

COMMON AND DIVERSE ASPECTS OF EMOTIONAL EXPERIENCE AND CRISIS COPING CATEGORIES IN CASE OF LOSS FOR WOMEN IN LATVIA

Dr. Martinsone Kristine*

Department of Psychology, Faculty of Education and Psychology, University of Latvia
Jurmālas iela 74/76 Rīga LV-1083 Latvia
E-mail: k.martinsone@inbox.lv

Maslovska Kristine

Department of Psychology, Faculty of Education and Psychology, University of Latvia
Jurmālas iela 74/76 Rīga LV-1083 Latvia

Dr. Bite Ieva

Department of Psychology, Faculty of Education and Psychology, University of Latvia
Jurmālas iela 74/76 Rīga LV-1083 Latvia
E-mail: leva@skabes.lv

Miltuze Anika

Department of Psychology, Faculty of Education and Psychology, University of Latvia
Jurmālas iela 74/76 Rīga LV-1083 Latvia

Upmane Anda

Department of Psychology, Faculty of Education and Psychology, University of Latvia
Jurmālas iela 74/76 Rīga LV-1083 Latvia

*Received 11 April, 2005.
Submitted 30 April, 2005.*

Abstract

The goal of the qualitative research is to investigate common and diverse aspects of the emotional experience of loss caused by death of a close person and divorce as well as to discover crisis coping categories in these situations being reflected in women narratives. Crisis experience have been investigated by analyses of partly structured interviews of 7 women with experience of loss of a close person and 8 women with experience of divorce. The emotional, cognitive, physical and behavioral changes have been investigated. The information obtained gives the background of understanding of common and diverse aspects in emotional experience in both kinds of losses such as reaction to crisis, although significant contextual differences have been indicated within the process of grieving and divorce and corresponding to it - emotional experience. Using the hermeneutical way of data analyses, three categories of crisis coping methods have been indicated: mental revision, mutual activities and use of personal resources thus characterizing significant aspects of crisis coping process. The sub-systems created within framework of three categories makes united system reflecting crisis as multidimensional process of different kinds of internal and external aspects.

Keywords: common and diverse aspects of emotional experience, crisis coping, categories, loss, death, divorce, narrative.

* Chief researcher.

Crisis Coping Aspects in Case of Loss – Theoretical Approach

Emotional experience of loss seems to be as natural part of individual's life although it is considered as crisis situation and therefore usually connected with different changes in one's life. During process of personal development, the individual faces situation of loss and corresponding emotional experience anyway by forced or voluntary interruption of social contacts (Rosenblatt, 1993). The experience of loss is faced in case of death of a close person as well as in a case of divorce.

There are several opinions of understanding the crisis situation corresponding to loss but the common aspects of definition is that it is a temporary depression or disorganization characterized by individual's inability to cope with the present crisis situation using the usual problem solving methods.

Specialists define crisis as not the situation itself, but the person's perception and response to crisis situation (Parad, 1971). Stressful situation or event can cause crisis because of two conditions: (1) the individual's perception that the stressful event will lead to upset or disruption; (2) the individual's inability to resolve the disruption by previously used coping methods (Roberts, 1990). Therefore, disruption in previous and usual coping patterns is one of the most important predictors of crisis. Important aspect of crisis is aspect of loss.

Specialists emphasize that relationship between subjective crisis perception and objective reality should be considered as important (Schulberg & Sheldon, 1968). The attention is paid to the subjective idea of the event (Bard & Ellison, 1974). Crisis is accompanied with the loss of balance in time although it could include the potential for promoting development of personality. The defense mechanisms seem to be weak during the crisis situation, person is high sensitive and morally not defensive but simultaneously – open to the assistance (Swanson & Carbon, 1989). The result of crisis could be either positive or constructive, if the person learns new ways how to overcome stress situations, or negative – dysfunctional behaviour and emotional breakdown of the personality (Janosik, 1984). During crisis situation should be observed emotional, cognitive, physical changes in one's behaviour (Potter, 2000) developing in time and periodically reflecting the crisis revision (Cullberg, 2001) simultaneously leading to the solution (Brammer, 1985). So crisis should be considered as emotion borderline situation for an individual giving possibility either to solve the recent problems, developing and obtaining new how to overcome them or avoid any active coping strategy to develop, stepping aside and therefore let the unsolved problems develop into somatic symptoms (Greenston & Levinston, 1993).

Mainly the specialists have a common ground in understanding about the kinds of crisis emphasizing the developmental, situational and existential crisis (Brammer, 1985, Smead, 1988). *Developmental crisis* is defined as transition from one period of the personal development to the next one as natural changes of the person's development process. *Situational crisis* according Brammer's theory arises if individual confronts unexpected events being out of one's control area. Great importance in crisis origin process belongs to the environment and society. Such kind of crisis differs from others because of its nature – usually they are sudden, shocking, intense and accidental. They arise in result of car accidents, loss of job, rape, violation, sudden serious illness, death, divorce. *Existential crisis* arises as a result of inner conflicts and impetuosity and are closely linked with such important aspects as aim, responsibility, independence, freedom, faithfulness. Brammer (1985) emphasizes that the developmental, situational and existential crisis could overlap or develop sequentially. Cullberg (2001) characterizes crises of two kinds – developmental and traumatic crisis. According them, attention should be paid to two aspects: 1) it should be recognized whether event is unexpected and traumatic or it could be considered as natural process of personal change; 2) whether the inner status of individual seems to be like "crisis only" and develops as consequence to the event/situation or the event/situation has promoted deep, hidden feelings, memories and uncovered necessities.

The duration of crisis has always been the key issue and under variety of discussions among crisis specialists. Caplan (1961) considers crisis to be an acute status, not chronic. Mainly this opinion has gained the recognition in specific literature emphasizing the crisis as a status limited in time it could be solved either in adaptive or no-adaptive way after certain period (four to six weeks). Golan (1982) considers that time necessary for solving the crisis depends of the nature of concrete situation, cognitive and emotional factors, certain changes in behavior as well as considering the kind and amount of assistance necessary and available. The impact of the event depends on its duration, time, intensity, sequence and link with other events (Slaikeu, 1990).

Several specialists consider that duration of crisis could last for more than six weeks but there also have been observed crisis lasting longer than 7 months (Wortman & Silver, 1987); sometimes grieving could last even for years (Lazarus, 1980).

Speaking about the duration of six weeks it should be considered the difference between the renewal of inner harmony and solution of the crisis. During these six weeks the harmony lost in a moment of crisis could be re-established, as it is hardly possible for a person to cope with high level of disorganization for a long period of time. Crisis specialists consider crisis status as temporary period of unstableness. So, as mentioned before, crisis status is time-limited not the crisis itself (Danish & Augelli, 1980).

The crisis theories consider that crisis consists of several stages (in case the crisis is solved it could end in any of the stages), each of them having specific symptoms. As to Caplan theory (1964) crisis should be divided into 4 stages: 1) *problem solving with usual coping strategies*; 2) *ineffectiveness of the coping resources* – using the usual and familiar coping strategies one cannot cope with the crisis situation. In this case the growing degree of tension is observed; 3) *inclusion of inner and outer resources* – along with the growth of tension all the resources necessary are being mobilized; during this stage crisis could be overcome in case outer threat lessen or some new coping mechanisms arise instead; 4) *moral break-down and disorganization of the personality* – if the problem has not been solved – alongside with the growing degree of tension the emotional break-down happens causing serious emotional disorders.

