



# Study of the behavior in the loss of a close relative

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## SUMMARY:

Grief is a person's normal, healthy response to the loss of a loved one. Despite this, the feelings associated with pain should be temporary, if not, the case should be professionally attended by an expert on the subject, since this is a very serious disease, although it is true that this disease is called depression, and it is something that we cannot cure or avoid, we can inform people about it.

## RESEARCH QUESTION:

How to help people cope with personal loss?

## OBJECTIVE:

To comprehend the loss situation of a close relative to avoid the chronic depression.

## HYPOTHESIS:

By understanding the loss of a close relative on a psychological level, we could avoid chronic depression.

## JUSTIFICATION:

Dysthymia is defined as a type of affective or mood disorder that often resembles a form of major depression, less severe, but more chronic, it is a persistent depressive disorder, its symptoms appear and disappear for years and its intensity It can change over time, those who suffer from it often live in a world of negativity and suffering, dysthymia affects the body, mood and thoughts. If we manage to make the patient overcome the loss in less than two years, we would avoid said disorder since it is treated or even eradicated by means of psychological or medical treatments, such as the administration of antidepressants or a series of sessions to comment on the patient's feelings, Depending on the age, the treatment may vary depending on the case, this can lead to other psychological disorders leading to loss of psychological sanity and even death, hence the importance of a real alternative to this dangerous problem.

## PROBLEM STATEMENT:

GRIEF which is defined as the physical, emotional, intellectual and cognitive changes and reactions that occur during the healing process of a (psychological) wound due to the loss of a loved one, which can occur before the knowledge of one's death or other important losses in life ", other doctors call it " PENA "considering it as" the normal process of internal and external reaction to the perception of loss, these grief reactions can be: physical, psychological, social or emotional ". It is an alternative to avoid a worrying degree of persistent depression from developing, classifying it as "SERIOUS" which is defined as: "the number of symptoms is notably higher than those necessary to make the diagnosis, the intensity of the symptoms causes a great discomfort and is not manageable. "

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## METHODOLOGY:

1.- Carry out the 150 surveys



2.- Conduct the interview with a thanatologist



3.- Write the final product (a guide or support manual to accompany the loss and make it less painful)



## RESULTS:

We obtained a 25-page emotional support manual, modern font love caps 18, printed on both sides, containing the results of the research, 14 illustrations, prologue, introduction and 10 basic topics such

such as: What is a duel? What are its stages?

## DISCUSSION:

Within the commercial literature we find various texts that explain thanatology techniques for different ages, some are written in technical language, which means that many people do not fully understand the steps that are proposed and how to differentiate them from other disorders.

We believe that our manual explains in a clear and simple way a guide to accompany children and young people in the loss of a family member.

With this, we do not say that it is an infallible recipe, it is only a support and suggestions of how to act in painful situations and of difficult acceptance and understanding for some people.

## CONCLUSIONS:

Grief is the normal and natural response to the loss of a loved one, this is usually physical and triggers multiple symptoms, such as: anxiety, anger, etc. The emotional support manual includes a series of recommendations based on the opinions of health professionals that lightly and sensitively address the issue of loss, thus achieving a better acceptance and understanding of their situations

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