

How deaths in the family can help the family system adjust

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Importance

- People must deal with it every day
- Personal to my own life
 - Passing of my mom last year from rare a form of thyroid cancer
- Reliance of other people in my life
 - Communication
- Coping
- Coming to terms with what happened



Relational functioning of relationships

- Open & honest communication
- Empowerment
- Supportive social structures



Social media use

- Venue for grieving, support, and coping
- Memorial websites, web cemeteries, and social media sites
 - Spaces for mourning, connecting to bereaved others, memorializing the dead
- Psychological well-being
- Quality of life



Sociological perspective of dying, death, and bereavement

- Disenfranchisement
- Hospital & hospice
- Alienation is unhealthy




End of life care

- Complicated grief/prolonged grieving
- Terminally ill
- Institutional care
- Dying at home



How to cope with grief

- Family
- Cognitive/behavioral effort of coping
- Problem-focused coping
- Emotion-focused coping



Directions for future research

- Focus group
 - Relationships
 - Negative and positive affects of a person's behaviour after someone has passed
 - See how people act towards one another and see things from their perspective
- Interviews
 - Social media usage
 - Who they connect to
 - Who they talk to
- Surveys
 - How a person has experienced death or someone dying and how they came to be bereaved



Conclusion

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Questions

- Have you personally experienced death before?
- How have you coped with death?
- Can you relate to any of the themes I talked about?
- Have you had any social structures that helped you deal with grief?
- What else do you think can be done to get the word out about how death can help a family adjust?