Greenstone and Levinston characterizes similar phases of crisis development. In case the personal defense mechanisms do not function satisfactory during the crisis situation and the degree of impetuosity grows, the individual via so called attempt-mistake methods start searching for another ways how to cope with the crisis situation. If the way-out has not been found the impetuosity continues to grow and arises wish to run away or to hide from the disturbing situation and the usual result could be the attempt to retire into oneself. If such a situation is not solved the degree of impetuosity arises till the level of panic and stress coping mechanisms probably ruin down turning the whole situation into complete confusion, emotional immobilization and violence towards oneself or others (Greenstone & Leviton, 1993). Any attempt to forget about the crisis situation by withdrawing it from the consciousness is being considered as a destructive way of coping strategy and could turn into somatic symptoms.

One of the most popular is Cullberg's (2001) definition of crisis dividing the its development into 4 stages, characteristic to any crisis caused by traumatic event: 1) *phase of shock* – an individual could not accept the crisis situation and event, denies and cannot understand it. During the status of an acute shock the consciousness could darken as psyche refuses to accept the reality. If crisis develops sequentially such a phase even could not be observed; 2) *reactive phase* – an individual tries to adapt to new conditions and new psychic defense mechanisms start to develop; simultaneously the individual tries to search for the explanations for the situation; 3) *phase of understanding and development* – it starts already when the acute events have already been solved (approximately half of year up to year after the traumatic event); this seems to be the phase of reconciliation to the present position; acute symptoms disappear and either the previous life style returns or some new kind starts; 4) *phase of change the position and outlook* – crisis has been considered as part of everyday life and the individual continues to live accepting it and not trying to withdraw it from one's life model, the lost interests are gradually replaced by new ones.

Although recently specialists seem to be critical to such the understanding of crisis development criticizing its passivity and so general outlook (Worden, 1991).

During last years the popularity has reached theory by William Worden (1991). According to his theory bereavement could be understood not only through the development of the stages but with certain tasks of grieving instead. So he defines four such tasks: 1) acceptance of the reality; 2) actual emotional experience of feelings; 3) adaptation to everyday life without the lost person; 4) return to active and real everyday life. To overcome the grief and return back to active reality it is necessary to solve all these tasks.

Factors which influence the Severity of a Loss

Significant influence to the emotional experience of an individual belongs to the personal importance of the lost person. Serious emotional reactions and grieving are characteristic when emotionally close person has been lost (Robinson & Fleming, 1989). According divorce – if the spouses during family life have become estranged the post-divorce emotional experience could be less severe. Several researches approve that those individuals who have faced significant problems during the marriage are tended to function more constructively in post-divorce period (Booth & Amato, 1991).

The emotional experience is also influenced by the cognitive factor – the way how a person accepts the divorce fact – either like a tragedy or like a chance for personal development and sidestep from destructive relationship (Amato, 2000).

In the concept of crisis situation of loss developed by Lazarus (1980) the crisis coping is defined by two models. First one – problem solving as a change of situation, another – solving of the subjective components of the problem. Lazarus considers that in a case of fearful event the individual makes primary and secondary evaluation of the present situation. It means that events could be 1) not significant; 2) positive; 3) could cause stress (loss, threat to present well-being, chance for development). Usually the first cognitive evaluation – whether exist real threat or not - is already made before crisis coping process starts. Secondary evaluation seems to be like cognitive strategy and its aim is to realize what exactly to do. The general goal of the individual is to change the present situation and to overcome subjective components. Lazarus defines 8 crisis coping strategies: 1) confrontation with the source; 2) planned and subsequent problem solving process; 3) keeping distance; 4) self-control; 5) taking responsibility; 6) side-stepping behaviour; 7) positive self-evaluation; 8) search for social assistance. First two are problem oriented strategies, all the rest – emotionally oriented crisis coping strategies. Lazarus considers *hope* to be the most significant resource to cope with crisis caused by traumatic event.

Hobfoll emphasizes also social aspects and considers hope only as too insufficient resource. He mentions two basic crisis coping strategies: activity-passivity and prosocial-antisocial behaviour adds nine more sub-scales: assertive behaviour (ability to evaluate crisis situation and actively search the coping strategy); avoidance behaviour (from coping process; hateful behaviour); search for social assistance; careful behaviour (person needs to be sure of safe environment); social consolidation (person is willing to accept the assistance), instinctive behaviour (not depending on social environment), aggressive behaviour (antisocial way of problem solving), antisocial behaviour (behaviour seems to be highly egoistic), indirect behaviour (careful, cautious and apparent submitting to the opinions of others) (Hobfoll, 1995).

Effective coping mechanism in case of a loss caused by the death or divorce is bereavement or grieving. Specialists emphasize that grieving is especially significant to adapt objectively to the real situation (Malkinson, 1996). Bereavement or grieving is defined as cognitive process to confront the loss bringing the reality into consciousness, to accept it and therefore avoid somatic symptoms or even illness (Stroebe & Schut, 1999).

Common and Diverse Aspects in Emotional Experience of Loss Caused by Death of a Close Person or Divorce

It seems to be complicated to feel the borderline between emotional experience in case of death of a dear person or in case of divorce. In some aspects such emotional experiences seems to be rather similar especially in situations of death of really dear person or in case if beloved husband or wife unexpectedly leaves family.

The natural feelings facing the loss of a dear person is sadness, anger, sense of guilty, self-reproach, loneliness, fatigue, helplessness, shock, insensitiveness, nostalgia, ambivalent feelings (Parkes, 1972; Simos, 1979). After-divorce emotional experience characterizes separation distress (Parkes, 1973); separation impetuosity and ambivalent feelings towards ex-spouse – nostalgia for the partner and willingness to reconcile oneself to the present position come along with anger and hate (Weiss, 1976). Also characteristics are insistent thoughts about the ex-partner and marriage (Berman, 1985; Tschan, Johnson & Wallerstein, 1989); anger, sense of guilty and inability to create the balanced and general outlook to the ex-partner (Tschann, Johnson & Wallerstein, 1989).

In researches of both kinds of emotional experience in case of a loss it should be noticed also the feeling of relief and release (Ahrons, 1994; Wheaton, 1990; Worden, 1991).

In several theories the divorce is being observed not as event but as a process which starts when the couple begin to live together and continues for some period of time after the divorce. So that means – the divorce is rather long process which brings stress to people involved (Amato, 2000).

There are several diverse aspects between two kinds of loss. Firstly, if in case of divorce the previous process of separation seems to be taken as a grant, then in case of a loss caused by death the previous separation is possible only in cases of serious long illness where death is foreseen as natural event. In this case it should be characterized with a word “farewell” not “estrangement”. The message about the death then starts a new process of mourning.

