

A Descriptive Study to Assess the Grieving and Coping Strategies Among Widows in Selected Community Area in And Around Tumkur

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Abstract—Background

Grief is a natural emotional response to the loss of a loved one and is characterized by feelings of sadness, loneliness, anxiety, and emotional distress. The death of a spouse is considered one of the most stressful life events, often leading to profound psychological, social, and economic changes. Widows may experience prolonged grief, depression, reduced self-esteem, financial insecurity, and social isolation, all of which can adversely affect their overall quality of life.

Coping strategies are the cognitive and behavioral efforts individuals use to manage the emotional and practical challenges associated with bereavement. Effective coping mechanisms, such as seeking social support, engaging in religious or spiritual activities, maintaining social relationships, and adopting positive problem-solving approaches, can facilitate healthy adjustment to loss. Conversely, ineffective coping strategies, including social withdrawal, denial, substance use, or prolonged emotional suppression, may increase the risk of complicated grief and mental health problems.

In India, widowhood remains a significant public health and social concern, particularly among women in rural and semi-urban communities. Cultural beliefs, gender roles, economic dependence, and societal stigma often influence the grieving process and the coping behaviors of widows. Karnataka has a substantial population of widowed women, many of whom face emotional distress while simultaneously adapting to changes in family responsibilities, financial circumstances, and community life.

OBJECTIVES OF STUDY

- To assess demographic variables of widows
- To assess the level of grief among widows
- To assess the level of coping strategies among widows

- To correlate between grief and coping strategies among widows as perceived by them.
- To assess the association between the level of perceived grief and the selected demographic variables.
- To assess the association between the level of coping strategies and the selected demographic variables.

Methodology

The research design used for the study was descriptive; to evaluate grieving and coping strategies among widows in community area in and around Tumkur the study was conducted in PHC, Mallasandra, Tumkur. In the present study the sample consists of sixty widows. Non probability purposive sampling technique was adopted for selecting the samples. Data was collected by using sociodemographic profile & structured knowledge questionnaire.

Results

The frequency and percentage distribution of grief among widows. It was evident that majority 37(61.7%) had Severe, 19(31.7%) had moderate and 4 (6.6%) were having mild knowledge regarding grieving, depression and stress. The frequency and percentage distribution of level of coping strategies among widows. It was evident that majority 30(50%) had poor, 23(38.3%) had moderate and 7(6.6%) had good knowledge regarding grieving, depression and stress. It is observed from the present study that the mean as well as standard deviation of the level of grieving on widows during the test is 8.35 and 3.4. It is also observed that the mean as well as standard deviation of the level of coping strategies during the test is 11 and 3.5. The correlation of grieving and Coping strategies on widows is found to be statistically significant at ($p < 0.05$), level df 59 (r -value 2).

Interpretation and Conclusion

It is evident from the present study that the Chi-square value computed for the Occupation ($\chi^2=23.0$, $df=6$), Educational Qualification ($\chi^2=11.6$, $df=4$) the level of coping strategies statistically significant which indicates that there is an association between the level of coping strategies score and demographic variable in relation to the level of coping strategies among widows and rest of the demographic variables are not statistically significant with level of coping, such as age in years ($\chi^2=9.7$, $df=6$), Religion ($\chi^2=2.0$, $df=4$), type of family ($\chi^2=1.6$, $df=4$), Family income ($\chi^2=7.0$, $df=6$), Duration of widowhood ($\chi^2=4.6$, $df=6$).

Index Terms—Assess, Grieving, Strategies, Widows, Community

I. INTRODUCTION

The history of widows is the part of the history of women, it was also a distinctive phase experience in the renaissance and reformation periods, and related late medieval and early modern periods, and related late and medieval and early modern periods. The death of a spouse is one of the most profound and life altering events adults will ever experience, while the loss of a spouse is traumatic at any time, the experience of spousal bereavement at a young age brings with it unique challenges, young widows grieve not only the physical loss of a companion but also the loss of dream and expectation, the loss of what might have been, the challenges facing young widows have not been well addressed in the literature widows of any age have been found to experience adverse health effects as well as financial insecurities and raising children alone, young have been identified as experiencing.

II. OBJECTIVES

- To assess demographic variables of widows
- To assess the level of grief among widows
- To assess the level of coping strategies among widows
- To correlate between grief and coping strategies among widows as perceived by them.
- To assess the association between the level of perceived grief and the selected demographic variables.

