



A Grief and Loss Scene That Occurred in Southeast Asia

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ABSTRACT

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Grief is an emotion triggered by an event, experience or situation that is painful and disappointing. This research was conducted to gain a deeper understanding of how grief and loss are understood and experienced by people in Southeast Asia. In this study, the researcher uses a qualitative approach to literature study research, where researchers searched for literature articles related to Grief or grief that occurred in Southeast Asia in the 2017–2023 time span. The results showed that grief and loss are related to each other, the grief experienced by individuals is of several types, such as complicated grief and uncomplicated grief. Showing the reaction to grief from individuals, it is characterized by crying and showing an attitude of disbelief towards something that happened. In addition, the causes of grief experienced by individuals, especially in Southeast Asia, are due to the sudden death of parents, the Coronavirus outbreak which caused many deaths, divorce, and the diagnosis of a terminal illness in a person. However, people in Southeast Asia who experience grief and loss also exhibit diverse ways of coping with their grief such that some individuals successfully move through the phases of their grief, while others remain in the long-term grief phase.

Keywords: *Grief; Loss; Southeast Asia*

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INTRODUCTION

Sadness is a normal emotion when there is stress, tension, and loss (Resti, I. B., 2014). Loss is certainly not just one thing, but can be the loss of a loved one, loss of a job, or lack of income, of course, this can affect a person's mood which was originally positive to negative. Loss and sadness are two things that are combined in the feelings felt by individuals and of course, both of these things go hand in hand (Herusatoto, B., 2018). A person will certainly feel sadness if he experiences what is called loss. In this case, there are several stages of grief, as discussed by Dr. Kübler-Ross, where these stages involve several phases, denial, anger, resignation, depression, and acceptance (Bregman, L., 2017).

Loss and grief can affect individuals in many aspects of life, including relationships with others, mental health, and professional performance (Setiawati, Y., 2023). Of course, we cannot

generalize someone when experiencing sadness or loss, because the experience of loss and grief can vary between individuals, depending on their ability to deal with the grief and sadness they experience. We can see that there are people who may recover quickly from the sadness and loss they experience, there are also people who need a long time to recover. Then some people recover on their own, and conversely, some people need help from others to recover from their sadness and loss.

Sadness and loss certainly have an impact on a person's mental health, when someone experiences loss, then of course their mental health, which was previously fine, can worsen (Anwar, M., Sunasih, R. A., 2021). This is felt by every individual throughout the world, including in Southeast Asia. According to research, there are several signs that someone is suffering from depression, including sadness, loss of interest or pleasure, always feeling guilty, sleep disorders such as frequent sleep or insomnia, and finally can be seen from signs of poor concentration (AL-Alawiyah, E. N. I. H, 2023). According to the World Health Organization (2015), more than 300 million people in the world experience depression, of which 27% are spread across the Southeast Asia region, of course, this number is not small and this is a concern for many people and of course must immediately get intervention to solve the problem " (Rachman, P. A, 2022). Then, moving on to our own country, namely Indonesia, which ranks highest in Southeast Asia and Oceania in terms of the number of people experiencing depression. In (2018), the Indonesian Ministry of Health reported that the number of people with depression was around 6.1% of the population of citizens aged 15 years and over, which is one of the basic health research (riskesdas) related to mental health in Indonesia (Gintari, K. W., 2023). Depression and loss related to death, child death, and economic conditions increase the risk of depression.

Then when the Covid 19 phase attacked, of course, it caused an individual to experience a lot of sadness and loss, starting from the loss of family members including the death of a spouse and parents (Yulista, Y, 2021). There is data that as many as 25,202 children in Indonesia have lost their parents due to COVID-19, this affects mental health, including increased stress and anxiety, which especially affects groups such as the elderly, people with chronic diseases, children, and adolescents. Based on WHO distribution data as of March 1, 2021, the cumulative number of confirmed positive cases reached 1.341.314 people with 1.151.915 people declared cured and 36.325 people declared dead (Fauzi, W. N. A, 2020). Everyone who experienced loss during COVID-19 feels the same sadness, and this pandemic has not only claimed many lives but has also affected the economy, including increased stress due to having to find other sources of income to support their families, during an economic crisis. As we know during COVID-19 many people were also laid off and they had a hard time finding work to continue their lives