Secondly, the significant difference is caused by the status of the individual. According the context of divorce we can speak about the emotional experience faced either the initiator of divorce or

the partner who do not want to split up the relationship. Several researches demonstrate that regardless of the person who has been the initiator of the divorce, both partners, comparing with the partners who feel comfortable in their marriage, experience symptoms of psychological distress and shows lower level of welfare (Davies et al., 1997; Demo & Acock, 1996; Kitson, 1992; Marks, 1996; Ros, 1995; Shapiro, 1996; Simons & Associates, 1996). Although some of the researches testify that initiators for the divorce more flexible adapt to the post-divorce period than those who did not want to divorce (Kitson, 1992; Gray & Silver, 1990). If the divorce brings freedom at least to one of the partners then death – not. Investigating the emotional experience according to the death of dear person we can speak only about the “left person’s” position and feelings connected with it.

There is one more significant difference between emotional experience after the death of a close person and after divorce. In case of divorce the partner who did not want to interrupt the marriage, can refuse to take the fact of divorce as granted and to have long, senseless hope that the initiator of the divorce will return one day and their relationship could be renewed then. Several researchers consider that successful adaptation happens according to the degree the individual could develop its identity and life style which is not linked with the previous marriage (Kitson, 1992; Kitson & Morgan, 1990), to accept the rules of new social context (Bar-Tur & Levy-Shiff, 2000), such a position could disturb successful adaptation. In case of the death of a close person the one who is left do not have any hope of the return of beloved. Thus the reality makes to accept the situation in more adequate way which helps to accept the loss and avoid the bad consequences to health status (Stroebe, 1992). But naturally in such a situation the unwillingness/inability to cope with a sad reality could cause serious problems to the further development of the personality.

The fourth difference observed seems to be according the cause-consequence issue. It is a natural way to lose the close persons because of the death and therefore there is no idea that one is forced to experience that kind of loss because he/she has certain personal traits, life position or temperament. But – according the divorce there is defined so called “stress adaptation approach” which characterizes the divorce fact as the stressful life event which needs the acceptance and adaptation (Amato, 2000), as well as so called “selective approach” according to which the individuals with the problematic personal and social traits (for example, antisocial personal traits, depression, other psychological problems in the past) are not tended only to higher risk for the divorce but also to the lower level of psychological welfare after the divorce has happened (Davies, Avison & Mc Alpine, 1997; Kitson, 1992).

Methods of Research

In research participated 478 adult women respondents. 215 of them have faced either the death of a close person or divorce during last five years. Basing on the subjective evaluation of the emotional experience obtained and outlook to the crisis situation, in this qualitative research have been investigated 7 women with experience of the death of a close person and 8 women with experience of divorce. All respondents have experienced the traumatic event of loss not later than before two months so they evaluate the experience within the perspective of time.

As research method has been used partly structured interviews made by experts who have obtained the Master degree in psychology and have the similar experience either of death of a close person and/or death as well as different theoretical knowledge in theories of crisis, separation and bereavement. Basing on the structure of emotional, cognitive, physical crisis aspects (Potter, 2000; Worden, 1991; etc.) the interview statements were developed including issues which reflect emotional and life experience. Initially the pilot interview has been conducted within the group of experts.

The data have been gathered by conducting interviews prepared. The session was started by respondent’s narrative of individual crisis experience.

The analyses of data being obtained has been done by two independent experts, then the results were agreed upon the common conclusion. The results have been obtained according 4-step method of text analyses: 1) obtaining of general information; 2) a detailed work on certain information units; 3) structuring and interpretation of the information units obtained; 4) the overall analyses of the information units.

During the data analyses process have been remained the structure of data being obtained during the interview.

In the study two aspects for research have been promoted:

- 1) to investigate common and diverse aspects of emotional experience for women facing loss caused by death of a close person or divorce;

- 2) to investigate crisis coping categories for women in case of loss caused by death of a close person or divorce.

Results

In this study the emotional, cognitive, physical and behavioral changes have been investigated. The information obtained gives the background of understanding of common and diverse aspects in emotional experience of loss caused by death of a close person or divorce as women reaction to crisis process. Significant contextual differences have been indicated within the process of grieving and divorce and corresponding to it - emotional experience in four kinds of manifestations – *emotional, physical, cognitive* and *behavioral*. During the analyses of the interviews and narratives have been obtained two additional kinds of manifestations like *psycho-emotional changes* and *necessities* that have not been promoted previously.

Emotional Manifestations of Experience of Loss

According to women narratives and interview analyses, the emotional experience of loss caused by the death of a close person is characterized by initial shock, insensitiveness, which sometimes turn into panic or hysterical reactions, emotional pain, sadness, longing, grief, anxiety, sense of guilty, self-reproach, uncertainty, impetuosity, sense of emotional emptiness, loneliness, insecurity, desolation, helplessness, weakness. Sometimes – emotional release and relaxation (Ahron, 1995; Wheaton, 1990; Worden, 1991).

Similar senses characterize post-divorce period as well as offence, jealousy, hate, despair, sometimes – indifference and apathy.

However in case the narrative about the experience loss of a close person seems to be like reflection, then the loss could be characterized as active resistance to the recent situation. After the loss caused by death, the dominating reflections of emotional field are – grief, depression and emotional pain (except in case of release), accompanied by high sensitivity towards self and social environment (Malkinson, 1996). The sum of such the emotions and necessity for staying together with lost person seems to be characteristic feature during time of grieving and it may cause concern about own mental health status (“it seems the schizophrenia has started”, “I wonder whether everything is right with my mental health”).

The emotional experience in case of divorce seemed to be more dynamic and it is accompanied by illusions of ability to influence (control) the situation. The dominating feelings are of rather wide spectrum and opposite to each other. Emotionally there is a kind of chaos observed in context of intrapsychic aspects, verbal expressions (in narratives) and recent world outlook. These senses are accompanied by ambivalent feelings and limited ability to cope with emotions (“He did it so cruel...all my face was gray and blue because of beating...but in general he was a kind man”; “He is like second half of myself... I do not believe we will break up... it could not be so that the law cannot legally divorce us on the spot basing on my willingness not to live in illusions any more). As exceptions are the cases that woman feels emotional release and relaxation after long period of divorce process (in cases of violence and alcohol dependency) (Lazarus, 1980).

To conclude – it is characteristic that in situation of loss of a close person caused by death and divorce women feel fear and uncertainty about future and possibility to live with new experience, accompanied by possible difficulties in economic, family role aspect and care for children.

Physical Manifestations of Experience of Loss

Although in theoretical literature there are mentioned lots of cases of psychosomatic crisis which have developed as consequences of emotional experience of loss caused by death (Greenstone & Levinston, 1993; Stroebe & Schut; 1999), in women narratives study there are not mentioned lots of them. It could be related to the peculiarities of the selection – there have some time passed since the event of loss has happened and perhaps the physical reactions have been calmed down then. Maybe such symptoms have not been characteristic for these women or they have not been aware of them. It could possibly be that severity of emotional experience and emotional manifestations prevailed lessening the physical symptoms. Therefore the most usual complaints have been: headache, tiredness and appetite disorders.

The physical manifestations of experience of loss seem to be similar both in case of loss caused by death of a close person and divorce.

Cognitive Manifestations of Experience of Loss

Concerning this aspect in both kinds of losses initially was observed confusion, disbelief, concern, uncertainty, insistent thoughts about loss. Women report insistent, unclear thoughts, difficulties to concentrate attention, problems with memory, absent-minded, concern about future.

