

# **EXPLORATION OF THE FACTORS THAT IMPACT THE PROCESS OF PARENTAL BEREAVEMENT.**

**Elvis Popaj**

University of Tirana, Albania

## **Abstract**

The aim of this study is to investigate the factors that plays an important role during the trajectories of grief, in parents that have lost a child. Grief and bereavement are natural processes when individuals experience the death of their love ones. In this article we will try to explore the parental bereavement which is one of the most painful trauma. The research question of this article will be “Which are the most important factors that impact the process of recovering after the death of a child”. Some of the factors that will be explored will be the causes of death of the child, the perceived responsibility of the parent, age and gender of the child, gender differences between parents in experiencing grief, sense of guilt in parents and the impact of several traits of personality. A meta-analyses review, of approximately 30 articles in the field of parental bereavement, will be used to identify factors and patterns in parental bereavement. The articles explore key terms in the field of grief, mourning and bereavement, like for example emotional ambivalence, sense of guilt, re-arrangement of the cycle of life, meaning of life after children death etc. Another important case to explore will be the influence of time in the trajectories of grief and the impact of psychological counseling in parents after loosing a child.

**Key terms:** *grief, bereavement, sense of guilt, emotional ambivalence, parents in grief.*