



Research Article

Qualitative Analysis of Relationship between Post Traumatic Growth, Spirituality and Psychological Wellbeing Towards Grief

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Abstract

Objective: The major objective of this study is to explore the concept of Grief on Post Traumatic Growth and its relationship with spirituality and psychological well-being that helps an individual to come out of grief.

Methods: An open unstructured interview guideline was established keeping in view the literature and social norms. Interviews were conducted with 29 widows through random purposive sampling whose husband died due to national cause and more than two years have been passed, having no physical or psychological illness. The problems and issues during their grief phase were explored and the elements that helped them to move back towards normal life were explored.

Results: Results revealed that loss of a partner leads to emotional difficulties that involve torment and turmoil, which further add up to crying and stress as well as financial issues, as one has to look after household and children's expenditure related to education, medical and daily routine requirements.

Conclusion: Martyrdom is the Sacrifice of Life in the service of Allah. From the very beginning it is explained that religiosity or spiritual healing is not linked with a particular religion. Islamic belief and its practices fill Muslims with security and peace as well as with optimistic regard for life with looking into full human reality. Spirituality and psychological well-being, along with growth factors, are some positive learning aspects that come as a result of grief. Further research can be done to explore other positive factors that are experienced as a result of grief.

Keywords: post traumatic growth, grief, widow, shaheed, psychological wellbeing, and spirituality/religiosity

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1 INTRODUCTION

1.1 Grief

The two terms i.e., trauma and grief are widely used in literature where grief is defined as the loss of a loved

ones and its theory focuses on the process of mourning, its various dimensions and the stages that involves the detachment of a bereaved individual from the deceased whereas the literature of trauma focuses on the responses

of an individual towards life threatening events^[1]. Although most of the theories didn't define the timeline however, they are of this view that the time duration of 1 to 2 years is required for the normal grieving process and the first stage normally lasts for 4 to 6 weeks^[2,3]. The next stage is extended to several months that is characterized by disparity and incompetence^[4]. After the second stage there comes a time when a person comes in contact with reality and he has to live and work and move on in an environment without the deceased person and thus develops a new sense of past relationship^[5,6].

1.2 Grief and post Traumatic Growth

Although there is a lot of work done on grief however the area related to empirical evidence of how grief works, its theoretical presentation and the treatment related to it is still very weak^[7]. Once grief period is over, the individual experience positive changes and these positive changes refer to mental health life of an individual after experiencing adverse situation is termed as growth^[8]. These positive changes include good relationship with others, better understanding about ways of life, close relationship with God, positive growth, openness towards new experiences, strengthening good skills and many more^[9]. The study of post traumatic growth is not only observed in adults but this phenomenon is also studied in adolescents and it have been given great importance^[10]. However, most of the researchers are of this view that growth is a long process and it takes time to emerge^[11]. With grief, there comes other positive aspects that help individuals to move forward and to accept reality. However, there are some approaches who are in support of this view that cognitive-behavioural approaches are the most effective in dealing with the grief^[12,13].

Although there is a lot of work done on grief however the area related to empirical evidence of how grief works, its theoretical presentation and the treatment related to it is still very weak^[7]. The model of postromantic growth has received much importance and empirical evidence in a large number of events including natural disasters or traumas as well as manmade disasters for examples war, earthquake, death of a loved ones, abuse, etc^[14,15]. Forces play an independent role in maintaining country's peace and in prevalence of society's synchronization and harmony. They sacrifice their lives for the love of their country. Whenever any personnel who dies for country cause and get Martyred, they left behind their grieved families including wife, children, parents and siblings.

Therefore, the main purpose of doing this study is to understand the factors that help them to come out of this grief and move forward in their life. They have to face different problems in their life that may be psychological, emotional or social/financial. Therefore, it is very important to assess those problems and to help them to come out of this situation and to move towards positive direction.

This will also help in future to make some intervention plan for Martyr's families that can be implemented into different counselling centres and hospitals settings or an awareness program can be played in form of different seminars, webinars, conferences, workshops etc. so that their psychological, social and emotional issues can also be addressed.

Shaheed's families especially spouse plays an important role in our society. The aim of this study is to understand the psychological and social issues that are faced by them after the Martyrdom of their husband and to also understand the Growth factors that help them to move forward in their life. The wives of Shaheed's who have sacrificed their life purely for the country's sake were interviewed to understand their needs and psychological issues they face in Pakistani society. One of the major advantages of doing such studies is that these studies help in future to prepare some effective remedies and to provide support and care in the long run^[16].