In both situations there are attempts to understand what has happened, to explain the recent situation and its possible causes, accessories. Although if in case of death the statement of loss seems to be existential then in case of divorce it is deep analyses of cause-reaction which could be developed into realistic changes.

Thus the experience of loss caused by death of a close person is usually accompanied by global reflections - about self, life, the lost person as well as search for main sense and meaning of the event happened in the context of own life and world around. Women tell about simultaneous periodical flashes of memories and thoughts trying to find the idea of the event happened as well as about one-self. That indicate the attempts to re-estimation of significant values of life and manifestation of new insights (Amato, 2000).

According to the experience of loss caused by divorce, characteristic feature seems that it manifests with planned and structured minds that center round the previous relationship. Such the aspect could be explained as situational analyses and search for justification, understanding of positive and negative aspects as well as promoting goals (Amato; 2000). Significant aspect is the evaluation of relationship and self. If in situations of grieving the explanation is related to the will of God ("...life is life and I understand why it has happened like this..."), then in case of divorce frequently arise search for a guilty person – either self or the ex-spouse. Such the attitude could turn into concern of positive self-evaluation (Golan, 1982). In this case also reflect the concern about trustfulness as value as well seeking for cause-reaction relationship according the past ("His father did the same way, so the issue of genes...", "he said that he does not want to develop close relationship with me because he is afraid that we could repeat like his parents did", "he is the only child in family and lives together with his mother who banished her husband when he was a child") as well as in mysticism ("someone has enchanted him", "some woman has said that things like that has already happened in my previous life and now I have to repeat this task once more").

Bihevioural Manifestations of Experience of Loss

The of experience of loss in behaviour manifests in overwhelming by loss, high sensitivity, irritation, restlessness and exaggerated activity, passive release and apathy, periodical avoidance and weeping (Greenston & Levinston, 1993). In cases of both kinds of loss women narratives reflect lots of changes in their behaviour – they tend to destroy and to keep the evidence of their common past; use to attend the same places they have done some time ago with recently lost person as well as conscious avoidance of attending such places; search for assistance and refuse of it; the growth of social activity as well as social distancing; active position of life as well as rely on circumstances (Hobfoll, 1995). In case of death of a close person the behaviour reflect actions on behalf of the lost person and/or the management of own recent life model. In case of divorce more characteristic are purposeful activity, manipulation and controversial reactions, including fight for re-establishment of relationship, demonstrative manifestation of independency and abilities and making new self-image that sometimes result in beginning of new relationship or just the opposite - is followed by complete avoidance from emotionally close relationship. Narratives also reflect tendencies for sequential development of socially acceptable life model (Bar – Tur & Levy-Shiff, 2000).

In both cases of loss there have been discovered the search for assistance, answers and explanation (active/passive) – from relatives, friends, medics, psychologists, healers and fortune-tellers, God, in books, with help of alcohol, rely on time. Also - during period of avoidance. For self-enlivening and side-stepping strategy from problem usually women have used – rest, different physical activities, traveling. As significant aspect of remaining morally strong that women mention are - children. They help to feel the sense of life and sometimes have been one of the main aspects for pulling oneself together and continue on living. As well as testifying self-suitability by helping others. Another important aspect seems to be career and job, also home/flat repairing as significant change of environment to escape painful feelings (Hobfoll, 1995). Sometimes has been mentioned that loss seems to be like a trigger for some new important changes, for example – death of a close person promotes divorce process.

The previously described aspects manifests also though the **psycho-emotional changes** being realized within time framework. This aspect has not been promoted before the study starts and was discovered in the process of data analyses. The psycho-emotional changes after death of a close

person characterizes: a change in world outlook (characterized by different insights – global, as well as concerning everyday life aspects, for example “now other problems seems not so serious...”), the re-evaluation of significant things in one’s life, the change of attitudes (towards people around, towards person as significant value in life, responsibility to others and own life), personal development (women tell that they have become more calm, more independent, morally stronger, more grown-up, ready to take responsibility and to set the goals) and stimulus for further initiative (being ready to make changes in previously problematic fields).

In case of divorce psycho-emotional changes manifest after the evaluation of the previous relationship by demonstrating non-congruence (“Now I understand that we would become divorced anyway”, “He used alcohol all the time, stridejas, kavas, all this made psychological trauma for children”) as well as high attachment (“...he has great power over me...”, “...I consider him as my husband till nowadays – he seems to be like part of me...”, “...I felt really close to my husband as I have no one dear left after the death of my mum...I swallowed all the offences because I loved him so much...I felt like being dependent from him all our life...”).

Within the understanding of issues the everyday statements change their meaning for example, notion *family* have been replaced by the notion *home*.

However more significant than secondary consequences there are mentioned changes in human relationship thus possibly causing problems in communication in future because of fear from new relationship, cautiousness in establishing contacts, scepticism towards its successfulness (“I cannot make new relationship because I am afraid of trusting to anyone else, I do not want to face such emotional experience once again...; ...now I am more careful...; ...I do not believe in love any more...I have not met anyone worth to live together...”).

More positive changes are characterized by personal achievements – re-evaluation of self and the past period (“I have closed big door which separates me from it and today...; I am aware of my faults that with such a woman I have been in those time it was impossible to build any life together...”), self-development intellectually and visually as well as self-evaluation (“I have become more attractive and more self-confident after the divorce”).

During the process of interview analyses, lots of actual **necessities** have been discovered. Such the aspect also has not been promoted when the study began. The necessities reported are the following: necessity for explosive emotional manifestation, to explore the recent situation, to be employed, necessity for social communication with person being lost, for re-valuation of significant things (values of relationship, self-confidence, value of life) as well as necessity for re-establishment of life model. These necessities do not reflect the Maslow’s pyramid of hierarchy for necessities – they seem to be specific especially according the crisis situation and emotional experience during the post-divorce period or period after the loss of a close person because of the death (Booth & Amato, 1991). In this case not the base-necessities are emphasized and need to be covered (according to Maslow’s theory) but actual is the necessity for satisfaction of the need that lacks in one of the pyramid levels. And this is - the necessity for love. It could be explained because of the tendency characteristic for women to realize themselves through necessities and needs of others but such the opinion needs to be verified by other specific research.

Thus alongside the investigation of the manifestations of emotional experience have arisen statements which are worth to be researched more detailed in separate study.

Taking into account the significance of activation of the loss in women narratives (in thoughts, in conversations, in direct and open search for assistance and contacts) the following question arise – what happens with attachment to the person lost in case of the death or divorce? Whether successful separation solves the necessity for closeness or better and desirable strategy is not to interrupt the emotional attachment? If the recent literature of bereavement emphasizes the positive aspects of continuing the positive attachment strategy in kind of mental closeness towards persons lost (Klass, 1996) thus arguing against Freud’s position to interrupt them then in case of divorce there is indicated to make the interruption of previous relationship to be successful in making new models of life (Freud, 1917).

As in women narratives there have been mentioned different constructive and destructive aspects of behaviour (for example, destroying of things, attacks together with kind attitude, search for assistance), the question about the role of socially non-accepted behaviour during the post-loss period as well as concerning the degree of what the destructive behaviour influence unsuccessful result of crisis has arisen.

It needs to be investigated more detailed the aspect of natural duration of the crisis to support the individual with assistance necessary for re-establishment of the quality of life – either according the individual tempo of crisis period of the individual (it could last for years sometimes) or according the

defined crisis duration terms (Wortman & Silver, 1987; Lazarus, 1980; Danish & Augelli, 1980; Bite, 2002).