- To assess the association between the level of coping strategies and the selected demographic variables.

RESEARCH HYPOTHESIS

- H_1 = There is a significant association between the coping strategies used by widows and the selected socio demographic variables.
- H_2 = There is a significant association between the perceived grief of widows and the selected socio demographic variables.

ASSUMPTIONS

- Ineffective coping with grief leads to inappropriate social adjustment.
- Widows experience more grief because of the loss of their spouse. Adjustment of widows is related to factors like social isolation, social stigma, financial problems and loneliness.
- Grieving is a universal psychological reaction to loss.
- Widows may have insufficient knowledge regarding stress and coping strategies.

Delimitations

The Study will be delimited to;

The study will be limited to widows residing in selected community areas in and around Tumkur.

III. MATERIALS AND METHODS

Research Approach

Quantitative research approach was used for this study.

Research Design

Non experimental descriptive research design was used for this study

Variable:

- Research variables: To assess the grieving and coping strategies among widows in selected community area.
- Demographic variable: Age, religion, type of family, income of family, habits, use of leisure time, educational qualification etc.

Inclusion Criteria:

- Who are willing to participate in the study.

- From the selected community area in and around Tumkur.
- Can understand Kannada or other language.

Exclusion criteria

- Who have not lost their spouse to the data selection.
- Who have not attended counselling sessions

Setting of the study

The main study was conducted in community area in and around Tumkur. the area is within km from the city of Tumkur, which comes under Tumkur city.

Study Population

In the present study, the population comprised of the widows in community area in and around Tumkur were selected who fulfill the sampling criteria.

Sampling Technique

In this study Non probability purposive sampling technique was adopted for selecting samples.

Sample size

Sample consists of the subject of the population selected to participate in a research study. In the present study the sample consists of 60 widows.

DESCRIPTION OF THE INSTRUMENTS

The data collection instrument is divided in to 2 parts:

Part I: Structured questionnaire for socio-demographic variables

Part II: Structured Questionnaire

DATA ANALYSIS

Data will be analyzed by using descriptive and inferential statistics.

Section I: Analysis of Demographic Variables

The demographic characteristics of the participants, such as age, educational status, occupation, religion, type of family, monthly family income, place of residence, duration of widowhood, number of children, living arrangement, and source of social support, will be analyzed using:

- Frequency (f)
- Percentage (%)

The results will be presented in tables and graphs.

Section II: Assessment of Grieving among Widows

The level of grieving will be analyzed using:

- Mean
- Median
- Standard Deviation (SD)
- Range
- Frequency and Percentage

Grieving scores will be categorized (e.g., mild, moderate, and severe) based on the scoring criteria of the selected standardized tool.

Section III: Assessment of Coping Strategies among Widows

The coping strategy scores will be analyzed using:

- Mean
- Median
- Standard Deviation (SD)
- Frequency
- Percentage

Coping strategies may be categorized as adaptive/effective and maladaptive/ineffective (or according to the categories provided by the selected instrument).

Section IV: Relationship between Grieving and Coping Strategies

The relationship between grieving scores and coping strategy scores will be determined using:

- Pearson's correlation coefficient (r) if the data are normally distributed.
- Spearman's rank correlation coefficient (ρ) if the data are not normally distributed or are ordinal.

Section V: Association between Grieving and Selected Demographic Variables

The association between the level of grieving and selected demographic variables will be analyzed using:

- Chi-square (χ^2) test
- Fisher's Exact test (where expected cell frequencies are small)

Section VI: Association between Coping Strategies and Selected Demographic Variables

The association between coping strategies and selected demographic variables will be analyzed using:

- Chi-square (χ^2) test
- Fisher's Exact test, where applicable

IV. RESULTS AND DISCUSSION

1- Demographic variables of respondents

Majority of widows 18(30%) belongs to the age group of 25-30 years, 17(28.33%) in the age group of above 35 years, 15(25%) were between the age group of 30-35 years and remaining 10(16.67%) in the age group of 20-25 years in study group.

On the basis of religion majority of them 29(48.3%) were Hindu's, 19(31.7%) were Christian, 12(20%) were Muslim.

In case of widows occupation, 24(40%) are housewives, 19(31%) are self-employees, 11(18.3%) are private employees, 6(10%) are government employees.

