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§12.1 *THE DEATH PHENOMENON: A SOCIO-PSYCHOLOGICAL PERSPECTIVE* (Shydelko A.V., Lviv State University of Internal Affairs, Holovach T.M., Lviv State University of Internal Affairs)

Introduction. The death phenomenon, in all historical periods, has always interested people in its various interpretations and levels. The most researched are physiological, psychological, and social death. We understand that the topic of death is of fundamental importance for a person, a certain society, and world civilization as a whole.

People throughout their history included death in the general life process, which acquired a peculiar organized structure and form following worldview images of death, mythological and religious ideas about death, scientific hypotheses, or spiritual insights and understandings regarding the issues of death. Such a diverse thanatic variability of images of death only complemented and enriched the universal experience of human interaction with one's finite nature. Presented in various forms of a person's psychological life, the phenomenon of death permeates all its aspects and has inexhaustible relevance at various levels of its interpretation [1, p. 7]. Therefore, we consider the appeal to the specified topic relevant and timely.

Presenting main material. The concept of death is a universal phenomenon, which throughout the existence of mankind has been studied by many scientific directions: philosophy, cultural studies, history, medicine, psychology, sociology, etc. Studies of the death phenomenon are important for the social and psychological health of society and its successful





development. Sociology and psychology are closely intertwined in the study of the death phenomenon, where considerable attention is focused on the socio-psychological features of understanding, perception, and attitude toward death.

The socio-psychological features of the understanding of death are complex and multifaceted. Fear of death, acceptance of death, meaningful coping, social support, spirituality, and cultural factors all play an important role in how people perceive and deal with death.

One of the important aspects of understanding death is the fear of death. Research has shown that the fear of death is a common and natural response to the concept of mortality. However, excessive fear of death can lead to anxiety, depression, and other psychological problems [2]. Researchers have also studied how different factors such as age, gender, and culture affect the fear of death [3].

Another psychological feature of understanding death is the development of acceptance of death. Acceptance of death is the process of coming to terms with one's mortality and accepting death as a natural part of life. Based on research, it can be said that people who have a higher level of acceptance of death, more often report a higher level of well-being and a lower level of psychological distress [4]. This suggests that promoting acceptance of death may be a useful strategy for improving psychological well-being.

One of the ways people can develop acceptance of death is through the use of life-meaning coping strategies. It involves the search for personal meaning and purpose in the face of difficult or stressful situations, including death [5]. Research has shown that people who use life-meaning coping strategies are more likely to have higher levels of acceptance of death and lower levels of fear of death.





In addition, social support and spirituality are also important factors in understanding death. Social support can provide comfort and reassurance in the face of death-related stress, while spirituality can give a person a sense of purpose and meaning in life [6]. Research has shown that people who have high levels of social support and spirituality are more likely to have higher death acceptance rates [7].

It is also important to consider how culture can influence the understanding of death. Different cultures have different beliefs and attitudes toward death, which can influence how people perceive and deal with death [8]. For example, in some cultures, death is seen as a natural and peaceful transition, while in others it may be considered a taboo subject [9].

Consequently, the socio-psychological features of understanding the death phenomenon for a person are a complex and multifaceted concept, and each person, according to his/her life experience, place, residence, age, education, cultural traditions, and historical periods of life, puts his/her interpretation of understanding death as a category of person's life.

Acceptance of death can be influenced by several individual characteristics, including developmental stage, gender, coping strategies, religious and spiritual beliefs, and family dynamics of the individual. Understanding these individual characteristics can provide valuable information about how people perceive and cope with death. Understanding the individual characteristics and strategies of people's perception of death, it is worth outlining the social dimension of this issue.

The perception of death is not only an individual experience but also a social one. After all, people, in particular, are formed under the influence of the social context and cultural norms and values related to death, as well as some social features, including cultural beliefs and practices, mass media and technology, peer influence, family and social support, and as well as educational





interventions. Understanding these social factors can provide valuable information about how people of all ages perceive and cope with death. It can also become the basis for strategies to support people of different ages who struggle with the concept of death [10].

The concept of death is complex and can be shaped by a variety of factors, including culture, religious beliefs, personal experience, media exposure, education, family dynamics, gender, socioeconomic status, personality traits, and the impact of illness and death. It is important to understand these factors and how they shape attitudes toward death in people of all ages to develop interventions to promote positive attitudes toward death and grief. Further research is needed to delve deeper into these factors and design interventions tailored to the unique needs of people of all ages [10].