In this study have also been investigated crisis coping categories for women in case of loss caused by death of a close person or divorce. During the analyses of the results have been discovered three crisis coping categories: mental revision, mutual activities and personal resources.

Mental Revision Crisis Coping Category

Mental revision is characterized by several psycho-emotional activities or processes, during which crisis has been revised in mentally. As mentioned by theoreticians of stress theory – also in narratives according this aspect of the research significant place has been gained by different cognitive activities connected with experience of loss (Amato, 2000; Lazarus, 1980).

Significant place belongs to the notion *belief* that reflects in many contexts within narratives – in statements about inability to believe the recent reality and/or in understanding of inability to return back to the situation before the traumatic event has happened. The narratives in general could be characterized by idea what formulated one of the women: “I know that he is dead but do not want to believe it”.

Another significant element of cognitive revision is notion *cognition* – like cognitive activity during the crisis coping process with aim to understand the situation more properly.

The cognition functions like a journey in time of manipulation with time: to run faster than time (which is characterized by search of different relations, seeking for messagers of the traumatic event), return into the past (the repetition of the event happened in minds; attempts to understand the past by emotional returning to the past but simultaneous attempt to observe it from recent point of view (what has happened and why, what could I/he was able to do in different way, whether some other result has been possible), eager wish to stop of the time (moving over to live in world of thoughts, search for answers into woman’s inner world), eternalizing of the time (search for the main existential idea and sense of life). It should be emphasized that “manipulations with time” happens within framework of one narrative in mixed sequence with possible repetition and overlapping.

Within framework of cognition there is reflected relation of cause-result behavioural model, search for guilty person and for responsible person, as well as seeking for return-way back to the past as well as search for possibilities to fulfill the present and future needs.

During the cognitive revision there is also reflected healing. Some cognitive activities (reflections, memories, mental communication with lost person) serve as healing after traumatic event. For example the narrative of one of the respondents reflects tendency periodically to find something what has not been understood completely. In other narrative the healing aspect has been found through purposeful interruption of cognitive activities replacing them with everyday duties. It is the method of “dosage” (defined by Stroebe and Schut (2001)) between intensive approach towards revision of the loss and rest from that, mainly engaging self with other business-like activities allowing for cognitive and emotional rest. The elements of healing also include conscious rely on the course of events.

Another significant element of cognitive activities is *evaluation*. The understanding, gained by it, serves as sense of control over the crisis coping process including uncontrollable aspects.

The positive re-definition (Booth & Amato, 1991) has been developed with reflection, self-analyses and conversations. It is a possibility to look at crisis from another point of view and another perspective, discovering not only sad and shadow aspects of crisis but also positive reflections and acquisition or re-naming the recent moment in more rational way (for example, “now we understand that would be divorced anyway” or “now I can live my own life at last”, “although it is great loss for me – I understand that I have a possibility to continue living”, “no I am counting only on myself” and now I have feeling of freedom).

The elements of mental revision mentioned above make common structure which could correspond to the cyclic processes or stages of different losses (Parkes, 1972; Kubler-Ross, 1969; Cullberg, 2001). Although not considering simple structure of such the models, the development of this process in individual’s life manifests periodically. For example, within the framework of an individual sometimes happened like integration of two opposite poles: approaching - distancing, acceptance - deny, understanding – misunderstanding, etc. (Berman, 1985, Tschan, Johnson & Wallerstein, 1989). For example, “I understand why it has happened...I cannot realize why it has happened especially with me...”.

That is similar according to the constructivity - destructivity. The narrative of one woman reflects that: “...I was in total shock at that moment...on that day when he went away together with children, I took the plank in a shape of fish and in such a status of affect I broke all windows in the kitchen. After

that I only sat down and weep..." and she continues how she has called neighbor having some kind of psychological abilities and she came over, talked to her and thus helped to calm her down.

Such an example reflects the possibility of destructive and constructive similarity. Besides promotes to ask the question – whether the destructive behaviour seems to be as criteria of destructive crisis coping model or it serves as promotional aspect for recovering. In that case it reflects the different place of location off the way of crisis coping – the outlook from which woman realizes the evaluation of crisis.

The Features of the Mental Revision Process

During the process of mental revision of loss several subjective interpretations arise, which belongs to the coping process emphasizes the significance of such the actions and impact on the process and consequences of crisis similarly promoting necessity for further deep investigation of this issue. Taking into account the overlap of the interpretations they can be considered as social conception or specific socio-cultural features (however there is not enough information about it available for now to make such statements in cross-cultural context).

Psychologising – the explanation of recent events (especially in case of divorce) with help of different psychological aspects the central role of which plays the conceptions about consequences as heritage of the past: unfavorable family, the repetition of the family model, consequences of upbringing, the bi-behavioural models of social stereotypes, the history of generation, inheritance of parents, etc. thus laying the responsibility to some other figure not one-self ("Genes repeat – his father did in the same manner. He has been around for some ten years.", "He is afraid to make any relationship with me as he thinks that it will end like with his parents"). Sometimes the psychologisation like this simultaneously ensures the forwarding of the responsibility to hands of seemingly uncontrollable forces.

The psychologisation should be related with general interest of psychology which has become popular during post-socialism as a possible profession and like informative literature and professional opinion (the attempts of journalists to substantiate the written material and supplement it with the comments of psychologist). In the psychological interpretations of women narratives are emphasized the traditional approach of the psychoanalyses which corresponds to the broad recognition of this theory (Reņģe & Austers, 2004) and the general tendency to explain the recent events basing on previous experience (e.g. experience obtained in childhood). It has been interpreted in popular scientific literature as well in mass media and therefore has integrated into consciousness of people.

Psychopatologisation – the explanation of development of events and result with the help of terms of psychiatry. It reflects in self-evaluation ("I have the feeling that I am ill with sizofrenija") as well as according to others ("It seems to be like nightmare...like doubling of personality...like contingent of mental hospital") which approve the use of psychiatric terminology to criticize someone or to humiliate. And it could possibly be the background of concern about mental normality of self ("I am concerned whether I have not become dependent of my reflections which I face every evening).

Search for Intellectual Authorities – besides the intrapsychic activities there are observed search for assistance in **areja** environment. Mainly such assistance is searched among close persons which opinion is significant and who could help to find acceptable explanation of the recent situation, optimal solution and emotional assistance. In specific cases it manifests as characteristic trait of the process – the search for possibilities within framework of despair ("I went to psychologist, psychotherapists, psychiatrists, ekstrasensi, healers...wherever...because I do not have anything to loose"). Such a tendency is characteristic in level of individual – those who search for specialists' help – do it whenever it is possible, but these who do not search for specialists' assistance copes with social resources available in social environment.

Mystification – the search for supernatural. Different signs which symbolizes or foresee the events, different relations. For example search for different signs in nature or animal world which foresee certain situations or events or remain about the past or the person lost. In this case it helps to feel the presence of the lost person ("It was a grasshopper – on the third day after death...my friend also saw it near her home at the same day...and then once again in cemetery – specially for me - to know..."). In some examples mystification helps to distance and divide one-self from possible guilty persons placing them into other dimensions ("She is a witch...person from other dimension..."). Or seeking for irrational explanations to the event which has happened ("One aunt said...in your previous life you have done this so now it is your task...").

