



Ahmed Alzyoudy

October 18 at 11:56am · 🌐

كتب المنشد أحمد الزيود قبل وفاته خاطرة تتحدث عن الموت، عبر صفحته على فيس بوك.

الحقيقة هي في الموت والوهم في الحياة . فقد وُلدنا لكي نموت ! ولم يكن الزواج سوى الوسيلة التي شرّعها الخالق سبحانه لتحديد دورة الحياة (أعداد البشر) . أستغرب كثيراً عند ترحم بعضهم على الأموات على أنه تم استثنائهم من الوجود (الحياة) ! والى غيرها من مشاعر الفقدان والافتقاد ! ، ونسيان بأن الأموات هم من سبقونا الى الحقيقة والخلود الأبدى ! وعدد السنوات أو الأشهر أو الأيام أو الساعات أو اللحظات التي نحاول أن نتنعم بها من بعدهم لا نستطيع تقديرها !! ونحن في إنكار قدومها . (على فكرة فهذه ليست موعظة لكم) ، ولكنني في شوقٍ في الوصول الى ساعة الحقيقة ، لأن وهم الحياة بات يورقني يوماً بعد يوم ، أدعو الله أن يمنحني رحمة ورضا (الحقيقة) ، عندما تنطفيء عين الحياة (الوهم).



Factors Influencing the Loss and Grief Responses

- Age affects a person's understanding of and reaction to loss
- Children differ from adults not only in their understanding of loss and death but also in how they are affected by the loss of others.
- The loss of a parent or other significant person can threaten the child's ability to develop, and regression sometimes results. Assisting the child with the grief experience includes helping the child regain the normal continuity and pace of emotional development.

Age



- Children can feel afraid, abandoned, and lonely
- Coping with the death of an aged parent has even been viewed as an essential developmental task of the middle-aged adult.
- How the middle-aged adult responds to such losses is influenced by previous experiences with loss, the person's sense of self-esteem, and the strength and availability of support.
- Losses experienced by older adults include loss of health, mobility, independence, and work role. Limited income and the need to change one's living accommodations can also lead to feelings of loss and grieving.

Significance of the Loss

A number of factors affect the significance of the loss:

- ❖ Importance of the lost person, object, or function
- ❖ Degree of change required because of the loss
- ❖ The person's beliefs and values

Culture

- In some cultural groups, expressions of grief through wailing عويل, crying, physical prostration سجود, and other outward demonstrations are acceptable and encouraged.
- Culture influences an individual's reaction to loss
- The death of a family member in a typical nuclear family leaves a great void because the same few individuals fill most of the roles

Spiritual Beliefs

- Most religious groups have practices related to dying, and these are often important to the client and support people

Gender

- Men are frequently expected to “be strong” and show very little emotion during grief, whereas it is acceptable for women to show grief by crying
- Often when a wife dies, the husband, who is the chief mourner, is expected to repress his own emotions and to comfort sons and daughters in their grieving.
- A man might consider his facial scar to be “macho,” *مقتول العضلات* but a woman might consider hers ugly.



Socioeconomic Status

- A pension **التقاعدية المعاشات** plan or insurance, for example, can offer a widowed or disabled person a choice of ways to deal with a loss
- a person who is confronted with both severe loss and economic hardship may not be able to cope with either

Support System

- The people closest to the grieving individual are often the first to recognize and provide needed emotional, physical, and functional assistance
- because many people are uncomfortable or inexperienced in dealing with losses, the usual support people may instead withdraw from the grieving individual.
- support may be available when the loss is first recognized, but as the support people return to their usual activities, the need for ongoing support may be unmet
- Sometimes, the grieving individual is unable or unready to accept support when it is offered.

Cause of Loss or Death

- Some diseases are considered “clean,” such as cardiovascular disorders, and engender compassionالرحمة
- Death related to drunk driving accident
- Injuries or deaths occurring during respected activities, such as “in the line of duty,” are considered honorable