Many researchers have studied the effects of post traumatic growth on different variables including different samples in order to observe the mechanism of growth. Research was being done on cancer patients to observe the phenomenon of growth and the objective of doing this research was to see the effect of defense style and mechanism on post traumatic growth. For this purpose, 95 cancer patients including man and woman participated having age range of 12-72. The criteria of selection were those whose diagnosis of cancer consisted of 67 months, they have experienced surgery and chemotherapy and are not in stage 4. For this posttraumatic growth inventory and defense style questionnaire was used. Results showed that growth is more positive when healthy defense styles and mechanisms are being used^[17].

A large number of investigations have done to find out that the experience of loss and bereavement and other stressful life events has led to many positive outcomes^[18,19]. Many procedures were introduced in the past to measure the growth factor including qualitative and quantitative methods for example Joseph et al., had introduced *Changes in Outlook Questionnaire* in 1993. Similarly, Parkes^[6] had introduced their findings in the form of *Stress Related Growth Scale*. One of the major widely used scale i.e. *Post Traumatic Growth Inventory* was introduced by Tedeschi and Calhoun in 1996.

Many evidences have been provided that individuals who bereaved or coping with loss experience many positive changes which are termed as posttraumatic growth^[20-22]. The presence of growth doesn't mean that the effect of negative thoughts and psychological issues disappears or minimizes, it's just that the presence of growth takes place in the context of significant distressful life event and thus it

helps to divert attention of an individual from negative to positive changes^[23].

1.3 Spirituality and Post Traumatic Growth

Although growth can take place in any dimensions and in any direction but it is not specifically related to religious boundaries or being spiritual^[24,25] however these elements might help in increasing the positive attitude towards life by adding meaning and sense to it^[26]. For example, in a study Znoj^[27] found that among many copings' strategies spirituality is considered to be the most important predictor in moving towards growth. Another research was carried out and it was being tested that spirituality is considered to be at the top of list among growth factors^[28]. Another important reason of increased religiosity is explained by Cait in 2004. According to him one of the major reasons that religiosity is one of the important factors is because the person might want to maintain the bonding with the deceased person and therefore more focus and priority is given to the religious or spiritual factor.

A soldier is responsible for the safety and security of the whole nation. It is his duty to serve the whole nation till his last breath but if unfortunately, the soldier dies, his family faces all the consequences including a range of behaviors and emotions^[29]. If the soldier is killed in the battlefield and becomes a martyr then the military families come across a number of different kinds of problems. Military families suffer when their parent/husband/wife is killed in the battlefield. Due to which the family sees all the consequences, it becomes very difficult for the family to cope up with the situation and live normally. Women and children both face hardships^[30].

Available professional and scientific literature reveals a drift of examination of religious involvement, praying the five daily prayers every day from a psychological lens. The relationship between religious involvement and mental stability has remained outside the main interest of psychologist who are engaged in studying trauma and posttraumatic consequences from other angles^[31]. There are only few research studies on Muslim based religious practices and their stress reduction and life enhancing qualities^[32]. One of the first done by Chistic^[33] has been focused on Sufi practices and their therapeutic efficacy. He discusses in his study both the spiritual and physical enhancing aspect of Muslim ritual prayers.

Martyrdom is the Sacrifice of Life in the service of Allah. Its award is therefore even greater than that of an ordinary good life. The Martyr's sins are forgiven by the very act of Martyrdom, which implies service and self-surrender in the highest sense of the word, Allah knows all his past but will forbear for calling him to account the things that should strictly come to his account. "Then fight in the cause of Allah, and know that Allah Heareth and knoweth all things"

(Surah Al-Baqra: Ayat 244).

The concept of Shahadat takes on all the worries, problems and grief of a widow, her son, her daughter and the family members. This is the concept under the umbrella of which they are brought up in the society with honor, dignity and pride. Though the faith, strength of belief and above all the state responsibilities towards Shaheed are compensation to make the life of left behind an honorable living, still the challenges are numerous. Widowhood often changes the social and economic roles of women in the household and community, besides altering the structure of family. This has a major impact not only on the women themselves but society in general. The impact differs according to culture and society.

