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## Social Support Description For a Mother With Depression and Anxiety Disorders After the Death of Her Child

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### AN ARTICLE INFO A ABSTRACT

Received :	<i>Grieving is a process that cannot be determined in terms of duration, form, or reaction. Losing someone close, especially a child, can significantly impact the parents. Social support can play an important role in helping parents cope with the grieving process and adjust to life after loss. This study aims to describe the social support of a mother with depression and anxiety disorders after the death of her child. A qualitative approach with a case study method was used to explore a mother's subjective experience of social support after the death of her child. Data were collected through in-depth interviews with one subject and three informants who were close friends of the subject. The results showed that the subject received social support only from her closest friends and did not receive social support from her family.</i>
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## INTRODUCTION

Life is a rotation that occurs for all living beings, divided into three stages: birth, life, and death. However, death itself is the final stage of human life and is an inevitable event for all humans (Yap, 2017). Although death is one of the certainties in life, not everyone is prepared to face it.

Each person has a way of coping to help accelerate the grieving process. The death of a close individual often has a profound impact that lasts a lifetime and can result in both short-term and long-term reactions (Schonfeld, 2016). The sadness felt cannot be given a set timeframe; some people will experience grief that lasts for months or even years, depending on the individual and the intensity, which varies from person to person (Weaver et al., 2023).

Essentially, the most significant loss one will feel is when they are left by a family member, especially a parent who loses their child (Vain, 2024). No parent wishes to be left by their child, let alone left forever. While death is indeed something beyond dispute in life, the sadness experienced by parents when left by their child is more intense and lasts longer compared to the grief following the death of other family members (October et al., 2018).

The death of a child can be considered one of the most devastating life events for parents (Garstang et al., 2014). According to data from IGME (UN Inter-agency Group for Child Mortality Estimation), the number of deaths for children under the age of 5 in Indonesia was 113,234 in 2018. However, by 2022, this number had decreased to 95,200.

The grief experienced by grieving parents is complex, intense, individual, and lifelong (Dias et al., 2021). Parental grief affects productivity, physical and social health, with potential long-term impacts on the entire family (Dias, et al., 2021). Particularly in the case of the death of a child, this event presents challenges and complexities that are greater than those associated with the death of an adult (Garstang, et al., 2014).

Most grieving parents may not experience grief to the level of illness, but the majority do face significant and long-term psychological stress after the death of a child, with an increased risk of depression and anxiety (Endo, et al., 2015). This loss can trigger intense emotions such as disbelief, guilt, anger, despair, and deep sadness (Vain, 2024). This pain can be physical and emotional, and may feel like it will never end (Snaman et al., 2016). Mourning the loss of someone can be a lifelong process, and over time, these feelings may never disappear but may change in intensity or form (Vain, 2024).

For someone who has lost a child, it may be more challenging to accept the reality or even engage in denial as a way to cope with uncontrolled emotions (Testoni et al., 2020). Often, some parents will also experience long-term impacts on their mental health, such as depression, anxiety, or post-traumatic stress disorder (PTSD) (Vain, 2024).

Regardless of the complexity of the grieving feelings, one strategy or effort that can be made to cope with grief is through cognitive acceptance and emotional acceptance (Setyaningrum, 2015). Receiving the proper support is often crucial for grieving parents so they can cope with their loss and manage their sadness (Zhou et al., 2022).

Therefore, the theory expressed by Sarafino (2011) suggests that social support consists of comfort, attention, appreciation, and assistance available to an individual from others or groups. Sarafino (2011) stated that support can come from various sources, such as partners, family, friends, doctors, or community organizations. People with social support believe they are loved, valued, and part of a social network, such as family or community, which can help them when needed. Social support refers to tangible actions others take (Sarafino & Smith, 2011).

According to Sarafino & Smith (2011), some aspects of social support can help grieving parents. These include emotional or esteem support, which refers to empathy, care, attention, positive recognition, and encouragement that can provide comfort and assurance during stressful times. Next, tangible or instrumental support refers to direct assistance given by others while going through the grieving process. Then, information support includes providing advice, guidance, recommendations, or feedback to help the grieving individual survive and overcome the situation. Lastly, companion support refers to the availability of people around to spend time with or simply accompany the individual, helping them feel part of a group with shared social interests.