On the basis of type of family, 36(60%) belongs to joint family, 16(26.6%) belongs to nuclear family and 8(13.3%) belongs to extended family

Regarding to the family monthly income 22(36.7%) have an income below Rs.5,000/-, 15 (25%) have an income of Rs. 5,000-10,000/-, 12(20%) have an income between 10,000-15,000 and 11(18.3) having income above 15000 Rs/month.

In case of widows educational status, 36(60%) educated till Higher secondary, 16(26.7%) were Graduates and 8(13.3%) were Post graduates.

Regarding the duration of widowhood, 34(56.7%) are of 1-3 years, 18(30%) are of 3-5 years, 5(8.3%) are above 5 years and 3(5) are below 1 year.

SECTION-II : ASSES THE LEVEL OF GRIEF AMONG WIDOWS

It was evident that majority 37(61.7%) had Severe, 19(31.7%) had moderate and 4 (6.6%) were having mild knowledge regarding grieving, depression and stress.

SECTION-III : ASSES THE LEVEL OF COPING STRATEGIES AMONG WIDOWS

It was evident that majority 30(50%) had poor, 23(38.3%) had moderate and 7(6.6%) had good knowledge regarding grieving, depression and stress.

In the present study, the subjects had a maximum mean of 11 with standard deviation of 3.5 and mean percentage of 58% regarding level of grieving of widows. The mean score of 8.35 with a standard

deviation 3.4 and mean percentage of 43.90% regarding level of coping strategies of widows.

SECTION -IV: CORRELATE BETWEEN GRIEF AND COPING STRATEGIES AMONG WIDOWS AS PERCEIVED BY THEM

It is observed from the present study that the mean as well as standard deviation of the level of grieving on widows during the test is 8.35 and 3.4

It is also observed that the mean as well as standard deviation of the level of Coping strategies during the test is 11 and 3.5

The correlation of grieving and Coping strategies on widows is found to be statistically significant at ($p < 0.05$), level df 59 (r-value 2).

SECTION -V: ASSESS THE ASSOCIATION BETWEEN THE LEVEL OF PERCEIVED GRIEF AND THE SELECTED DEMOGRAPHIC VARIABLES

It is evident from the present study that the Chi-square value computed for the Type of family ($\chi^2=1.6$, $df=4$), Educational Qualification ($\chi^2=11.6$, $df=4$) the level of perceived grief statistically significant which indicates that there is an association between the level of perceived grief score and demographic variable in relation to the level of perceived grief among widows and rest of the demographic variables are not statistically significant with level of grieving, such as age in years ($\chi^2=9.7$, $df=3$), Religion ($\chi^2=2.0$, $df=4$), Occupation ($\chi^2=23$, $df=6$), , Family income ($\chi^2=7.0$, $df=6$), Duration of widowhood ($\chi^2=4.6$, $df=6$)

SECTION -VI: ASSESS THE ASSOCIATION BETWEEN THE LEVEL OF COPING STRATEGIES AND THE SELECTED DEMOGRAPHIC VARIABLES

It is evident from the present study that the Chi-square value computed for the Occupation ($\chi^2=23.0$, $df=6$), Educational Qualification ($\chi^2=11.6$, $df=4$) the level of coping strategies statistically significant which indicates that there is an association between the level of coping strategies score and demographic variable in relation to the level of coping strategies among widows and rest of the demographic variables are not statistically significant with level of coping, such as age in years ($\chi^2=9.7$, $df=6$), Religion ($\chi^2=2.0$, $df=4$), type of family ($\chi^2=1.6$, $df=4$), Family income

($\chi^2=7.0$, $df=6$), Duration of widowhood ($\chi^2=4.6$, $df=6$)

V. CONCLUSION

It is evident from the present study that the Chi-square value computed for the Occupation ($\chi^2=23.0$, $df=6$), Educational Qualification ($\chi^2=11.6$, $df=4$) the level of coping strategies statistically significant which indicates that there is an association between the level of coping strategies score and demographic variable in relation to the level of coping strategies among widows and rest of the demographic variables are not statistically significant with level of coping, such as age in years ($\chi^2=9.7$, $df=6$), Religion ($\chi^2=2.0$, $df=4$), type of family ($\chi^2=1.6$, $df=4$), Family income ($\chi^2=7.0$, $df=6$), Duration of widowhood ($\chi^2=4.6$, $df=6$).

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CONFLICT OF INTEREST- None declared

ETHICAL CLEARANCE- Ethical Clearance Certificate was obtained by Institutional Ethical Committee.

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