"Nay, seek (Allah's) help with patience, perseverance and prayer. It is indeed hard, except to those who are humble" (Surah Al Baqra, Ayat 45). The Arabic word 'Sabr' implies many shades of meaning, which it is impossible to comprehend in one English word. It implies patience in the sense of being through; patience perseverance, constancy, steadfastness, firmness of purpose, systematic as opposed to spasmodic or chance action; a cheerful attitude of resignation and understanding in sorrow, defeat or suffering as opposed to murmuring or rebellion, but saved from more passivity or listlessness by the element of constancy or steadfastness.

1.4 Psychological Wellbeing

According to different researches PTG is connected with the development of new assumptions which help an individual to move towards psychological wellbeing^[34,35]. Psychological Wellbeing is the most important aspect of one's life that influences our personality^[36]. Effective coping style of personality plays an important role in dealing with stressful life events and how a person cope with stress depends upon personality characteristics in moving towards growth^[37]. Adolescents are given importance along with adults and older people because adolescents are considered to be more vulnerable when facing adverse situation. They face many challenges relating to their emotional, physical, social as well as cognitive level thus answering the demands they meet in their new environment^[38].

Ryff in 2017 gave the model of psychological wellbeing showing six domains including autonomy which means that a person is self-confident and have set clear goals for himself; environmental mastery that explains that a person has the ability to modify his environment according to his needs and values; personal growth which states that a person has set his standards and he has the capability for growth in different directions; positive relation with others which states that he has the ability to show concern and empathy for others; purpose in life that is he is able to direct his life in some defined direction or according to his beliefs

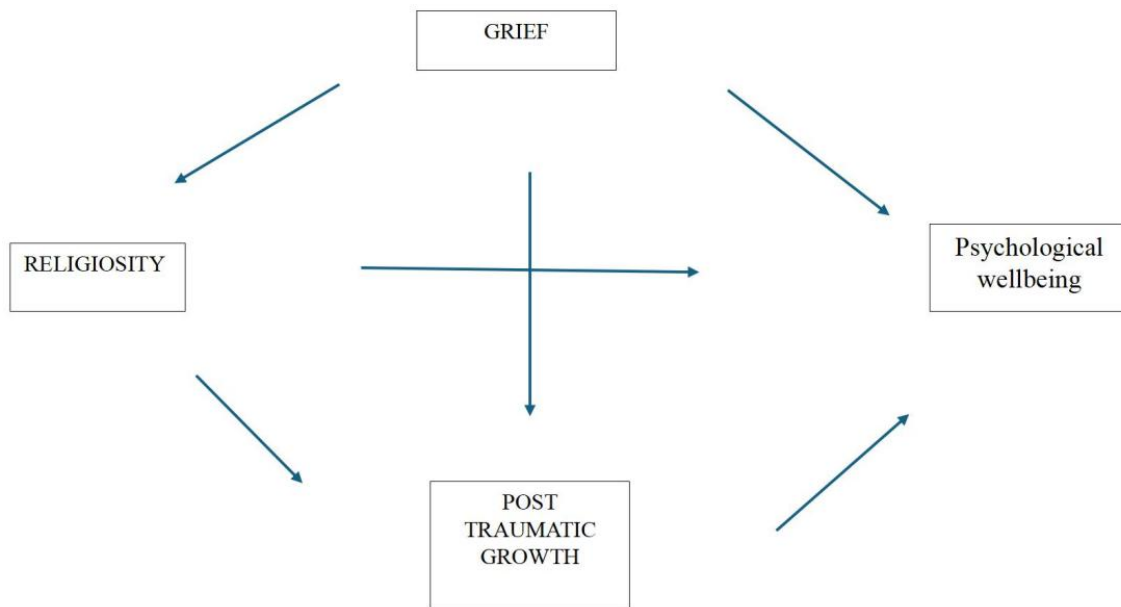


Figure 1. The Conceptual Framework of Our Study.

and in the end the last domain is life acceptance that is he is positive in his approach and is able to accept the life realities in realistic and truthful manner^[39].

