent generations, resulting in parenting styles characterised by anxiety and overprotectiveness. ● Despite the challenges, participants reported posttraumatic growth, developing positive traits like strength and empathy. ● The research emphasizes the significant and lasting impact of

No	Author	Title		
			● This approach enabled the identification of themes related to grief, resilience, and the psychological effects of early maternal loss.	early mother loss on women's lives and their approach to motherhood, contributing to a deeper understanding for counsellors.
2	Rong-Rong Wang & Ya-huei Wang (2021)	Using the Kübler-Ross Model of Grief with Post-Traumatic Stress Disorder (PTSD): An Analysis of Manchester by the Sea	● The research utilises Elisabeth Kübler-Ross's five-stage model of grief to explore the emotional reactions of characters in the film "Manchester by the Sea." ● It investigates how individuals such as Lee Chandler, Patrick Chandler, and Randi cope with their bereavement and the possible emergence of PTSD. ● The study centres on the progression through the stages of grief—denial, anger, bargaining, depression, and acceptance—to gain insight into the psychological conditions of the characters. ● The analysis seeks to emphasise the significance of reconstructing meaning during the grieving process and its ramifications for enhancing mental health awareness.	● A recent study has delved into the emotional struggles faced by the characters in the film "Manchester by the Sea," particularly focusing on Lee Chandler's battle with grief and PTSD. ● It highlights that while some characters, like Randi and Patrick, manage to recover and find meaning in their grief, Lee remains trapped in a cycle of depression and avoidance, unable to accept his traumatic past. ● The findings suggest that recognizing PTSD symptoms is crucial for both individuals and health professionals to facilitate healing and support for those affected by traumatic grief. ● The study utilises Elisabeth Kübler-Ross's five-stage model of grief to examine the emotional responses exhibited by the characters in "Manchester by the Sea." ● It explores how characters like Lee Chandler, Patrick Chandler, and Randi cope with their grief and the possible onset of PTSD. ● The research delves into the progression through the stages of grief, which include denial, anger, bargaining, depression, and acceptance, to gain insights into the psychological experiences of the characters.
3	Emily A. Phifer (2022)	Grief and Loss: The Healing Potential of Literary and Artistic Expressions	● The paper employs a qualitative approach, focusing on personal narratives and experiences related to death, loss, and grief. ● It emphasizes storytelling as a method to influence meaning-making regarding losses and healing processes. ● The authors explore literature and artistic expressions as tools for understanding and coping with grief, highlighting their relevance across different	● The paper explores the profound impact of grief and loss on individuals, emphasizing the importance of storytelling and literature in processing these experiences. ● It highlights how personal narratives can facilitate healing and resilience, allowing individuals to connect with their emotions and find meaning in their suffering. ● The research indicates that grief is a complex, individualized

			cultures and developmental stages. ● The research also includes reflections on the emotional and psychological responses to loss, aiming to provide insights into resilience and recovery. ● Overall, the methods centre on personal exploration and the sharing of experiences to foster understanding and healing.	process influenced by societal norms and personal attachments. ● It also categorizes adult grief responses and underscores the necessity of communication, whether through writing or poetry, as a means to articulate sorrow and foster understanding among those experiencing loss.
4	Figuero Laura A (2023)	The Bereaved Songwriters' Project	● The research utilised a reflective songwriting programme intervention (RSPI) to examine its influence on the mental well-being of adults who are grieving. ● A total of thirty adults who had experienced loss were recruited for the study, and their self-assessed mental well-being was evaluated using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) both prior to and following the RSPI. ● Participants took part in a 90-minute session, which comprised a 15-minute instructional segment followed by 45 minutes dedicated to reflective songwriting. ● For data collection, the WEMWBS questionnaire was administered on two occasions, enabling a comparative analysis of the results to ascertain the effects of the RSPI.	● The research investigated the reactions of bereaved individuals to a session of reflective songwriting therapy, with an emphasis on their self-reported well-being. ● The findings revealed notable statistical differences in the participants' perceptions of their overall well-being, self-esteem, and interpersonal relationships before and after the reflective songwriting programme intervention (RSPI) was conducted. ● Nevertheless, the study did not uncover any statistically significant changes in the participants' outlook regarding future optimism. ● Overall, the evidence indicated that the RSPI positively influenced the well-being of bereaved individuals, as measured by the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
5	Jalidah Dwi Anggraini (2023)	Pengaruh Resiliensi dan Spiritualitas terhadap Grief Akibat Kematian Orang yang Dicintai pada Mahasiswa di Daerah Jabodetabek	● The study adopts a quantitative methodology, employing Confirmatory Factor Analysis (CFA) to evaluate the validity of each item within the questionnaire. ● A multiple regression analysis is performed to examine the impact of independent variables—specifically resilience and spirituality—on the dependent variable, which is grief. ● For sample selection, a purposive sampling method is implemented, targeting 264 college students from the Jabodetabek region who have	● The study revealed a notable effect of resilience and spirituality on the experience of grief following the loss of a loved one among college students in the Jabodetabek region, with an R^2 value of 0.537. ● Three specific variables were identified as having a significant effect: altruism, equanimity, and meaningfulness. ● The study employed Confirmatory Factor Analysis (CFA) to confirm the validity of the questionnaire items, alongside multiple regression analysis to evaluate the influence of independent

