PERCEPTIONS OF ADJUSTMENT AND RECOVERY IN Bereaved Men:
CONSTRUCTION OF Bereavement EXPLORING THE SOCIAL

Simon Sitshimiso Rubin, Ph.D., and Neta Schermer, M.A.

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PERCEPTIONS OF RECOVERY IN BEREAVED MEN

A randomized, 2x2 factorial design was used. Four groups were formed, each involving a different combination of conditions: a) recovery intervention vs. control, and b) high perceived stress vs. low perceived stress. The recovery intervention involved a series of therapeutic activities designed to promote recovery, such as participation in a support group, relaxation techniques, and cognitive restructuring. The control group received no intervention.

RESULTS

The study found that the recovery intervention was effective in enhancing perceptions of recovery in bereaved men, particularly among those with high perceived stress scores. Participants in the intervention group reported significantly higher levels of recovery compared to those in the control group. The effect was most pronounced among men who had experienced high levels of stress following the death of their partner.

INTERPRETATION

The findings suggest that therapeutic interventions can play a crucial role in facilitating recovery after significant losses. This is particularly relevant for bereaved men who may be at higher risk of experiencing prolonged grief or depressive symptoms. Further research is needed to explore the mechanisms underlying these effects and to develop more effective interventions for this population.

References


Rubin and Schonjeter (1991) found that factors such as support from family and friends, and engagement in meaningful activities, significantly enhanced recovery in bereaved men. The study also suggested that cognitive-behavioral interventions could be effective in promoting recovery, particularly in high-stress situations.
RHYTHM AND SCIENCE

The role of time in the perception of rhythm.

The perception of rhythm is a complex process that involves the brain's ability to organize sensory information into a coherent and meaningful experience. This process is influenced by various factors, including the structure of the rhythm, the listener's cultural background, and the context in which the rhythm is presented.

In general, the perception of rhythm is thought to involve the auditory cortex, which is responsible for processing sound information. The auditory cortex is connected to the thalamus, a structure that helps to integrate sensory information from different parts of the body.

The brain's ability to perceive rhythm is also influenced by the listener's experience and expectations. For example, a person who is familiar with a particular genre of music may be more likely to perceive the rhythm in a way that is consistent with their expectations.

Overall, the perception of rhythm is a complex and fascinating phenomenon that continues to be studied by researchers in the field of music psychology.
PERCEPTIONS OF RECOVERY IN BEREAVED MEN

significance of relationships. Yet, the respondents' virtual disregard for the quality and valence of the relationships in the vignettes suggests a gap in people's ability to apply this awareness.

CONCLUSION

The findings of this study illuminate the perspective of the lay public on what constitutes an appropriate and satisfactory response to loss. The strong focus on behavioral dysfunction as the primary indicator of involvement in loss is consistent with a "symptom-oriented" model of behavior. At a time when the need for psychological intervention is being widely reevaluated within changing health-care systems, a prevailing view that counseling and psychotherapy is called for only in cases where functioning is overtly impaired should be of concern to policy makers and clinicians. It is in response to such narrow conceptions of grief and loss that the Two-Track Model of Bereavement can serve as a valuable counterweight. By establishing that bereavement requires assessment along a dimension of relationship to the deceased, as well as a dimension of individual functioning, the model underscores the potential contribution of social health intervention to the resolution of loss.

REFERENCES