

**LA INFLUENCIA DE LAS FORTALEZAS TRASCENDENTALES EN LAS
ACTITUDES HACIA LA MUERTE Y EL AFRONTAMIENTO DEL DUELO EN
ADULTOS ESPAÑOLES**

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Según la literatura científica, las fortalezas trascendentales influyen positivamente en el afrontamiento de las experiencias de pérdidas. El objetivo del presente estudio es evaluar cómo afectan estas fortalezas en las actitudes y comportamientos hacia la muerte en población no clínica. Se administró el Perfil Revisado de Actitudes hacia la Muerte (Schmidt Rio-Valle, 2007), la Escala de Miedo a la Muerte de Collett-Lester (Espinoza, Sanhueza y Barriga, 2011), el Inventory de Duelo Complicado (García et al., 2009) y la Versión corta del cuestionario VIA de Fortalezas Personales (Azañedo et al., 2017) a 120 personas con edades comprendidas entre los 18 y los 71 años ($M=28,31$; $DT=11,09$). Las personas evaluadas obtuvieron puntuaciones dentro de la normalidad en actitudes y miedo hacia la muerte. Por otra parte, las medias en el duelo complicado fueron bajas. Las cuatro fortalezas obtuvieron correlaciones estadísticamente significativas con algunos de los factores evaluados, principalmente la gratitud (0.180-0.299) y la espiritualidad (0.673). En el análisis de regresión, todas las fortalezas menos el humor aparecieron explicativas de los diferentes factores relacionados con las actitudes hacia la muerte, principalmente la espiritualidad explicaba una varianza del 44,9% de la aceptación de acercamiento ($F=97,915$; $p\leq 0,001$). La vivencia de la pérdida es un suceso estresante que puede conllevar graves implicaciones psicológicas, como la depresión. Este estudio ha demostrado que los rasgos del carácter, sobre todo la gratitud y la espiritualidad, pueden influir positivamente en la percepción del proceso de morir y en el afrontamiento del duelo. Desde el punto de vista de la promoción de la salud mental y del abordaje terapéutico, sería interesante fomentar el desarrollo de estas características. Es necesario seguir profundizando en el estudio de las implicaciones de las fortalezas en el bienestar.

Palabras clave: Fortalezas trascendentales, duelo complicado, miedo a la muerte, actitudes hacia la muerte, población adulta.

**INFLUENCE OF THE TRANSCENDENTAL STRENGTHS IN THE ATTITUDES
TOWARD DEATH AND COPING WITH BEREAVEMENT AMONG SPANISH
ADULTS**

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Degree Final Project in Psychology 2018-2019 (PS1048)

According to the scientific literature, transcendental strengths have a positive influence on coping with loss experiences. The objective of this study is to assess how these strengths affect attitudes and behaviors towards death in a non-clinical population. The Revised Profile of Attitudes towards Death (Schmidt Rio-Valle, 2007), the Scale of Fear of Death of Collett-Lester (Espinoza, Sanhueza y Barriga, 2011), the Inventory of Complicated Grief (García et al., 2009) and the Short Version of the VIA Personal Strengths Questionnaire (Azañedo et al., 2017) was administered to 120 people between the ages of 18 and 71 ($M=28.31$, $SD=11.09$). The people evaluated obtained scores within the normality in attitudes and fear towards death. On the other hand, the averages in the complicated duel were low. The four strengths obtained statistically significant correlations with some of the evaluated factors, mainly gratitude (0.180-0.299) and spirituality (0.673). In the regression analysis, all the strengths except the humor appeared to explain the different factors related to attitudes towards death, mainly spirituality explained a variance of 44.9% of the approach acceptance ($F=97.915$; $p\leq 0.001$). The experience of loss is a stressful event that can lead to serious psychological implications, such as depression. This study has shown that character traits, especially gratitude and spirituality, can positively influence in the perception of the process of dying and coping with grief. From the point of view of the promotion of mental health and the therapeutic approach, it would be interesting to encourage the development of these characteristics. It is necessary to continue deepening in the study of the implications of strengths in well-being

Keywords: Transcendental strengths, complicated grief, fear of death, attitudes toward death, adult population.

