

Bereavement Trauma and the Coping Ability of Widow/Ers: The Nigerian Experience

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ABSTRACT This study investigated the perception of death by the bereaved, the process of mourning and grief, the psychological and social malfunctioning which arise as a result of bereavement and the process of 'grief work' and the coping ability displayed by various victims of bereavement, particularly widow/ers. The study employed the instrumentation of quantitative and qualitative research strategy to gather relevant data from the study. The data were analysed using the appropriate statistical methods. Results obtained from the research study revealed major findings in support of the psychological and social dysfunctions that arise as a result of the loss of a spouse, but no significant difference existed between the coping strategies adopted by both middle aged and old aged widows. However a significant difference existed in the coping abilities of the middle age and old age widow/ers. Similarly, a significant gender variation was recorded in the coping abilities of the old age widow/ers. Widow/ers did express conviction that the coping strategy adopted by them actually worked and were therefore considered effective. Recommendations were made for further research activities in the study area.