Therefore, on basis of above discussion following model was proposed which shows that grief leads to post traumatic growth and factors that helps in growth is spirituality as a result of which psychological wellbeing is enhanced. All factors are interlinked leading to one another. It is important to study sudden traumatic grief especially sudden death of a person in order to get a clearer picture of adverse grief reactions^[40]. Therefore, one of the reasons of using this theory and concept is that it is testified and validated and can be used in society for better growth and development. It has also been observed that PTG occurs only in response to some very stressful event having high severity level^[41]. The sample therefore is appropriate and useful for further research and future implications. (Figure 1)

1.5 Rationale of the Study

Armed Forces play an independent role in maintaining country's peace and in prevalence of society's synchronization and harmony. They sacrifice their lives for the love of their country. Their dealing with terrorism as well as with enemies on border areas is remarkable. These armed forces not only help in fighting against enemies, they are also one of the strong powers to deal with natural disasters and calamities. Their sacrifices on border areas, in snowfall areas, on mountains and deserts, in air or under water are all the best circumstances to explain their professionalism and expertise in their areas. Where man in armed forces play an important role in dealing with targets and those who are working against their country, their families also play an important role especially their wives. Therefore, the main purpose of doing this study is to understand the factors that help them to come out of

this grief and move forward in their life. They have to face different problems in their life that may be psychological, emotional or social/financial. Therefore, it is very important to assess those problems and to help them to come out of this situation and to move towards positive direction.

2 MATERIALS AND METHODS

Major objective of this study is to explore the concept of Grief and Post Traumatic Growth (PTG) and their relationship with religiosity and psychological well being that helps an individual to come out of grief and to move towards growth.

Although grief and stress related to posttraumatic event decreases with time^[42] however the major adjustment issues and sufferings are faced by wife and children of Shaheed's as they have to face settlement issues without having a man figure in their home. This leads to major void and gap in their life as they have to deal with their grief positively for the sake of their country as well as their families. They have to face different problems in their life that may be psychological, emotional or social/financial. Many researches have pointed out the fact that although there is growth after distress but the level of growth or the dimensions of growth are still not completely tested^[43]. Therefore, it is very important to assess those problems and to help them to come out of this situation and to move towards positive direction.

2.1 Objectives

The main objective of present study was to assess the effect of trauma that is death of a spouse due to national cause on the growth of an individual and to identify the psycho-social factors that an individual has experienced during grief and all the related factors that help an individual to move forward in life. More specifically, this study

Table 1. Means and Standard Deviation of Demographic Characteristics

Demographic Variables	M	SD	Range
Age	44.03	8.13	31-65
Years passed when husband died	8.82	5.21	3-35
Years of marriage	9.21	4.65	1-25
Income	56516	13390.40	16000-85000
Family count	4.98	1.42	3-9

Notes: M=mean; SD=standard deviation.

concentrated on following objectives mentioned below:

- (1) Exploration and generation of new themes related to PTG.
- (2) To find out the psychosocial factors that help an individual to come out of grief and to move towards growth.
- (3) The role of spirituality in post traumatic growth.

2.2 Research Design

This research design was based on qualitative data through purposeful sampling. It started with the qualitative part which included open ended questionnaire having interviews representing the sample of general population and to identify the facts. Collection of data was done which included open ended questionnaire having interviews and then led to thematic analysis. Different themes were extracted related to interviews and psychosocial factors were explored.

2.3 Sample

The sample consisted of 29 wives of Shaheed Army officers who died in war/blasts or in battlefield for the cause of country. Most sample was taken when three to four years of the event has been passed because most of the individuals went through the phase of bereavement and they are able to talk about their loss and to memorize the past events^[44].

2.4 Procedure

This research was conducted by using open ended questionnaire in order to explore the psychosocial factors related to growth and the problems faced at time of grief. Sample taken was 29 widows of Shaheed who died for national cause and have sacrificed their life for country. First of all, data was collected by taking permission from the Military and data of Shaheed's directory was taken. The list was provided of Martyr's families having their date of death, address, phone no and other details. Then wives of Shaheed were contacted through telephone and their permission was taken for interview. Existing literature review and extensive research on factors related to PTG were studied and then an interview guideline was prepared. This interview guideline consisted of semi structured questions and open ended so that a large number of information can be extracted from an interview for further analyzation. Some face-to-face interviews were organized and some telephonic interviews were conducted. They were

also given toll free numbers in the end if they want to come for counseling.

2.5 Instrument

The instruments used in this study are demographic sheet which included age, occupation, education, marital status, pay scale, family count, children count, any physical disease and other variable including the year when husband died and how many years have been passed when you get married and husband died. Along with that Interview Guideline was used having open ended questionnaire to explore the psychosocial factors. Sample of interview guideline is presented in instrument section.