Ritualization – different rituals with the purpose to lessen the emotional pain ("I put the candle in the church...", "I had terrible fear and then friend told me to bury mother's bag with all her things inside beside her grave – I did so and soon the fear was gone...I think mummy needed these

things..."). Such socially disputable activities could be explained as attempts to take control over uncontrollable situations, following structurized directions and to overcome unclear situation and adapt to new conditions.

Socialization – adaptation to life in new social environment, that in case of loss of a close person foresees lots of changes. In this context has been emphasized the sense of social control observed in some narratives, which reflect concern about the evaluation from others or correspondence to social norms ("I feel so exhausted...and others are steering at me how I will manage to cope with it...", "I feel that all attention of others is concentrated on me, I needed to prove them that I can manage to cope with it and just smile...", "Maybe I am becoming dependent on my memories?"). That corresponds to tendency of critical evaluation of others and makes a simultaneous search for explanation through the socio-political situation in Latvia which has remained in consciousness strongly since soviet times as well as strong social norms, stereotypes and demands to notice not to become a laughing stock and not to face social and political repressions.

Mutual Activities – it seems like a parallel process to mental revision and includes dynamic action, rely on the process, self-development and search for assistance as well as the "remain" of the lost.

- *Active action* characterizes active work, studies, also physical activities and relaxation (baths), enjoying life (entertainment, parties, alcohol), spending time (meeting with people, reading). All these are actions not corresponding to crisis situation and therefore gives the possibility to rest from emotional experience caused by crisis as well as gives possibility for communication with others as well as help others and to enter new attractive environment. These are concerns of different kind – if there is something to think about there is no necessity to think about the loss. In some aspect such activities seem to be like protest reaction against difficulties and problematic recent situation (Worden, 1991).

- *Rely on the process* – it is characterized by rely on the process of events going on, seemingly longing for solution, but it is indirect reference to the dominant role of mental revision which is rather active by itself (probably unconscious) and requires additional manifestations ("I just took the vacation and did not forced myself to anything...")

- *Self-development* – studies, making new image, self-education – intellectually, visually physically. In some way it is self-evaluation on the background of previous loss ("I just went to hairdresser's...") It seems to be like personal development on the background of life difficulties ("I have closed big door behind my past...", "I understand my faults because it really was impossible for him to live together with such a person like me", "I have gained much more of confidence after divorce...").

- *Search for assistance* from close persons and from different specialists as well as turning to God (belief, church, including garigas pardomas not usually on religious context). In search for assistance highly appreciated is communication, emotional and physical closeness with dear persons – both for receiving assistance and wide spreading it. One of significant aspects seem to be children like a cause to concentrate and continue living as well as like aim for future thus promoting search strength in oneself (Hobfoll, 1995).

Although the effectiveness and usefulness of such the activities in crisis coping categories are widely discussed, the emphasis is laid on tendency and willingness to keep the loss alive, that frequently manifest in women narratives. It also plays significant role in mutual activities – as attempts to keep the lost that in case of grieving could be keeping memory of the lost person, going to graveyard, conversations with others about the person being lost. In case of divorce it is trying to renew usual order in conversations about the ex-spouse as well as planned actions for integration of the lost person into recent life model.

Use of Personal Resources

Simultaneously with mental revision and mutual activities manifests the role of personal resources. The narratives promote the idea about the possible aspects of personality which develop or delay the crisis coping process. Part of them could correspond to the psychological defense mechanism, for example, deny; rationalization, intellectualization; projection; remaking etc. However within that study about their activity the conclusion seems to be indirect without evaluation of its effectiveness and guaranteeing the resultativity of the crisis coping categories.

It has been observed that crisis coping abilities corresponds to the resources of the individual. Several features have been explored in this study that could be interprets as resources of woman's personality. Mainly the helping or disturbing activity of the resources connecting with the style, content/coherence of the narration demonstrate emotional balance of the narrator.

Indications to successful solution of the crisis situation includes the narratives that reflect the possibility to mobilize and take responsibility of the own life ("Our life is completely in our hands..."), ability to distance from problem ("it has happened like this, so – the only way out is to continue living...") as well as optimism and orientation to positive aspects of life ("I do always have feeling that everything is going right way...").

More disorganized narrative is for women who have clear aims in future and optimistic hope ("To my mind – person never could be completely ready to the crisis situation...but – life is going on...", "Life is life – and I understand why it is happening like this").

But more disorganized, chaotic and impetuous narrative was heard by women who feel unsatisfied and emotionally chaotic ("I feel like I have some kind of porridge in my head...and all life through like this...") which is accompanied by inner discomfort, contradictions on the background of inner conflicts.

In several narratives it reflects through hope for others, outer changes, assistance without possibility to change anything (including willingness to develop the outlook at the problem from another point of view). Additionally several narratives manifest that women can mention positive experience gained simultaneously with the loss, although they do not consider and interpret it as something positive. The impetuosity related to future is characterized by inability to rely on future as a good source. But according to the aims, there is observed interruption between desire and reality when dreams are not consequent without any scheme of realization.

On the background of uncompleted relationship characterizing intellectual delay that manifests woman's inner contradictions, different aspects of personality conflicts; manipulative tendencies reflecting lack of honesty towards self and others as well as contradictions of the moral ("It was my revenge...I wanted to revenge all this year...I kept in mind all the time that I should forgive her...").

Besides the resources reflect the influence of the environment – from one side – assisting (giving possibility to travel, relax, to get assistance) from another side burdensome – the social pressure ("Others surrounding me force me to accept feeling I do not have either..."), low income, difficult life conditions, as well as nature conditions (cool and gloomy time winter time).

Discussion

According women narratives and analyses of the interviews, the emotional experience of crisis caused by loss of a close person because of death or divorce reflects as emotional, physiological, cognitive and behavioural manifestations changing in variety and intensity. During crisis, recent should be reflected through emotional, physical, cognitive and behavioral (Potter, 2000) developing in time, periodically reflecting crisis situation (Cullberg, 2001) and simultaneously leading to the solution (Brammer, 1985). According the women narratives, the first reaction which overwhelmed the minds of the woman facing the traumatic event that caused further crisis process was shock (Cullberg, 2001) – as defense mechanism to protect consciousness from traumatic news and give time enough to adapt to the sudden information subsequently (Worden, 1991; Stroebe & Schut, 1999). Such the emotional status remains for some period of time- not as inability to believe (Worden; 1991), but like no willingness to believe. Woman often thinks during that period what she could do better when the event happened and she feels willing to turn life back till that moment. She tries to find relations among different events and feelings, messengers of the event causing crisis. The event are being often analyzed and discussed, as well as there is observed seeking for its idea and meaning ("I know that everybody will sometimes but...I do not understand – why especially him?"). Guessing from narratives a self – consolation develops inner balance for some women ("thoughts like this is like usual drug for me..."), as well as the insistent thoughts seem bothering and disturbing while some prefer physical activities which seem to be a good possibility to rest "cognitively and emotionally" or as defined by Stroebe and Schut (1999) – to use the method of emotional dosage. Thus for some women understanding of the crucial events seemed to ensure the necessary sense of control over recent situation and emotions while for other women the best way for coping is through different everyday and physical activities.