Death is a topic that always interests a person because it is difficult to get behind the scenes and tell what is there and how. Only a few people who survived clinical death had such an opportunity. Therefore, the theme of death intrigues and fascinates, frightens and delights. Modern sciences (sociology, psychology, medicine, etc.) investigate the phenomenon of death and have achieved certain positive results in understanding the nature of death and its impact on a person. Let us further consider different theories and approaches to understanding death.

In modern science, there are several theories and approaches to understanding death. These theories and approaches are based on different perspectives and hypotheses about death. Let us single out the following, in particular, psychological theories of understanding death and the attitude of the individual to death, namely: the theory of terror management, the theory of dual process, the theory of attachment, the theory of meaning formation, and others.





Terror Management Theory (TMT) is a theory that suggests that people have a fundamental fear of death, and this fear shapes their behavior and attitude toward life. According to TMT, people are motivated to protect their worldview and self-image to reduce the anxiety caused by the awareness of their mortality [11]. In other words, people use their beliefs, values, and cultural practices as a shield against the fear of death.

Based on the research, we state that awareness of mortality, or awareness of one's mortality, can have a profound effect on people's behavior and attitudes. For example, people who are reminded of their mortality may become more committed to their cultural values, more hostile to those who hold other beliefs, and more inclined to engage in risky behavior [12]. This theory is important for understanding how people cope with the fear of death.

The Dual Process Model (DPM) is another theory that attempts to explain how people cope with the fear of death. According to the DPM, people use two different processes to overcome the fear of death: intuitive and analytical [13]. The intuitive process involves emotional and automatic reactions, while the analytical process involves cognitive and conscious reactions.

Thus, people who rely on an analytical process to cope with their fear of death are more likely to use problem-oriented coping strategies, such as information seeking or planning for the future. In contrast, people who rely on an intuitive process are more likely to use emotion-oriented coping strategies such as denial or distraction [14]. This theory emphasizes the importance of understanding individual differences in overcoming the fear of death.

Attachment theory is a theory that suggests that people have a fundamental need to form and maintain close relationships with other people. According to this theory, the fear of death is related





to the loss of attachment objects. When people lose attachment figures, they experience feelings of loss and grief, which can lead to anxiety and depression.

Based on empirical research, we note that attachment style can influence how people cope with the fear of death. For example, people with a secure attachment style are more likely to deal with the fear of death by seeking social support, while people with an insecure attachment style are more likely to avoid social contacts [15]. This theory is important for understanding the role of social support in overcoming the fear of death.

Meaning-making theory is a theory that suggests that people have a fundamental need to find meaning and purpose in life. According to MMT, people cope with the fear of death by creating a sense of meaning and purpose in their lives [5]. This may include finding meaning in work, family, religion, or other aspects of life.

As a part of this approach, we emphasize that people who have meaning and purpose in life cope better with the fear of death. For example, people who have meaning and purpose in life are less prone to depression and anxiety when faced with the prospect of death [8]. This theory is important for understanding the role of meaning and purpose in promoting mental health.

Along with innovative approaches to understanding death and mortality, it is worth paying attention to classical psychological theories that consider attitudes to death and mortality.

Thus, considerable attention is paid to the issue of death in the psychodynamic approach. In psychodynamic theory, death is considered an integral part of the human experience. S. Freud believed that people have an innate drive to self-destruct, which he called the death drive. According to S. Freud, the death drive works in opposition to the life drive, which seeks to preserve life and maintain the integrity of the organism. The death drive is not





limited to physical death but also includes psychological and emotional destruction. S. Freud believed that the death drive is self-directed, but it can also be directed at others.

Another key feature of death in the psychodynamic direction is its role in personality development. E. Erikson, an outstanding theorist of psychodynamics, suggested that people go through eight stages of psychosocial development during their lives. The final stage, which is late adulthood, is characterized by a sense of wholeness as opposed to despair. This stage involves coming to terms with one's mortality and accepting death as a natural part of life.

Death also plays a role in the mourning process, which is an important aspect of the psychodynamic approach. Mourning is a complex process that includes both conscious and unconscious elements. S. Freud believed that mourning involves reconciliation of the ego with the reality of loss and rejection of attachment to the lost object. M. Klein, another influential psychodynamic theorist, expanded the ideas of S. Freud and suggested that mourning also includes the internalization of the lost object and the creation of an internal representation of it.

The role of death in the psychodynamic direction is multifaceted. One of the important aspects is its function of promoting growth and development. Psychodynamic theorists believe that people must face the reality of their mortality to mature and develop a sense of meaning and purpose in life. In this sense, death can be considered a catalyst for personal growth and transformation [16].