There were following instruments used in the study.

2.6 Demographic Sheet

It included age, occupation, education, marital status (widowed, remarried), pay scale, family count (people living at home), children count, any physical disease and other variable including the year when husband died and how many years have been passed when you get married and husband died.

The demographic sheet included age, occupation, education, marital status, pay scale, family count, children count, any physical disease and other variable including the year when husband died and how many years have been passed when you get married and husband died. All these demographics were identified from extensive literature review and other researches. (Table 1)

Above table shows the demographic variables which were not categorized. Their mean and standard deviation was found out. Further they were categorized into different groups for hypothesis testing. Age was categorized into two groups i.e. 31-43 and 44-65. Similarly, years passed when husband died was categorized into 3-7 years and 8-35 years. Duration of marriage was categorized into 1-8 and 9-25 years.

2.7 Interview Guideline

It included questions related to life after the death of husband. It was conducted in four steps. Firstly consent was taken from interviewee for conducting the interview by sharing the purpose of this research. In the start warm up

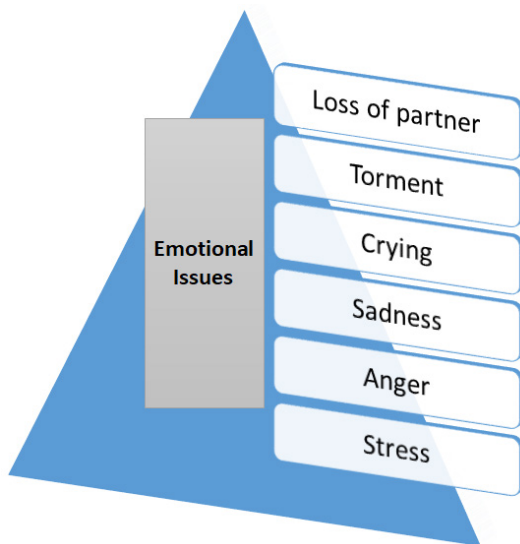


Figure 2. Major Theme is Emotional Issues and Sub Themes Faced by an Individual in Grief.

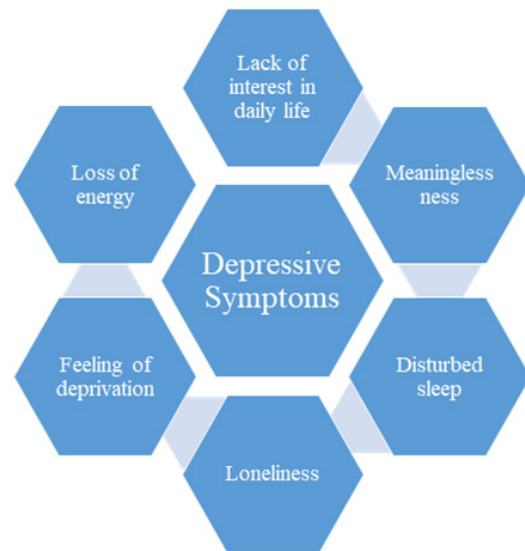


Figure 3. Subthemes Related to Depressive Symptoms in Grief.

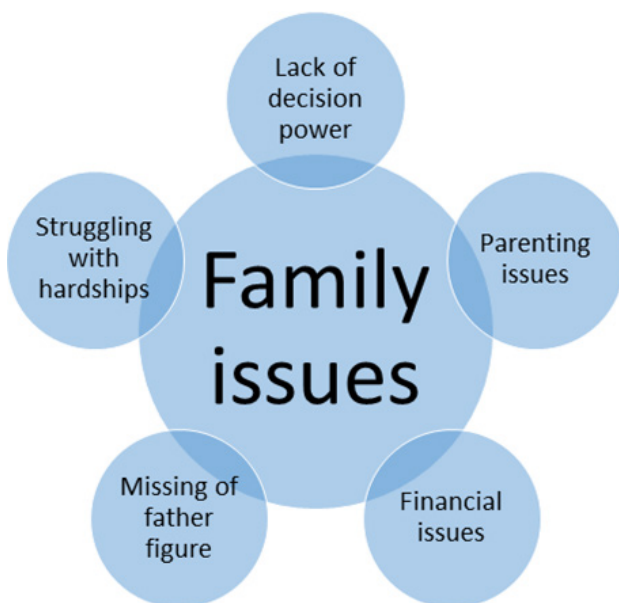


Figure 4. Sub-themes Related to Family Issues.

questions for rapport building and so that the interviewee can feel at ease. Secondly detailed introduction was done regarding our purpose of research. Thirdly keeping in consideration the literature review, questions were devised. Questions were open ended and in simple language. In the end her consent was taken regarding the recording of the interview. She was asked to leave the interview at any time if she doesn't feel comfortable. Duration of this interview was 15-20 minutes.