Conceptually this process seems to be like previously described model of phases (Parkes, 1972; Simos, 1979): initial shock status followed by powerful disorganization turning to recovering or reorganization. Although the model seems not to be complicated, it happens in real life periodically changing from one phase to the next one.

Crisis process is accompanied with a sum emotions of broad spectrum coming together with cognitive aspect or subjective evaluation of the source what has caused crisis (subjective definition of a woman) and subjective understanding (Amato, 2000). Crisis is also accompanied with psycho-physiological changes like tiredness, headache, insomnia and eating disturbances (Stroebe & Scut,

1999; Greenstone & Levinston, 1993). As well as manifestations in behaviour which could reflect active action or just the opposite – like idling. Interacting and enriching each other, different manifestations promotes psycho-emotional changes as well as changes in social life thus satisfying the emotional needs actualized by crisis.

Although loss of a close person and divorce cause similar manifestations (as far as it could be characterized as reactions to stress and crisis) and structurally united process of the development of crisis, each kind of them is different not only because of the origin of crises but also according the individual and subjective contents of the event, emotional background, the accents promoted as most significant ones as well as the tasks and the consequences integration into recent life model (Bar-Tur & Levy-Shiff, 2000).

Making the general idea about the situations happening with a woman who has faced emotional experience of loss caused by death of a close person or divorce, it is necessary to get aware and respect possibility of different crisis reactions and necessities, taking into account differences of the concrete kind of loss as well as to get aware the significance of social support in everyday life – respecting the unclear and changeable demands from society and basing the attitude to readiness to accept the reactions of a person facing crisis as natural process.

Similarly as have indicated the crisis theory specialists, also in narratives of this study important role is occupied by different cognitive activities related to the experience of loss caused by death of a close person or divorce (Worden, 1991; Hobfoll, 1995; Amato, 2000). Although the significant role belongs to different activities and resources of personality ensuring more successful choice of crisis coping methods. It is considered that events controlled move towards the use of the problem solving strategy but events which is not under control – to the use of cognitive and emotional strategies (Moos & Schaefer, 1986), other researches discover the resultativeness of both kinds of coping.

The chosen strategies form the multi-component structure which helps faster or slower moving towards emotional recover. Respectively – an individual use several kinds of crisis coping categories and they all-together ensures the development of crisis as a process.

According the results of this study, crisis coping manifests as process requiring for the evaluation of the situation, analyses, acceptance, understanding, re-definition as well as active or passive activities seeking for exit from the recent situation. Crisis coping includes cognitive traveling during time (living in the past, active thinking within the context of recent situation, looking in future); the development of crisis area (trying to get away from environment where the loss have been experienced/to change and fulfill the environment changed by the loss/ to remain the environment in which the loss sequentially gains certain place and role; self-development as well as ensuring of active development process by active participation and influence to the recent situation or not disturbing the development of the situation by itself with active participation; change of the reality (by making it understandable, acceptable, not threatening e.g. – by making a new reality instead of the ruined old one consciously and individually), existential evaluation (search for the meaning and sense of selfness, order of significant aspects and things, life in general as well as that beyond the borders of mind), taking responsibility or forwarding it to someone else (for example, ex-husband, psychologist, God, fate, “bad past”, etc.) and establish control over recent situation which sometimes has seemed to be out of any control (through understanding, ability to change the evaluation of the situation, re-definition of the event happened).

However significant aspect in crisis coping process development seems to be the special ability of the individual to find more appropriate way how to renew emotional balance and stability of everyday life processes. According to Antonovsky: general and global sense of life perception which includes ability to understand oneself and own life, rely on own strengths and to be aware of significance of own life. The sense which helps to understand the surrounding world also in critical moments, promotes to understand the problems faced, to evaluate their significance and find effective ways of coping with them.

Although according the conclusions of this study it would be of importance to conduct more specific investigation both by more detailed qualitative and quantitative researches, as well as for evaluation of the effectiveness of different crisis coping categories for longer period of time and analyzing social norms characteristic to cultural environment accompanying crisis situation.

REFERENCES

1. **Ahrons C.** The Good Divorce. – New York: Harper Collins, 1994.
2. **Amato P. R.** The Consequences of Divorce for Adults and Children // Journal of Marriage and the Family. 2000. Vol. 62.

