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## Behavior Patterns and Depressive Episodes of the Newly Widowed

Shirley D. Frigillano  
SIPC-WVCST Miagao Campus  
*shirleyfrigillano@yahoo.com*

**Abstract .** This phenomenological study focused on the behavior patterns and depressive episodes of the newly widowed. The data gathering methods utilized a series of in-depth semi-structured interview of the informants and the observation of their attitudes, feelings, vocal and facial expressions, and other overt behaviors. Results revealed that the newly widowed experienced certain behavior patterns and depressive episodes like denying the death, outbursts coupled with blame and guilt, intense depression, bidding for time and another chance, coming to terms with the reality of death, acceptance, and recovery. The behavior patterns and depressive episodes of the newly widowed seemed to correspond to what Kubler-Ross posited about the five stages of grief experienced by the dying person with terminal illness; only, these stages of grief occurred prior to the death of the dying person himself, while for the newly widowed, the behavior patterns and depressive episodes happened after the death of the spouse. The survival strategies or coping mechanisms of the newly widowed include family support, their faith in the Almighty as well as their ideology, and community support. Some strategies to help the newly widowed cope with grief include having a support group; joining religious organizations; engaging in activities that promote health and wellness; and taking time to be with family members, friends, and colleagues in the community. Likewise, government institutions and religious or civic organizations may provide counseling and worthwhile programs or activities for the widows or the bereaved, especially those who need psychological help in coping with their loss.

**Key Words:** behavior; patterns; depressive; episodes; newly; widowed