2.8 Ethical Consideration

Since the topic was very sensitive and it could cause emotional disturbance for interviewee, therefore counseling and appreciation was done side by side throughout the interview. Also, toll-free numbers of university counseling center were shared if interviewee needs any help and support and for counseling purpose. She was also ensured that her answers will be treated with great confidentiality

and no names or ranks or any personal information will be exposed. Special permission was taken from ethical review board of university for research conduction.

3 RESULTS

3.1 Thematic Analysis

After data collection using open ended interviews, thematic analysis was done to identify, analyze and interpret patterns as it's a useful method to understand people's views and experiences. Different steps were followed which includes transcribing the data, thorough reading of data again and again, taking notes of selective information and in the end categorizing or coding the information into different themes and subthemes. Following themes were related to grief. (Figure 2)

The following table and figure show that an individual faces different emotional issues. Verbatim of Shaheed's wife were: ینارپ - ے اتاج آنور رپ روتاب یٹوہج یٹوہج گج رے ایک دنواخ۔ ے اتوہ سادا لد رکاج رپ روجگج - ے یٹوہ سوسحم - Loss of partner leads to emotional difficulties that involves torment and turmoil which further ads up to crying and stress. An individual also faces anger and sadness due to loss of partner. (Figure 3)

The above information showed that an individual experiences depressive symptoms in time of grief which involves meaninglessness in life. Verbatim of an individual were: ے اتوہ سوسحم - ے یٹوہ ھٹ گج کیا یگدنز - ے الیکا۔ ے ایک تدب ریم یگدنز - ے یٹوہ متخ ایند - ے اتوہ سوسحم. There is disturbed sleep and an individual feel lonely and deprived. He lost his interest in daily life activities and experiences loss of energy in life. (Figure 4)

The above table showed that after the death of a husband, the wife experiences different family issues relating to herself and children. Being a single parent, mother has

Themes related to Post Traumatic Growth

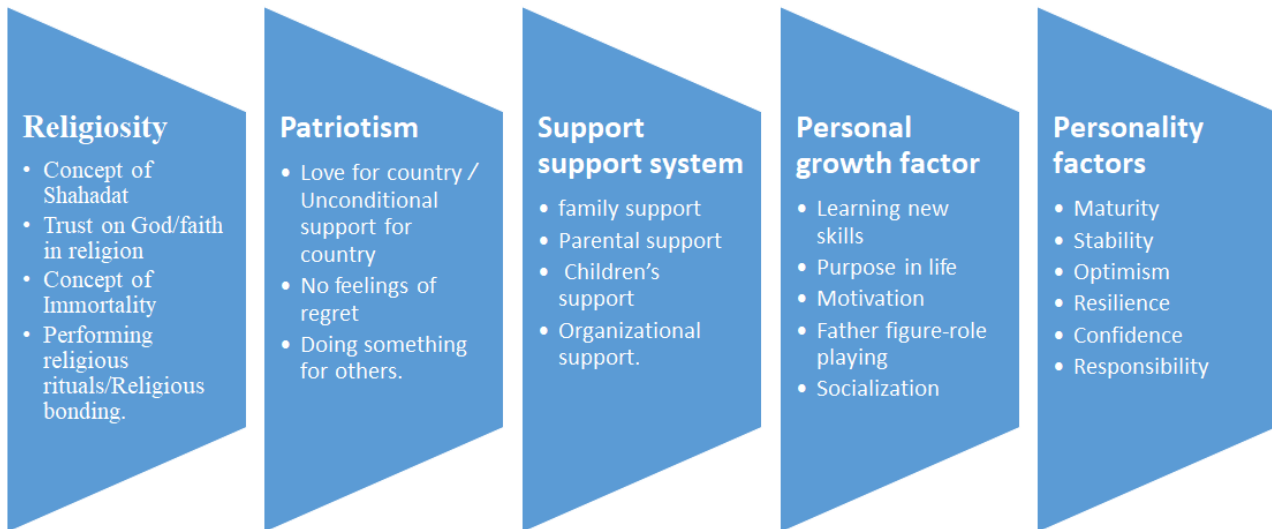


Figure 5. Sub-themes Related to Religiosity.