3. **Aquilera D. C.** Crisis Intervention. Theory and Methodology. The C. V. Mosby Company, 1990.
4. **Bite I., Fenogenova A., Mārtinsone K., Maslovska K., Miltuze A.** Theoretical Background of Understanding of Crisis. LU. – Riga, 2002.
5. **Bard M., Ellison K.** Crisis Intervention and Investigation of Forcible Rape. The Police Chief, May. 1974. No. 41.
6. **Bar-Tur L., Levy-Shiff R.** Coping With Losses and past Trauma in Old Age: the Separation – Individual Perspective // Journal of Personal and Interpersonal Loss. 2000. No. 5.
7. **Booth A., Amato P. R.** Divorce and Psychological Stress // Journal of Health and Social Behaviour. 1991. No. 32.
8. **Brammer L. M.** The helping Relationship: Process and Skills (3-rd ed.). – Engelwood Cliffs, NJ: Prentice Hall, 1985.
9. **Caplan G.** Support Systems and Community Mental Health. – New York: Behavioral Publications, 1964.
10. **Caplan G.** An approach to community Mental health. – New York: Grune & Stratton, 1961.
11. **Danish S. J., D'Augelli R. A.** Promoting Competence and Enhancing Development Through Life Development Intervention // L. A. Bond & J. C. Rosen (eds.). Competence and Coping During Adulthood. – Hannover, New Hampshire: University Press of New England, 1980.
12. **Davies L., Avison W. R., McAlpine D. D.** Significant Life Experiences and Depression Among Single and Married Mothers // Journals of Marriage and the Family. 1997. No. 59.
13. **Demio D. H., Acock A. C.** Motherhood, Marriage and Remarriage: The Effects of Family Structure and Family Relationships on Mother's Well-being // Journal of family issues. 1996. No. 17.
14. **Freud A.** The Ego and The mechanisms of Defense. – USA: International Universities Press, 1966.
15. **Fenogenova A., Maslovska K., Miltuze A., Bite I., Mārtinsone K.** Crisis: Historically Theoretical Aspects. JUMI. – Riga, 2001.
16. **Freud S.** Mourning and Melancholia. The standard edition of the complete works of Sigmund Freud. – London: Hogarth Press, 1917. Vol. 14.
17. **Gray J. D. & Silver R. C.** Opposite Sides of the Same Coin: Former Spouses Divergent Perspectives in Coping With Their Divorce // Journal of Personality and Social Psychology. 1990. No. 59.
18. **Greenstone J. L. & Leviton S. C.** Elements of Crisis Intervention: Crisis and How to Respond to Them. – Pacific Grove, CA: Brooks/Cole Publishing Co, 1993.
19. **Hobfoll S.** Stress, culture and Community. The psychology and Philosophy of Stress. – London, 1995.
20. **Holmes T. H., Rahe R. H.** The Social Readjustment Rating Scale // Journal of Psychosomatic Research. 1967. No. 11.
21. **Janosik E. H.** Crisis Counselling: A Contemporary Approach. – Monterey, CA: Wadsworth Health Sciences Division, 1984.
22. **Kitson G. C.** Portrait of Divorce: Adjustment to Marital Breakdown. – New York: Guilford Press, 1992.
23. **Klass D., Silverman P. R. & Nickman S. L.** (eds). Continuing Bonds: New Understanding of Grief. – Washington: Taylor & Francis, 1996.
24. **Kubler-Ross E.** On Death and Dying. – New York: Macmillan Publishing Co. Inc, 1969.
25. **Kulbergs J.** Krīze un attīstība. – Liepāja: LPA, 1992/1998.
26. **Kressel K.** Patterns of Coping in Divorce // R. H. Moss, J. A. Schaefer (1986). Coping with Life Crisis. An Integrated Approach. – New York: Plenum Press, 1986.
27. **Lazarus R. S.** The Stress and Coping Paradigm // L. A. Bond and R. C. Rosen (eds). Competence and Coping During Adulthood. – New Hampshire: University Press of New England, 1980.
28. **Malkinson R.** Cognitive Behavioral Grief Therapy // Journal of Rational-Emotive and Cognitive-Behaviour Therapy. 1996. No. 14.
29. **Marks N. E. & Lambert J. D.** Marital Status Continuity and Change Among Young and Midlife Adults // Journal of Family Issues. 1998. No. 19.
30. **Mārtinsone K., Bite I., Miltuze A., Upmane A., Maslovska K.** Stress Coping Strategies and Sense of Coherence for Women With Diverse Experience of Loss. LU. – Riga, 2004.
31. **Miltuze A., Maslovska K., Mārtinsone K., Fenogenova A.** Emotional Experience after Loss: Common and Diverse Aspects in Case of Loss Caused by Death of a Close Person or Divorce / Actual Problems in Psychology: Theory and Practice. JUMI. – Riga, 2001. Vol. 1.
32. **Moss R. H. & Schaefer J. A.** Developmental Life Transitions: Divorce and Remarriage // R. H. Moss, J. A. Schaefer. Coping With Life Crises. An Integrated Approach. – New York: Plenum Press, 1986.
33. **Parad H. J.** Crisis Intervention: Yesterday, Today and Tomorrow // Punukollu NR, editor. Recent Advances in Crisis Intervention. Vol. I. – Thundersfield: International Institute of Crisis Intervention, 1992.
34. **Parkes C.** Bereavement: Studies of Grief in Adult Life. – New York: International Universities Press, 1972.
35. **Potter D.** Critical Incident Stress Management. Manual. ICISF, USA, 2000.
36. **Reņģe V. & Austers I.** The social understanding of science by lecturers and students. Latv. - Latvijas augstskolu pasniedzēju un studentu sociālie priekšstati par zinātni, 2004.
37. **Roberts A.** Crisis Intervention Handbook. – USA: California, 1990.
38. **Robinson P. J., Flemming S.** Differentiating grief and Depression. Bereavement Care: Hospice and Community Based Services. – Canada: The Haworth Press, 1989.
39. **Rosenblatt P. C.** Grief: The Social Context of Private Feelings // M. S. Stroebe, W. Stroebe & R. O. Hadson (ed.). Handbook of Bereavement. – New York; Cambridge University Press, 1993.

40. **Ross C. E.** Reconceptualizing Marital Status as a Continuum of Social Attachment // Journal of Marriage and the Family. 1995. No. 57.
41. **Simons B. G.** A Time to Grieve. Loss as a Universal Human Experience. – New York: Family Service Association of America, 1979.
42. **Simons B. G.** A Time to Grieve. Loss as a Universal Human Experience. – New York: Family Service Association of America, 1979.
43. **Shapiro A. M.** Explaining Psychological Distress in a Sample of Remarried and Divorced Persons // Journal of Family Issues. 1996. No. 17.
44. **Schulberg H. C., Scheldon A.** The Probability of Crisis and Strategies for Preventive Intervention. Archives of General Psychiatry. 1968. No. 18.
45. Smead V. S. Best Practices in Crisis Intervention // A. Thomas & J. Grimes (eds.). Best Practices in School Psychology. – Washington, D. C.: National Association of School Psychologists, 1988.
46. **Stroebe M. & Schut H.** Models of Coping With Bereavement: A Review // Handbook of Bereavement research. Consequences, Coping and Care. APA. – Washington, D. C., 2001.
47. **Stroebe M., Schut H.** The Dual Process Model of Coping With Bereavement: Rationale and Description. Death Studies. 1999. No. 23.
48. **Swanson W., Carbon J.** Crisis Intervention: Theory and Technique // Treatments of Psychiatric Disorders: A Task Force Report of the American Psychiatric Association. American Psychiatric Association. – Washington, D. C., 1989. Vol. 3.
49. **Wheaton B.** Life Transitions, Role Histories and Mental Health. American Sociological Review. 1990. No. 55.
50. **Weiss R. S.** The Emotional Impact of Marital Separation // Journal of Social Issues. 1976. No. 32.
51. **Worden J. W.** Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. – New York: Springer Publishing Company, 1991.
52. **Webb N. B.** Assessment of the Child in Crisis // Play Therapy With Children in Crisis, Ed. by Webb N. B. The Guilford Press, 1991.

NETEKTŲ PATYRUSIŲ LATVIJOS MOTERŲ EMOCINĖS PATIRTIES IR KRIZĖS ĮVEIKIMO BENDRIEJI IR SKIRIAMIEJI ASPEKTAI

Martinsone Kristine, Maslovska Kristine, Bite Ieva,

Miltuze Anika, Upmane Anda

Latvijos universitetas, Latvija

Santrauka

Straipsnyje aptariamas kokybinis tyrimas, kuriuo siekta išsiaiškinti netektį patyrusių moterų emocinius išgyvenimus, taip pat nustatyti netekties sukeltos krizės įveikimo strategijas, kurias atskleidžia moterų pasakojimų kategorijos.

Tirti emociniai, kognityviniai, fiziniai bei elgesio pokyčiai, būdingi moterims, patyrusioms netektį.

Surinkta informacija leidžia atskleisti bendruosius ir skiriamuosius emocinės patirties ir krizės įveikimo aspektus. Nustatyti esminiai kontekstiniai skirtumai, būdingi gedėjimo ir skrybų išgyvenimams.

Remiantis hermeneutikos principais, išskirtos trys krizės įvardijimo ir įveikimo būdų kategorijos: mentalinis koregavimas, asmeninių išteklių aktyvinimas ir panaudojimas siekiant susilpninti išgyvenimus. Šias kategorijas atitinkančių elgesio ir nuostatų subsystemų, kurios laipsniškai jungiamos į vientisą, reagavimą į krizę lemiančią sistemą, sukūrimas leidžia sėkmingai įveikti krizę.

Moterų emocinės patirties įveikiant krizes tyrimas rodo, kad krizė yra įvairialypis vyksmas, kurio įveikimas gali būti aprašytas savitomis kategorijomis. Jas žymintys procesai padeda arba stabdo krizės, sukeltos netekties, įveikimą.

Pagrindinės sąvokos: emocinė patirtis, krizės įveikimas, netekties išgyvenimas, praradimas, mirtis, skrybos, pasakojimas.