Someone who is grieving alone does not fully know or is afraid of how deeply they might be affected by the death of someone, which makes the level of their sadness unknown (Aho et al., 2016). This pain and discomfort may lead the individual to ignore the grief and remain in a prolonged state of mourning (Blood and Cacciatore, 2014).

The case in this study involves a mother with the initials DP, who has been in a grieving process for approximately 6 years. This may be due to the lack of social support from those closest to her. DP was diagnosed with depression in the 2000s and has been taking medications prescribed by her psychiatrist, such as anti-anxiety and antidepressant medications. After the diagnosis, in 2004, DP experienced a traumatic period when her father passed away from a heart attack, and at the same time, DP was pregnant with her first child out of wedlock.

For 9 years, DP had to learn to become a single parent to her first child, until she decided to marry in 2012 and was blessed with a second child in 2014. After several years of treatment, DP's condition began to improve. However, DP had to cope with the loss of her second child, who was 4 years old, due to dengue fever (DBD). Following this event, DP was diagnosed again with the same condition in 2018. She had to take medications for 5 years. However, in the past year, DP has often stopped taking the antidepressants, even though her psychiatrist has not advised reducing or discontinuing the dosage.

Typically, it takes 6 to 12 months for someone to adjust after the death of a loved one, and eventually, they will develop a new sense of normalcy in their life (Dwiartyani et al., 2021). However, after 6 years, DP has still not been able to end her mourning period. Grieving is a natural and normal reaction to the loss of a loved one, and it can often be painful for someone to let go of their emotional attachment to the deceased (Prigerson et al., 2021). The complex emotions felt during mourning involve efforts to preserve memories of the deceased (Overvad & Wagoner, 2019). Several factors related to complicated grief and depressive symptoms after death include avoidance feelings, neuroticism, unexpected loss, and low social support (O'Connor, 2019).

A previous study conducted by Cacciatore, et al. (2021) titled "What is good grief support? Exploring the actors and actions in social support after traumatic grief" shows that social support can help someone who is grieving based on the amount of contact with family and friends who provide good social support and maintain relationship quality by offering emotional support and expressions of care. An increase in social support, focusing on emotions, is expected to reduce the loneliness experienced by someone grieving. However, social support that does not meet the emotional needs of the grieving individual may be considered ineffective.

Some types of support, such as informational or instrumental support, may not significantly impact their emotional well-being. In contrast, emotional support is often more needed than social support during grieving. Social support can serve as a preventive measure against the negative impacts of grief or sadness after the death of a child (Maciejewski et al., 2022). This sadness can contribute to a sense of emptiness in one's social status and is part of the adjustment process following the death of a loved one (Dias

et al., 2021). Thus, a grieving person needs social support to fulfill their social needs and desires. Having a supportive partner and a social network (including friends and relatives) is important in the adjustment to grief and mourning (Zhou et al., 2022).

## RESEARCH METHOD

This study uses a qualitative approach to gain an in-depth understanding of the social support experienced by a mother with depression and anxiety following the death of her child. Qualitative research focuses on understanding a phenomenon comprehensively by exploring meanings, thought patterns, rationality, perspectives, and individual experiences. Creswell (2017) states that qualitative research is a method used to explore and understand the meanings held by several individuals or groups, particularly about social or humanitarian issues.

In this context, the researcher is directly involved in data collection and analysis to understand the observed phenomenon. In qualitative research, data collection methods emphasize in-depth communication and interaction between the researcher and the research subjects to thoroughly understand the phenomenon being studied. The research design used in this study is a case study, which involves a series of scientific activities carried out intensively, in detail, and deeply about a program, event, or activity, whether at the individual level, a group of people, institutions, or organizations, to acquire in-depth knowledge about the event. Typically, the event chosen, referred to as the case, is something current (real-life events) still ongoing, not something that has passed (Rahardjo, 2017). Through this approach, the researcher will examine and understand the case in depth as provided by the subject.