			experienced the loss of a loved one in the preceding year. ● The research modifies and adapts existing measurement instruments, such as the Revised Grief Experience Inventory (RGEI), the Resilience Scale (RS), and the Spirituality Orientation Inventory (SOI).	variables on the dependent variable. ● The results underline the significance of these factors within the realms of clinical psychology and therapeutic practices for effectively addressing grief.
6	Cika Humaira, Tyas Anastasya Pratiwi, Shinta Priyangga Sesarwati, Ganesha Bayua Putra, Hana Dian Ramadhanti, Fitria Anjani Djatmiko & Endang Retno Surjaningrum (2023)	Pengalaman Penerimaan Diri Anak terhadap Kematian Kedua Orangtua Secara Mendadak	● The study utilised a qualitative approach, specifically through instrumental case studies, to gain a comprehensive insight into the process of self-acceptance among children who have faced the abrupt loss of a parent. ● For the analysis of the data, the Miles and Huberman framework was employed, which encompasses three key phases: data reduction, data display, and the formulation of conclusions. ● The credibility of the findings was strengthened through the member check method, ensuring the accuracy of the data collected. ● Participants included children aged 6-12 years who had experienced the sudden death of both parents, allowing for focused insights into their acceptance processes.	● The research reveals that each child experiences their own stages of acceptance following the sudden death of both parents, aligning with the dynamics described by Kubler-Ross. ● It identifies specific responses to parental death, particularly among male adolescents and young adults, who experience intense grief and personal pressure. ● The study highlights resilience in male adolescents in orphanages, who manage to reduce anxiety and depression related to their loss. ● The findings emphasize the need for further research with diverse participant backgrounds to enrich understanding of children's self-acceptance processes after sudden parental death.
7	Nathanael Paboa & Penny Handayani (2024)	The Effects of Music Listening on Emerging Adulthood in Dealing with Grief of Losing Parents during the COVID-19 Pandemic	● The study utilises qualitative methodologies, specifically employing semi-structured interviews to collect data from the participants. ● The participants consist of individuals aged between 18 and 25 who have faced the loss of a parent during the COVID-19 pandemic and have turned to music as a means of coping. ● A total of three female participants were chosen through convenience sampling. ● The interviews were carried out over three sessions, each lasting approximately 60 to 90 minutes, concentrating on the participants' emotions, their experiences throughout the pandemic, and their engagement with music.	● The research indicates that grief experienced by emerging adulthood manifests in various ways, with music serving as a significant coping strategy for the participants. ● Participants reported using music to distract themselves from unpleasant feelings and to help release pent-up emotions. ● The study found that music listening activities provided a means to fill the emotional void and served as a reminder of their deceased parents. ● The participants progressed through the five stages of grief, ultimately reaching the acceptance stage, aided by their engagement with music.