Influence of the transcendental strengths in the attitudes toward death and coping with bereavement among Spanish adults

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INTRODUCTION

Studies have shown that transcendental strengths -gratitude, spirituality, hope and humor- had a positive influence on mental health. Specifically, spirituality is related to less fear of death (Taghiabadi, Kavosi, Mirhafze, Keshvari & Mehrabi, 2017) and less pain in coping with the loss of loves ones (Hawthorne, 2013; Krysinska, Andriessen & Corveleyn, 2014); gratitude is related to a lesser fear of death (Lau & Cheng, 2012; Frias, Watkins, Otto, Szczesny, Soriano, Laurenceau, & Siegel, 2016); humor is related to more adaptive attitudes toward death (O'Connell, 1968) and to hope (Ozen, Ceyhan, & Büyükceli, 2019).

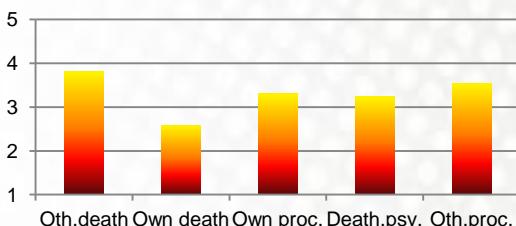


Figure 1. Average puntuations of the factors of fear to death.

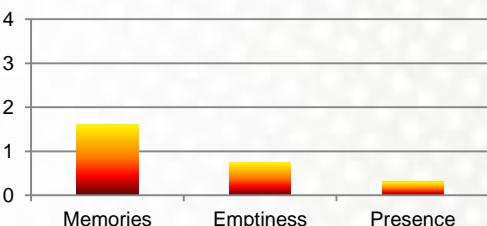


Figure 2. Average puntuations of the factors of complicated grief.

PARTICIPANTS

N=120



61 male (50,8%) 59 female (49,2%)

Age ranged between 18 to 71 years old.
(M=28,31 DT= 11,09)
Spanish(95%)
Believers of some religion (48,3%)

METHOD

INSTRUMENTS

- Revised Profile of Attitudes toward Death (Schmidt Rio-Valle, 2007)
- Scale of Fear of Death of Collett-Lester (Espinoza, Sanhueza, & Barriga, 2011)
- Inventory of Complicated Grief (García, Reverte, García, Méndez, & Prigerson, 2009)
- Short Version of the VIA Personal Strengths Questionnaire (Azañedo, Fernández-Abascal & Barraca, 2017)

PROCEDURE

- Correlational transversal study
- Design of survey in Qualtrics
- Survey data collection through social networks and alternative websites.

RESULTS

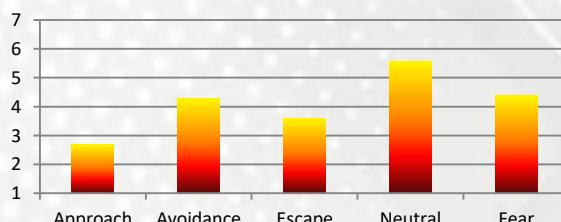


Figure 3. Average puntuations of the factors of attitudes toward death.

Table 1. Analysis of correlations between transcendental strengths and dependent variables (statistically significant).

		Approach	Avoidance	Escape	Neutral	Empti.
Spirituality	r	0,673**				
Humor	r				-0,212*	
Gratitude	r	0,299**	0,186*	-0,214*	0,180*	
Hope	r			-0,215*		-0,275*

Table 2.

Analysis of linear regressions between transcendental strengths and dependent variables.

Explicative factors	Estimated percent change (95% CI)	p-value
Approach		
Spirituality	0.862(0.690,1.035)	< .001
Ajusted R2	.449	
	F=97,915 p<0.001	
Avoidance		
Gratitude	0.387(0.013,0.761)	.043
Ajusted R2	.026	
	F=4,206 p=0.043	
Escape		
Hope	-0,393(-0.718,-0.068)	.018
Ajusted R2	.038	
	F=5,740 p=0.018	
Neutral		
Gratitude	0.248(0.001,0.495)	.049
Ajusted R2	.024	
	F=3,957 p=0.049	
Emptiness		
Hope	-0,219(-0.366,-0.071)	.004
Ajusted R2	.067	
	F=8,601 p=.004	

DISCUSSION AND CONCLUSIONS

The grief caused by the loss of a loved one can cause a symptomatology with negative consequences for mental health. This is due to a bad coping of grief that aggravates these consequences that can lead to depression. This study has demonstrated the positive influence of transcendental strengths in attitudes towards death and in coping with grief. This shows the need for the work of these strengths in the intervention in complicated grief and in a prevention developing these strengths in order to promote mental health. These strengths achieve a positive cognitive re-evaluation of our life and attitudes toward death. All of them have a protective effect against the adversities of life. Despite this, it is necessary to go deeper into the subject without our limitations, such as the number of the sample and the typology of the sample as it is not clinical.

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