to face different parenting issues as the father figure has been missed and she has to play role of both father and mother (۔ے یتوہ سوسحم گج رہ یمک یک پاب). There are different financial issues as she has to look after household well as children's expenditure related to education, medical and daily routine requirements (مدایز یمک تالکشم یم). The individual also faces different hardships in life with which she tries to struggle and also feel lack of power to make any decisions (ملصیف رپ روگج یم تب). (۔ے یتا شپ لکشم یم ینرک) (Figure 5)

The above table shows the verbatim of subtheme of religiosity i.e. concept of Shahadat in which the interviewee shared different thoughts related to Shahadat of husband (بج درف رہ اک نادناخ سا وت ے اتوہ دیہش درف کیا اک نادناخ درف ے اتوہ اترک اعد ے ے ے یک تداش یم ے ے یمک موپ یک دیہش ے یم گول بج) that help her to move forward towards growth (۔ے اتوہ سوسحم رخف تب رک نس یم). These verbatim were that she felt proud of shahadat of her husband because God has chosen her husband for this obligation (کشر ے یم). (ان ے ے ے یک تداش وک دنواخ یم ین مللا مک ے اتوہ)

4 DISCUSSION

Post Traumatic Growth PTG is a term firstly introduced by Tedeschi and Calhoun which is defined as positive psychological change after experiencing adverse life challenging situation^[8]. Most people in the studies of Post Traumatic Growth shared that they experience personal strength i.e. increase motivation and increased capacity in dealing with stress and strong and intimate relationship with family and friends^[45]. This term is also defined as stress related growth by Hefferon and Boniwell^[46].

Thematic analysis generated different items from the verbatim of respondents. It contained information regarding the factors that help an individual psychologically and

socially to come out of the grief and to move towards the growth. Those items included the power of an individual to submit himself to the will of Allah, the level of sincerity of a person with his country, the level of support they get from their relatives, friends and families and organizational support in the form of monetary basis and other financial matters which adds up to the level of growth to achieve contented and satisfied life.

Many individuals face certain life events that are traumatic or have an adverse effect on individual's life^[47]. In these traumatic events it almost takes 12-24 months for an individual to recover back from that traumatic event^[48]. Silverman has observed that conjugal loss may also initiate a process that can lead to 'dramatic growth or a quiet reorientation'^[49]. Golan^[50] has also described the process of moving from "being a wife to being a widow to being a woman". This means that a widow must first accept the reality of loss, signifying that she is no longer someone's wife in Golan's opinion, however growth really occurs when the widow gives up her views of herself as a "partner less half" and strives to enhance her sense of individuality. In our society the "sympathy factor" plays a pivotal role in the behavioral changes of a widow and her children.

Martyrdom is the Sacrifice of Life in the service of Allah. Its award is therefore even greater than that of an ordinary good life. The Martyr's sins are forgiven by the very act of Martyrdom, which implies service and self-surrender in the highest sense of the word, Allah knows all his past but will forbear for calling him to account the kings that should strictly come to his account. "Then fight in the cause of Allah, and know that Allah Heareth and knoweth all things" (Surah Al-Baqra: Ayat 244). Spiritual beliefs help in converting loss into purpose. Prayers, meditation and religious rituals like prayer or Salah helps in acceptance and

predicts long term growth which is consistent with Tedeschi and Calhoun Model that shows higher spiritual well-being predicts growth in spiritual change and appreciation in life^[51].

From the very beginning it is explained that religiosity or spiritual healing is not linked with a particular religion. The word 'Spiritual' originates from the Latin word Spiritism meaning 'breath of life'. The spiritual aspect refers to spiritual energy working at a deep level on our spiritual being. The healing involves the transfer of energy; in other words, means it is not from the healer himself but the healer links with the 'universal of divine energy' to channel healing for the mind, body and spirit^[52].