The subject of this study, with the initials DP, is a 46-year-old mother with depression and anxiety disorders and is in a 6-year grieving process. DP himself has gone through several traumatic experiences that are one of the factors to be diagnosed with depression and anxiety disorders. During the growth period, DP does not take learning seriously, but DP focuses only on playing, which eventually causes DP to enter the wrong association. As the youngest of 5 children, DP always received excessive pressure from his parents and siblings. With this pressure, DP decided to use drugs, and it is not uncommon for DP to have suicidal thoughts and suicidal tendencies, such as self-harm, which eventually led to DP's diagnosis with depression and anxiety disorders in the 2000s, where his psychiatrist gave DP drugs such as anti-anxiety and anti-depressants.

With DP's habit of consuming illegal drugs, DP's parents finally arranged a wedding when DP was in the 6th semester of his college period, in the hope that DP could stop consuming these illegal drugs. However, her marriage did not last long and eventually led to a dispute between the two sides of the family as DP married her cousin, and during the marriage, DP and her husband were still consuming drugs.

After his divorce in 2001, DP continued to receive pressure from his family, which made DP continue to consume illegal drugs, but DP decided to stop using drugs in 2007. 3 years after the divorce of her first marriage, DP felt the traumatic thing again, when her father died of a heart attack shortly after DP told her father that she was pregnant out of wedlock.

DP had to be a single parent for approximately 11 years before finally deciding to remarry, and in 2014, DP was blessed with his second child. However, in this second DP marriage, DP experienced domestic violence (KDRT) and sexual violence from her husband due to economic problems. The state of DP's marriage was quite bad until, finally, in 2018, DP's second child died due to dengue fever (DHF), and 7 days after the death of

his son, DP decided to divorce. The death of DP's child caused anger from DP's family, who blamed him, as, according to DP's family, he had never taken care of his children and was rarely at home. However, in reality, DP was making a living to support his two children because DP's husband could not afford to pay for them anymore.

After the death of his second child, DP found it quite difficult to accept reality and showed symptoms of depressive disorder characterized by depressed mood almost every day (sad, empty, or hopeless), daily decreased appetite, insomnia, feelings of worthlessness or excessive or inappropriate guilt, repetitive thoughts about death (not only fear of dying), Suicidal ideation recurs without a specific plan, suicide attempt, or even a specific plan to commit suicide (American Psychiatric Association, 2013). With that, DP was again diagnosed with depressive and anxiety disorders and had to take medications such as anti-anxiety and antidepressants. The factor of the return of DP disorder can be caused by a lack of attention and support provided by those closest to him, such as friends and family. The DP's family never showed any signs of concern for him during the grieving process, which made DP feel isolated.

Therefore, the sampling method used is purposive sampling, which is when the researcher has found an individual target with characteristics that are in accordance with the study (Turner, 2020). It is estimated that 4 participants will be involved in this study, consisting of one subject and three informants, by the principle of data saturation, where data collection reaches the point where no new information is obtained (Afiyanti and Rahmawati, 2014).

The data collection technique is semi-structured interviews conducted using a pre-prepared interview guide. However, the researcher is free to develop questions based on the situation and conditions in the field (Sugiyono, 2017). The interview guide includes questions related to: (1) The subject's condition after the death of her child, (2) The social support received during the grieving process.

## RESULT AND DISCUSSION

Based on the interview responses from the research subject and the three informants, the results obtained regarding the social support for the subject were examined through each dimension of social support. The subject only received social support from her friends and did not receive support from her family or partner. Below are the findings from the study regarding the depiction of social support for a mother with depression and anxiety following the loss of her child:

### 1. Emotional Support

Emotional support includes how friends and family express affection, trust, attention, and the feeling of being heard through empathy, care, and similar expressions. This was expressed by the subject as follows:

- **Subject**

“Usually, it is just by being there whenever I need anything, whether it is attention or material things. They always accept me as I am, they're not ashamed when people around them know I have so many struggles that might be looked down upon by others.”