In Southeast Asia, people often experience grief and loss due to suicide, child death, depression, social anxiety, and social stigma that is not in line (Ægisdóttir, S., 2019). In this case, compared to other countries in Southeast Asia, Thailand has the highest suicide rate, with 12.9 cases per 100,000 people. Other Southeast Asian countries with the highest suicide rates are Singapore, Vietnam, Malaysia, Indonesia, and the Philippines. Triggered by feelings of sadness, gloom, and envy, these suicides cause individuals to blame themselves, feel worthless, pessimistic, and hopeless. A person's life can be greatly affected by the experience of loss and separation from a loved one. and often ends badly, affecting a person's academic and social functioning. In this case, depression will also arise due to sadness and loss that lasts quite a long time. A mood disorder that causes a person to always be sad is known as depression. Feelings of sadness caused by depression can last for weeks or months. Depression will affect all aspects of

an individual's life and various causes, such as stressful events in life, the loss of a loved one, or suffering from a serious and long illness.

Grief and loss are phenomena that cross cultures and societies in Southeast Asia. These feelings are often associated with traumatic events such as natural disasters, social conflicts, or sudden death. Amidst the complex social and cultural dynamics, an in-depth understanding of how grief and loss are understood, expressed, and addressed is important for further study. The problem that arises is the lack of in-depth research on the experience of grief and loss in Southeast Asia, especially in the unique local context. This gap creates ambiguity in treatment efforts and a lack of appropriate support for individuals experiencing grief and loss.

The purpose of this study is to gain a deeper understanding of how grief and loss are understood and experienced by people in Southeast Asia. Thus, it is hoped that this study will help build better interventions and better social support for those experiencing grief and loss. The benefits of this study are that it can provide new insights into understanding the psychological dynamics of individuals in dealing with grief and loss in Southeast Asia. It is also hoped that this study will provide useful information on how individuals, families, and communities in Southeast Asia deal with grief and loss. In addition, this study will find ways to reduce mental health problems in Southeast Asia and help these communities deal with grief and loss. Therefore, it is important to pay special attention to this issue and provide appropriate mental health support and services. This study is expected to serve as a basis for the development of intervention programs that are more sensitive to local cultural contexts.

METHOD

The method used by the researcher is a literature study, where the researcher has searched for literature on journal articles related to Grief or Sadness that occurred in Southeast Asia in the period (2017-2023). Sugiyono (2019) stated that a literature study is a data collection technique by collecting data from research reports, scientific books, articles, and journals related to research. So, through this literature study, it can make it easier for researchers to obtain relevant research data on Grief or Sadness that occurs in Southeast Asia to be studied and used as material in studies.

The research is sourced from national and international articles that can be accessed by researchers through Google Scholar, including 20 journals that discuss the grief that has occurred in Southeast Asia in the last ten years. The data collection technique in this study is documentation, which is looking for data on things or variables in the form of notes, books, papers or articles, journals and so on (Arikunto, 2010). From several journal articles collected, the researcher analyzed intending to get conclusions. In this study, data was collected through several steps. In the initial process of research, the researcher discusses and chooses a research theme that adjusts to the research objectives. Then next, the researcher began to look for references related to related themes to discuss. Then, the researcher begins to search for information data in accordance with the article/source that has been searched and the data is presented in the form of a table in the research results section which is then in the final process, the results of the research are conveyed in detail and clearly by the researcher.