Islam is not religion only, but holistic life system of rules for individual as well as for human community which completely initiate on to all aspects of healthy somatic and mental life. Islamic belief and its practices fill up Muslims with security and peace as well as with optimistic regards on to life with looking in to full human reality. The common feedback is that widows are normally not interested to take on new ventures or initiatives. This is mainly due to their commitment to children which is one of the toughest and most fulfilling's job. The challenges faced by a widow i.e. economic, insecurity, inheritance right and sometime indifferent attitude of family and other extraordinary pressures keep them so absorbed that they even cannot think of new initiatives. Thus, purpose in life and self-acceptance leads to positive change and adds in more personal strength and new possibilities^[53].

The other factor is that the widows seem to be satisfied with the present life. Now she has passed the painfully vulnerable period of his life and after addressing her immediate needs such as death benefits, insurances, inheritance settlements, streamlining schooling process for the children and above all accepting all the challenges, fears now she looks satisfied. The development of positive mental attitude towards love, loss and life helps her to combat the crisis. The focus on her limited objectives and smooth setting, now she is contented to the present.

The widows are of the opinion that with the added responsibilities now they have realization of purpose of their life. Besides being heartbroken, she is faced with the challenges of how to deal with certain problems that arose and becomes convinced that she has to deal all of these by "herself". She is adjusting herself to a new challenging life with her children. The top on the line is own personal evolution and realization of a new reality as a single woman. Now when a widow is living by herself with host of challenges which she never thought of and evading through the deep sea, she really come to know her worth. The realization that your thoughts are inside you and you can bring the change the way you want it. These factors led

to growth, psychological wellbeing and adds spirituality/ religiosity in order to overcome grief.

5 CONCLUSION

The purpose of this study was to assess the relationship between post traumatic growth, religiosity/spirituality and psychological wellbeing towards grief. 29 wives of Shaheed soldiers/ any personnel's who died in war or suicide bombing were interviewed about grief and what elements help them to come out of this grief. Different depressive symptoms, emotional issues and family related issues were shared and apart of them what help them in healing is their motivation to move forward and their strong connection with self as well as with God.

This article has explored the relationship between grief and growth and role of religiosity or spirituality. Many researches have tended to explore the relation between growth and spirituality. In Islamic society it is believed that Islamic religious coping including prayer, recitation of Quran or Salah is strongly associated with post traumatic growth and resilience^[54]. The death of a husband is well recognized as an emotionally devastating event, being ranked on life event scale as the most stressful of all possible losses. The intensity and persistence of the pain associated with this type of bereavement is thought to be due to emotional valence of marital bonds linking husband and wife to each other. After the death of spouse, a widow feels insecure and unsure about herself, maintaining relationship may be a struggle at this time. Thus, researches associate trauma as a test from God and an opportunity for spiritual growth^[55]. It is a difficult time of making decisions, paying attention to what other are saying, taking care of personal responsibilities and so on.

No doubt that widowhood is one of the most stressful events a married adult can endure^[56], experience the loss of spouse initiates multiple life changes, and is rated as the life transition requiring the most readjustment^[57]. Every society has their own customs and traditions and therefore there is also wide variety of issues, pros and cons that one should understand and thus it can help in better way to researchers to contribute effectively to the challenges of the society through awareness and wakefulness. This research has tried to play such role to help widows in different perspective. Martyrdom is also taken as meaningful domain that strengthens growth and resilience^[58,59]. Furthermore, for more successful programs it is essential to create holistic and multi-dimensional recovery programs for the betterment of the society and community.

Every society has their own customs and traditions and therefore there is also wide variety of issues, pros and cons that one should understand and thus it can help in better way to researchers to contribute effectively to the challenges of the society through awareness and wakefulness. Mental

health support programs can be devised to help societies in finding ways to deal with emotion related issues and problems. This research has tried to play such role to help widows in different perspective. This research can be used to devise intervention plan for hospitals and organizations which deals with issues related to grief and stress. On basis of this research an individualized plan can be formulated to help individuals to come out of stress and to move towards growth.

Acknowledgements

I would like to acknowledge my teachers and my family for supporting me.

Conflicts of Interest

The authors declared no conflict of interest.

Data Availability

The datasets generated during and/or analyzed during the current study are available from the corresponding author on reasonable request.

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Author Contribution

The author contributed to the manuscript and approved the final version.

Ethical Statement

Ethical consent was taken from organization as well as wives of Shaheed officers prior to the research.

Abbreviation List

PTG, Post traumatic growth

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