			● Thematic analysis was used to interpret the data gathered from the interviews.	
8	Adelia Windasari (2024)	Pengaruh Perceived Social Support dan Regulasi Emosi terhadap Post-Traumatic Growth Akibat Kematian Orang Tua pada Dewasa Awal	● The study adopted a quantitative methodology, involving a sample of 150 young adults from the Jabodetabek region who have experienced the bereavement of one or both parents. ● To select participants for the research, non-probability sampling methods were utilised. ● The Post-Traumatic Growth Inventory (PTGI) was employed to evaluate the levels of post-traumatic growth, while the Multidimensional Scale of Perceived Social Support (MPSS) was used to gauge perceived social support. ● Emotion regulation was assessed through the Emotion Regulation Questionnaire (ERQ). ● The validity of the measurement instruments was established using Confirmatory Factor Analysis (CFA), and hypothesis testing was performed through Multiple Regression Analysis.	● The study found that perceived social support, emotion regulation, gender of the bereaved, time since loss, and age of the parents at death collectively influenced post-traumatic growth by 47.1%, while 52.9% was attributed to other variables outside the study. ● Significant variables affecting post-traumatic growth included family support, support from significant others, and cognitive reappraisal. ● The research indicated that the age of the parents at death did not significantly impact post-traumatic growth, with a regression coefficient of -0.067 and a significance level of 0.957
9	Cici Elvinda & Ardimen (2024)	Kontrol Diri Remaja Akibat Kematian Orang Tua secara Mendadak	● The research employs a descriptive qualitative method to explore how adolescents manage self-control following the sudden death of their parents. ● Data collection techniques include interviews and observations, focusing on three teenagers who experienced this traumatic event. ● The analysis of data involves three key activities: data reduction, data presentation, and drawing conclusions, following the model proposed by Miles and Huberman. ● To ensure data validity, the study utilizes source triangulation, which involves corroborating information from multiple sources.	● The research found that teenagers who experienced the sudden death of their parents often contemplated suicide and questioned the reasons behind their parents' deaths, sometimes attributing blame to others. ● Some teenagers tended to keep their thoughts to themselves, while others were more open and shared their feelings with friends. ● The study identified one teenager with strong self-control and two with weak self-control, indicating varying levels of emotional regulation among the subjects. ● Additionally, the research highlighted behaviours such as praying and working during school holidays, alongside instances of rebellion and anger towards family

| 10 | Astri Yani Calsum & Eny Purwandari (2024) | Dukungan Sosial dan Resiliensi pada Remaja Pasca Kematian Orang Tua: Sebuah Kajian Literatur | ● The study utilises a Systematic Literature Review (SLR) methodology to assess the impact and connection between social support and resilience among adolescents following the loss of a parent.
● Data for the analysis is collected from Google Scholar, facilitated by the Publish or Perish (PoP) application, employing targeted keywords such as 'social support', 'resilience', and 'adolescents after the death of a parent'.
● The research is centred on the selection of pertinent journal articles and scholarly papers published within the timeframe of 2020 to 2024, ensuring that the sources are relevant to the research theme. | ● The study reveals that social support significantly contributes to resilience in adolescents who have lost a parent due to death.
● It identifies those forms of social support, particularly from family and peers, enhancing resilience through emotional support and direct presence during difficult times.
● The findings indicate that higher levels of social support correlate with increased resilience, enabling adolescents to adapt, continue self-development, and face life with optimism post-loss.
● The study highlights the significance of external influences, particularly social support, in assisting young individuals in their process of healing from grief and trauma. |

The following summarises the research themes and findings from ten selected articles: Hardman (2019) investigates the experiences and interpretations of women who lost their mothers during their teenage years; Wang & Wang (2021) examine the characters in "Manchester by the Sea" through the lens of the Kübler-Ross grief model and PTSD, concentrating on the emotional reactions of Lee, Patrick, and Randi to their loss; Phifer (2022) delves into the significant effects of grief and loss on individuals, highlighting the role of storytelling and literature in navigating these feelings; Figueroa (2023) assesses the impact of a reflective songwriting programme intervention (RSPI) on the perceived overall well-being, self-esteem, and interpersonal relationships of bereaved individuals. This study employs a descriptive and quasi-experimental quantitative approach to evaluate participant responses pre- and post-intervention; Anggraini (2023) explores how resilience and spirituality affect the grief experienced by university students in the Jabodetabek region following the death of loved ones; Humaira et al. (2023) aim to comprehend the process of self-acceptance in children who face the abrupt loss of both parents, using a qualitative instrumental case study methodology; Paboa & Handayani (2024) examine the effects of music listening on emerging adults dealing with grief from the loss of a parent during the COVID-19 pandemic; Windasari (2024) investigates the roles of perceived social support and emotional regulation in fostering post-traumatic growth (PTG) after the death of parents in early adulthood; Elvinda & Ardimen (2024) study how adolescents cope with self-control issues following the sudden loss of their parents, focusing on their emotional challenges and behavioural reactions; and Calsum & Purwandari (2024) explore the influence of social support on resilience in adolescents after losing a parent, employing a Systematic Literature Review (SLR) methodology. Table 1 illustrates the similarities and differences among the articles. The ten articles, published between 2020 and 2024, address themes related to "Grief and Self-healing following the death of a parent" through various methodologies. Notably, several article titles include the term "Grief." A comprehensive discussion of each article's findings is presented in Table 1. All selected articles are available in both English and Indonesian. The network visualisation of data from GS concerning the keywords "grief," "self-healing," "bereavement," "resilience," and