Another role of death in the psychodynamic direction is its function in the therapeutic process. Death and mortality are often central themes in psychotherapy, especially in the treatment of depression and anxiety. By examining the patient's attitudes and beliefs about death, the therapist can help the patient confront his fears and anxieties and develop a more accepting and constructive attitude toward death [16].





Finally, death plays a role in psychodynamic theory as a source of motivation and drive. The death drive, according to S. Freud, is a powerful force that can drive people to destructive behavior or to seek risky experiences. Psychodynamic theorists also believe that the fear of death can motivate people to seek meaningful and fulfilling experiences as a way to cope with their mortality [17].

Therefore, death is a central concept in the psychodynamic direction. Psychodynamic theorists view death as an integral part of the human experience and believe that people must face the reality of their mortality to mature and develop a sense of meaning and purpose in life. Death also plays an important role in the therapeutic process, especially in the treatment of depression and anxiety. By exploring the patient's attitudes and beliefs about death, the therapist can help him overcome his/her fears and anxieties and develop a more accepting and constructive attitude toward death. Finally, the fear of death can motivate people to seek meaningful and fulfilling experiences as a way to transcend their mortality.

A separate and important role is assigned to the concept of death and its opposite – life in the existential-humanistic direction of psychological knowledge.

The existential-humanistic paradigm is a philosophical and psychological approach that emphasizes the subjective experience of the individual and the search for meaning and purpose in life. In this paradigm, life and death are seen as interconnected aspects of human experience, and understanding their meaning and significance is a central issue. In this research, we will examine the understanding of life and death from the perspective of the existential-humanistic paradigm.

The existential-humanistic paradigm has its roots in the philosophy of existentialism, which emphasizes the importance of subjective experience and individual choice. Humanistic





psychology, which emerged in the 1950s and 1960s, was based on these ideas and focused on man's search for meaning and self-actualization. In the existential-humanistic paradigm, the emphasis is on the unique experience of the individual, his/her freedom of choice, and search for meaning and purpose in life [18].

From the point of view of the existential-humanistic paradigm, life is understood as a process of becoming. People are seen as dynamic beings that are constantly developing and changing. The main attention is paid to the subjective life experience of a person, his/her choice, and ability to create his/her reality. Life is seen as a journey of self-discovery and personal growth, and human experience is valued as unique and meaningful [18].

Existential humanist theorists also emphasize the importance of authenticity in life. Authenticity involves being true to yourself and living according to your values and beliefs. It is considered necessary for personal growth and self-realization [18].

From the point of view of the existential-humanistic paradigm, death is seen as an inevitable and natural part of the human experience. It is not seen as something to be feared or avoided but rather as something that gives meaning to life. Death is seen as a reminder of the finitude of human existence and the importance of making the most of the time we have [16].

Existential-humanist theorists also emphasize the importance of confronting the reality of death. By facing the reality of our mortality, we can live more fully and authentically. Death is seen as an opportunity to reflect on the meaning and purpose of our lives and to make choices that are consistent with our values and beliefs.

In the existential-humanistic paradigm, therapy is considered a process of self-discovery and personal growth. The therapist's role is to facilitate a person's exploration of his/her





inner world, his/her values, and beliefs. Therapy is aimed at helping a person to live more authentically, to make choices that correspond to his/her values and beliefs, and to find the meaning and purpose of his/her life [18].

In the context of death and dying, therapy aims to help a person face the reality of their mortality, explore their fears and anxieties, and find ways to live more fully in the time they have. Therapy also aims to help a person come to terms with his/her mortality and find meaning and purpose in his/her life even in the face of death.

The existential-humanistic paradigm offers a unique understanding of life and death. Life is seen as a process of becoming, where the subjective experience of a person is valued, and authenticity is important for personal growth. Death is seen as a natural and inevitable part of the human experience that gives meaning to life. Therapy focuses on helping people live more authentically, find meaning and purpose in their lives, and face the reality of their mortality. By adopting an existential-humanistic approach, people can gain a deeper understanding of themselves and their place in the world, and find a greater sense of wholeness, and purpose in life.

Conclusions. As a result, in modern sociological and psychological science, there are a significant number of theories and approaches to understanding the phenomenon of death. These theories and approaches provide valuable insight into how people cope with the fear of death and the role of various factors, such as social support, attachment styles, and meaning-making, in promoting mental and social health. Understanding these theories and approaches can help mental and social health professionals develop effective interventions to help people deal with the fear of death.





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