RESULTS AND DISCUSSION

No	Year of Publication and author	Sample	Methodology	Objective	Results
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1	Jayvie Villazor & Rosalito De Guzman (2022)	Bataan residents aged 30 to 60 who lost their children (5-30 years) between 2018-2020.	Data were collected through structured interviews, conducted virtually, face-to-face, and semi-face-to-face.	To validate the grief of Bataan Filipino parents due to traumatic loss over a period of 2 years	The results of the analysis show the responses from the participants and bring up four interesting themes, namely hurt, coping, growing and remembering.
2	Dewi, Ayu Prawesti & Etika Emaliyawati (2019).	CAD patients in the Intensive Care Unit of Dr. Hasan Sadikin General Hospital, Bandung.	Qualitative descriptive was used through a cross-sectional approach.	To identify grief/sadness in patients with CAD in the Intensive Care Unit of Dr. Hasan Sadikin General Hospital, Bandung.	The results showed that there were 34 respondents, of which 94.1% experienced severe sadness and 5.9% experienced mild sadness.
3	Dyana Putry Christanti Fitriyani, Noorce C. Berek, Dian Lestari Anakaka & Indra Yohanes Kiling (2021).	Teenagers who experience the death of their mother	This research uses the interview method.	To see changes in late adolescent grief after maternal death as viewed from the Kübler-Ross Theory.	To see changes in late adolescent grief after maternal death as viewed from the Kübler-Ross Theory.
4	Eko Zulfikar & Iskandar (2023).	Individuals who experience sadness in their lives.	The thematic method is descriptive analytical.	To find out the solutions provided through the Qur'an with the aim of overcoming Al-Huzn which is usually experienced by humans.	The results of the study show that a person's feelings of sadness can affect their life positively and negatively, where many factors trigger it according to the Qur'an, such as feelings of fear, poverty, and experiencing obstacles in living their life.
5	Radja Erland Hamzah & Citra Eka Putri (2022)	High School and College	Qualitative descriptive with case study method	To explain the usefulness of digital literacy	The results of the study show that there is still a lack

		Students in Jakarta.	using interview techniques.	in order to change the thinking of social media users in setting against sadfishing on social media.	of use of social media in the lives of teenagers and it is not accompanied by an understanding of literacy, which ultimately gives rise to incidents such as hate speech, catfishing (fake social media identities) and hoaxes (fake news/information).
6	Angela Merici Ok Cito Sukma Lestari, Lina Dewi Anggraeni, & Regina Vidya Trias Novita (2023)	A total of 60 parents from the Lampung Caring Shelter who have children with cancer, aged between 0-18 years.	Quantitative with correlative design.	To understand how anticipated stress and grief in parents of a child diagnosed with cancer correlate with each other.	The results of the study showed that 36 respondents (60%) were mothers aged 18-40 years, and 35 respondents (58.3%) had 33 children aged 6-12 years.
7	Gede Budi Widiarta & Made Martini (2018)	6 sources were mothers whose children suffered from acute lymphoblastic leukemia.	This qualitative research uses a phenomenological approach and uses an in-depth interview method.	To identify the experiences of mothers caring for preschool-aged children diagnosed with acute lymphoblastic leukemia.	The results of the study showed that there was a deep sense of anxiety and sadness from a mother regarding the future of her children who were diagnosed with acute lymphoblastic leukemia.
8	Nedruetai Punaglom, Puangpaka Kongvattananon, & Bih-Ching Shu (2022)	25 women from northeastern Thailand who experienced perinatal death.	Using descriptive methods	To explain the theory descriptively in explaining the process of overcoming grief in women in Thailand due	The results of the study indicate that the context influences the grief process experienced by women. Where women through self-sharpening of

				to perinatal death.	their grief caused by perinatal death produce the ability to get through the grief felt.
9	Muhammad Ali Sakti Putra Rusli & Widyastuti (2023)	Four teenagers aged 18 to 21 who lost their parents due to death	Qualitative method using a phenomenological approach.	To get an idea of how to deal with sadness due to losing a parent due to death in late adolescence.	The results of the study showed that respondents had ways of dealing with sadness such as increasing socializing, doing lots of activities, changing thoughts related to death, and seeing memories with parents, making pilgrimages to parents' graves regularly, and providing high motivation to themselves through the last messages conveyed by parents.
10	Melinda Ramadhanti & Satiningsih (2022)	Respondents included women aged 19-21 years who experienced the death of a father due to Covid-19.	Semi-structured interview method.	To learn more about the grief experienced by a daughter whose father died from the coronavirus.	The results of the study explain that the relationship between the informant and his father was less than harmonious before the incident, but when the incident occurred, the informant still felt sadness and mourned his father's death.
11	Adelia Dwiartyani, Aliah B. Purwakania	3 early adult women aged 22-23 who lost family	Qualitative phenomenological method using	To determine the grief process caused by the loss of a family	The results show that the informants were able to overcome the grief

