THE PSYCHOLOGICAL STATE OF FAMILY MEMBERS IN THE GRIEVING PROCESS

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Objectives: The basic subject of this research is an outline of the psychological state of persons in the process of grief after the loss of a close family member. A general hypothesis has been formulated that most of those persons are in a bad psychological state due to their loss.

Background and aim: This paper offers an insight into these issues, while the acquired knowledge will be used to undertake further appropriate psychological interventions in order to prevent and effectively overcome unwanted psychological conditions.

Materials and methods: Quantitative survey with statistical processing of the obtained data. It was performed on a sample of 108 examinees, by a random selection of 27 from each of the 4 municipalities on the territory of the Republic of North Macedonia. It was conducted in a period of 1 year, from 2014 to 2015, during the phase of grief, after 7 days of the loss. The DASS test instrument was applied in order to measure the three negative emotional states: depression, anxiety and stress.

Conclusion: The generally obtained data, which refer to the levels of the examinees' three emotional states, show that they are at a very high level, indicating a compromising psychological state. Therefore, they confirm the formulated hypothesis; namely, that most of the family members who have experienced a loss are in a bad psychological state immediately after the loss.

	Depression		Anxiety		Stress	
	f	%	f	%	f	%
Normal	2	1.85	4	3.70	1	0.93
Mild	11	10.19	18	16.67	1	0.93
Moderate	14	12.96	25	23.15	30	27.78
Severe	69	63.89	56	51.85	37	34.25
Extremely severe	12	11.11	5	4.63	39	36.11
Number of examinees	108	100	108	100	108	100

Table 1. Numerical indicators after the applied DASS test instrument in order to measure depression, anxiety and stress

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