"parental death," refined during the search process, is depicted in Figure 2, while the overlay visualisation is shown in Figure 3, and the density visualisation in Figure 4.
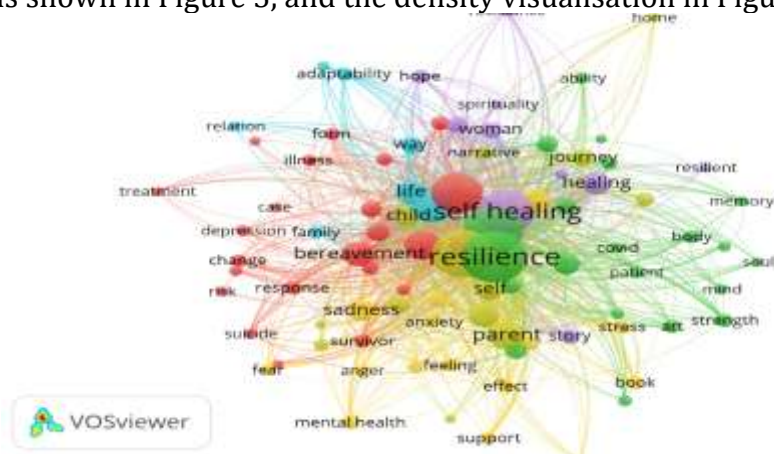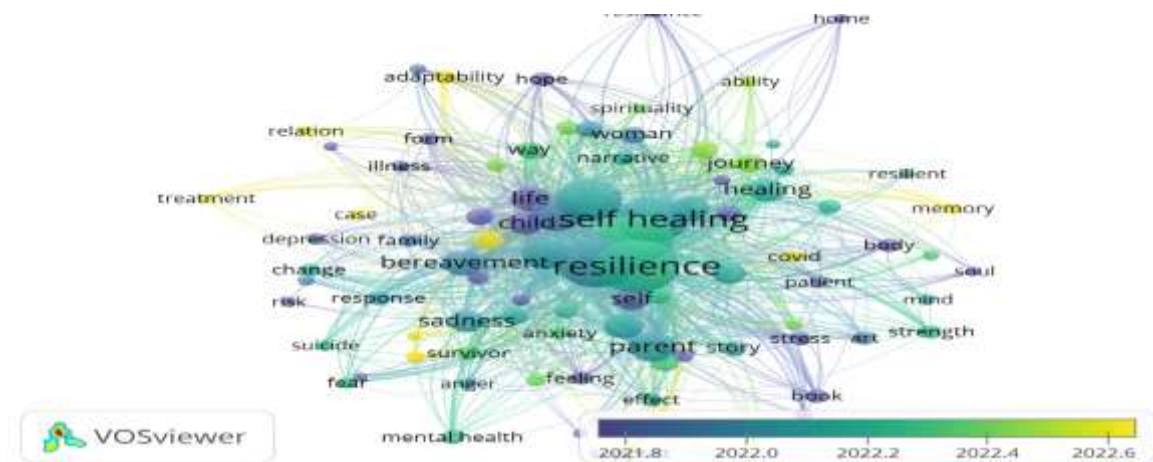

Figure 2. Network visualization di GS database

Figure 3. Visualization of overlay di GS data base

Figure 4. Visualization of density di GS data base

The minimum number of occurrences was set at 7 times. The number of terms selected was 91 items divided into 6 clusters. The 5 most frequently occurring words were Resilience (233 occurrences, out of 1219 total link strengths), Loss (200 occurrences, out of 1102 total link strengths), Grief (190 occurrences, out of 1042 total link strengths), Self-healing (172 occurrences, out of 842 total link strengths), and Death (142 occurrences, out of 726 total link strengths). The most frequently used keywords in research related to grief and self-healing due to the death of a parent were "Resilience", "Loss", "Grief", "Self-healing", and "Death".

CONCLUSION

After going through the filtering and analysis process and reading the articles as a whole, it can be concluded that out of 1000 articles detected through the PoP application, only 10 relevant articles were selected from 2020-2024. From the 10 selected articles, it can be seen that there are various research methods on grief and self-healing due to the death of a parent. The research results from each article in Table 1 are also very different from each other. All selected relevant articles are in English and Indonesian. Research on the grief and self-healing due to the death of a parent is very interesting because there are various ways to research the topic. Further research is highly recommended to advance knowledge on the topic of grief and self-healing due to the death of a parent. From the VOSviewer application, it can be seen from the total occurrences and total link strength, the five most frequently used keywords are "Resilience", "Loss", "Grief", "Self-healing", and "Death". Therefore, it can be concluded that research on grief and self-healing due to the death of a parent is still lacking and worth investigating.

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