	Hasan, Hanifah & Arief (2021)	members due to COVID-19.	observation and interviews.	member due to COVID-19 in early adult women.	process in various ways, such as having confidence and the desire to get out of sadness.
12	Revinola Enjelvestia Parebong (2021)	Teenagers whose parents have died	Qualitative literature method through literature study with content analysis approach.	To provide an explanation of the trauma healing method in dealing with pathological grief in adolescents whose parents have died.	The research results explain several points regarding pathological grief, such as the definition, symptoms, and how to overcome sadness due to the death of a parent using a trauma healing approach.
13	Heni Nur Anina (2017)	Preschool age children (2-5 years)	Electronic-based search methods have been used to conduct a comprehensive literature search process.	To reduce the impact of bereavement on young children, who may experience certain behaviors and emotional symptoms.	The research results explain several points regarding pathological grief, such as the definition, symptoms, and how to overcome sadness due to the death of a parent using a trauma-healing approach.
14	Yohanes Kurniawan Winardi & Audrey Eveline Subianto (2023)	Tiger Maria Tolliver, the main character in 'How to Make Friends with the Dark,' whose mother has passed away.	This research will use a psychological approach in literary works that focus on the thoughts and emotions of the main character.	Researchers examined and analyzed the book to compile a list of Tiger's speeches as described in it.	The results of this study explain that the main characters in this book reach the end of their journey in unique and different ways because they go through stages of grief. At first, Tiger rejects his mother's death. But in the end, he decides to stay

						alive and become friends with the darkness.
15	Elshafa Anwar Haerani (2023)	Salsabil & Nur	210 people with the characteristics of teenagers who have lost their parents, namely their father, mother or both, with an age range of 13-18 years.	Using purposive sampling with Spearman rho correlation analysis .	The aim was to determine the relationship between attachment and grief in adolescents who have lost a parent.	The results explain that there is a positive relationship between attachment and grief in adolescents who experience the loss of a parent, the higher the attachment, the higher the sadness in adolescents.
16	Siti Syaiffulhisham, Nik Sabri', Mursyidah Zainal Abidin, & Nurul Ibrahim (2022)	Farzana Syahida	Art students and academics often use arts-based studies as a research technique and strategy.	This research method includes the process of analyzing artwork, collecting visual data, and creating artwork.	The aim of this project is to show prolonged sadness through facial expressions.	The results of this study broadly show that artists use faces and researchers also use faces to express prolonged sadness through facial expressions.
17	Carol Kim MMED., Yuzeana Yaacob, MD., Yen Ching Siow, MRCP., & Nurakmal Binti Baharum. (2023)	Cheng Lai, Julea	A cross-sectional study involving 175 bereaved individuals at the Selayang Hospital Palliative Care Unit.	Bereaved people from this center were contacted by telephone after their loved one died more than 6 months for a purposive sampling method.	To identify the prevalence and factors associated with PGD among bereaved relatives whose loved ones have access to PCU services.	The results of the study showed that the prevalence of PGD was 5 out of 175 or 2.9% and subthreshold PGD was 7 out of 175 or 4% of individuals experiencing sadness/grieving.
18	Tri Julianti & Hermien Laksmiwati (2022)		Four people with different backgrounds and cases, aged 19-25 years who lost their parents/family	This case study was conducted with a holistic analysis of observation interviews.	To find out what individuals go through during the sadness/grieving phase based on theory and to adapt the individual's	The results showed that both subjects had grief experiences with grief phases based on Elizabeth Kubler-Ross' theory. Both did not reach the

			due to COVID-19		experience of going through the sadness phase.	acceptance phase, which caused them to feel prolonged grief. One person successfully passed through this phase, while the other experienced distortion.
19	Aulia Putri Pambayun, M. Natsir, & Chris Asanti (2022)	The subject of the research is Rachel in the film <i>The Girl On The Train</i>	By using Kubler-Ross's theory of dialogue in film scripts, the researcher examines the psychological state of the main characters in this study, which is part of qualitative research.	The purpose of this study is to explore the sadness experienced by Rachel in the film <i>The Girl On The Train</i> .	The results of the study showed that Rachel went through five stages of grief, according to Kubler Ross. At first, Rachel refused to divorce her previous partner. However, at the end of the story, she decides to move on with her life.	
20	Milawati & Widyastuti (2023)	Three teenage girls aged 18–20 who lost their parents as a result of the pandemic 1-2 years earlier.	Qualitative methods use case study methodology and theory-driven analysis methods.	To gain an understanding of the grief process, and factors influencing the grief of adolescent girls whose parents died due to COVID-19.	The results showed that respondents showed many symptoms of grief, including physical, social, spiritual, and psychological symptoms. Because there are supporting factors, especially the ability to strengthen themselves, the process they experience is not sequential and dynamic. The emotional relationship with the deceased parent is the main barrier.	

A number of these studies are a description of sadness that occurs when someone experiences various types of causes of sadness, these studies use various approaches, in different time frames and locations and include both quantitative and qualitative methods. Sadness is a feeling that arises due to disappointment, loss, failure and so on which refers to unpleasant feelings and causes unacceptability in individuals at the time in question. Loss is a state of an individual who is separated from something that previously existed, possibly becoming non-existent, either partially or completely (Anwar, Nur. H, 2016). In this case, grieving is a response to loss, and that is natural. Usually, this response is accompanied by denial and deep sadness (CDC, 2021). Sadness will not be separated from human life, where human life continues to rotate, move, and develop, over time will experience times of sadness related to the process of life. Sadness is a normal feeling resulting from our response in responding to things that we cannot just let go of, it will come to everyone, and what we need to do after that is not to run away from the sadness but to accept, let go, and consider it as one of the processes in life.

From several research journals related to Grief or Sadness that occurred in Southeast Asia in the last 10 years, there are differences. In 2017-2023, most studies used a qualitative approach method. Anina (2017) stated that the eternity of death is a very important concept that is difficult for preschoolers to understand, where they think the deceased will return. It can be seen that individuals who experience sadness due to loss will find it difficult to understand their condition, (Budi & Martini, 2018) mentioned an example of how a mother who had a child with leukemia experienced great sadness at first when told that her child had leukemia, which caused anxiety and uncertainty in the future.

Then according to the research results from (Dewi, et al, 2019) which showed that 94.1% of people experience complicated sadness, and 5.9% experience uncomplicated sadness. Then the highest response to sadness felt by someone will have an impact on how to behave, think, and feel. Meanwhile, (Parebong, 2021) said that the way to overcome pathological sadness in adolescents who have lost their parents is by using a trauma-healing approach. The trauma healing approach is indeed good to apply when experiencing sadness because it will help the healing process of individuals who experience trauma. However, we need to know that everyone is different in expressing their feelings of sadness, in the research of (HAMZAH & Putri, 2022), there is a term for Sadfishing which is an act of venting sadness on social media to get sympathy from other people who see it. So, it is not good for individuals to be sad for a long time because it will have an impact on their mental health and when they try to vent their sadness to the wider public such as through social media, it is not certain that they will get sympathy from people who see it, but they can also get bullying in cyberspace or the term Cyberbullying.

Sadness can have an impact on someone who experiences it, whether it is from behavior, emotions, and thoughts. Then, loss and grief can affect the psychological and social interactions of individuals who experience it or also called psychosocial. If the psychological aspect is disturbed, the social aspect will be affected, and vice versa. The impact of sadness can be felt when we experience bad days, days that happen not according to desire, and the emergence of unwanted things, then the impacts such as crying, stress, depression, anger, and gloom that we experience. But sadness will also help someone to grow up and experience maturity when he responds to sadness well and not just bad. With sadness we can learn that we cannot expect everything to be following the desires and expectations that are desired.

Sadness often occurs for example during the COVID-19 pandemic in Indonesia where many people died because of the virus, which means many family members from intact families died, and much sadness arose because of it, not only during Covid-19 someone will experience

sadness because of loss but loss is one of the most common causes of sadness. Everyone will go through several stages in the process of loss, including denial, anger, bargaining in the form of offers, considering the circumstances and factors that caused them to lose, and finally reaching the stage of acceptance.

Research Variation: There are variations in research methods, including quantitative, descriptive, and qualitative. **Research Subjects:** Research subjects involve various groups, such as students, children who have lost parents, COVID-19 survivors, hospital patients, and parents who have lost their children. **Research Results:** The majority of studies show that there is sadness in respondents due to their respective causes. **Prevention and Handling:** The majority of studies pay attention to efforts to prevent and handle sadness such as family center care, Grief counseling, finding activities, increasing socialization, and so on. The sadness experienced can be handled or given interventions to help someone who experiences it get out of the sadness and not have a negative impact on an ongoing basis. Many types of interventions can be applied and given to someone who experiences sadness due to loss. Each individual will not be the same in resolving their sadness, and of course, it takes different times (Asami, et al. 2012; Kübler-ross, 2014). Thus, interventions are needed that help individuals avoid the downturn caused by prolonged grief and sadness.

In the scope of Guidance and Counseling, appropriate counseling interventions in dealing with cases of grief and loss in Southeast Asia include a sensitive and empathetic approach. Some strategies that can be carried out by counselors are the grief therapy approach, which is useful for helping individuals feel and express their emotions related to loss, and helping them understand the grieving process in a healthy way. Furthermore, emotional support, which provides a safe space for individuals to share their feelings without fear of being judged, and provides the necessary emotional support, can also be done with social reinforcement, which helps individuals to strengthen their social relationships, both with family and friends, as a means of support during times of grief and loss. In addition, trauma counseling can also be done if grief and loss are related to trauma. Trauma counseling can help people process their traumatic experiences and rebuild a sense of safety and control. They can also do cognitive behavioral therapy, which focuses on finding and changing negative thought patterns and actions that can worsen their grief.

Grief counseling is a form of guidance and counseling used for intervention in grief and loss. This counseling focuses on the emotional and mental wounds experienced by someone who has lost a loved one. Counseling techniques that can be used in grief counseling are Acceptance and Commitment Therapy (ACT) which aims to produce a more meaningful life by accepting the pain that cannot be avoided (Harris, 2006). In addition, there is also CBT, which is a combination of cognitive therapy and behavioral therapy. Cognitive-behavior counseling emphasizes the role of the brain in analyzing, deciding, acting, and making decisions, which helps people change the way they think, feel, and act. CBT also pays attention to the individual's thought processes related to emotional and psychological problems in adolescents. This approach helps change illogical thinking into logical thinking caused by the events of loss and grief experienced (Cormier in Lubis, 2009).

With these interventions, individuals can develop healthier coping strategies. By implementing these approaches, counselors can help individuals experiencing grief and loss to overcome trauma and restore their mental well-being. It is important for everyone to accept the event of loss and grief. If there are indeed obstacles to being able to go to mental health services, then online counseling consultation is an intervention that can be done, and of course this must be based on an agreement between the client and the counselor.

CONCLUSION

From the discussion above, it can be concluded that grief is a natural reaction to loss that can affect individuals in various aspects of their lives, including behavior, emotions, and thoughts. Loss can be the loss of a loved one, loss of self, loss of property, or significant changes in daily life. Responses to loss often go through a grieving process that includes stages of denial, anger, bargaining, depression, and acceptance. The impact of grief can affect an individual's psychological and social interactions, and the presence of support and intervention can help individuals cope with grief. Grief and loss can affect individuals and communities, including in Southeast Asia. Counseling can help individuals cope with grief and loss, as seen in the concept of counseling theory. Counseling can also help individuals cope with depression, which is one of the mental disorders that many people will experience. Of course, there are many factors that influence grief and loss that occur during the period 2017-2023 in Southeast Asia, and individuals who experience grief or loss must try to get through it. The majority of individuals experience complicated grief, with the highest responses to grief and depression occurring in various domains of life. Reactions shown include shock, crying, disbelief, and feeling like a dream. Some can quickly move on with their lives, but not a few find it difficult to get up. Various interventions must certainly be carried out, starting from the individual himself to the help of experts. Counseling guidance can certainly be a useful intervention for individuals who experience sadness and loss because it can use many approaches that help individuals recover and slowly live their lives as before. Then there are online-based interventions that have certainly been developed to help individuals who experience sadness due to loss. The role of counselors is very important in providing appropriate interventions, especially a counselor must understand effective intervention methods and continue to follow developments, including the use of technology and the internet. Thus, this study presents an in-depth understanding of the experience of grief and various strategies for dealing with it.

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