“The only ones who can give me that affection are my friends—AB, R, G, F, and many other ‘family’ members. Whenever I message them on WhatsApp, whatever I need, they always show up without delay.”

"Sorry, but I can honestly say there was nothing from my family or partner. During the 7-day remembrance of the deceased... my husband and I decided to divorce. All the family was blaming me... saying I did not take care of the child, abandoned the family... basically, the family blamed me for everything without knowing what I was going through."

"My ex-husband also did not give me any support at that time. We just pretended to be fine in front of the guests who came to mourn; I had already asked for a divorce a few months before."

"I never got any of that from my family. My family is not the type to be affectionate, hug, or show their love. Maybe they love me, but how they show it is not how I hoped. So, I cannot feel it. However, until now, what I have received from them is just 'pray, so you can be mindful, surrender, and let go'."

"When I am at my mom's house, sometimes my siblings say goodbye, but they do not say anything when I am not there. I do not blame them, because maybe dealing with me, with my extraordinary life, has already made them uncomfortable."

"There are some relatives abroad, one of my nieces... hmm... when they came to mourn, they just cried and pushed me away when I tried to hug her."

- **Informant R**

"From what I have seen, neither her siblings nor her mother ever showed that kind of support, whether attention or trust. From what I saw, her family just washed their hands of her when her child passed away."

"There was even a time when DP ran away from home, and no one even tried to find her. DP came to me crying, barefoot, drenched in water, but her family did not care at all."

"Usually, only her close friends still care about her condition. We even made a schedule to keep an eye on her because she needed supervision at that time."

- **Informant F**

"Not everyone gave DP that kind of support, maybe only a few of her nieces and nephews still ask about her. Her first child also sometimes asks about her when DP is not home; her child is quite understanding because they know her mother is struggling."

"Her nieces and nephews usually message DP, asking where she is and how she is doing, but I think they do this without their parents knowing. Because her siblings rarely ask about DP anymore."

- **Informant A**

"Most of the time, DP's family only asks about her, like 'where are you now?' DP rarely goes back to her mother's house. She prefers to stay anywhere other than her mother's house, probably because she is traumatized by what happened. However, other than that, there is never anything else."



"Since we know she does not get that support from her family, all we can do is offer what we can. When she is feeling down again, all we can do is cheer her up."

Based on the statements provided, the subject only experiences emotional support from her friends and not from her family or partner. The subject mentioned that her friends always give her attention and show affection. However, because the subject's family does not habitually provide or show affection, the subject did not receive this from them. The subject's siblings also never noticed or communicated with her. The subject also had to decide to divorce after the loss of her child due to arguments with her partner.

This is further supported by the statements of the three informants, who state that the subject's family no longer provides her with attention, let alone shows affection towards her. The informants, as friends of the subject, acknowledge that they are the ones who have been taking care of and paying attention to the subject.

## **2. Instrumental Support**

Instrumental support includes how the family provides direct assistance, such as services, time, or money. As expressed by the subject:

- **Subject**

"Usually, it is just by being there whenever I need anything, whether it is attention or material things. They always accept me as I am, they're not ashamed when people around them know I have so many struggles that might be looked down upon by others."

"Whenever I message on WhatsApp, whatever I need, whether it is medicine, money for food, fare, or a place to stay when I don't feel comfortable at home, A≈ is always there without delay."

"Usually, when I talk to my nieces and nephews, they sometimes give me some of their pocket money. So, that's all I really get from my family. And, if it's during Eid and I'm lucky, I might get holiday allowance from my brother-in-law."

"My older brother mentioned the medical expenses for him and me that should have been covered by my father's pension, but the response was always that the money was being allocated for my first child's expenses, to the point where my child had to live with limitations and disappointment because I struggle more outside of my own home... not that I don't care about my child, but at least I wouldn't be a burden to my mother if I stayed at home."

"I may go back to my mom's house just once a month, and my mom only gives me 30,000 IDR when I leave again. That's it, my mom just gives me travel fare, so it's hard for me to return home because I don't have any fare left."

"My mom knows I stopped taking my medication, but when I asked for money to buy the medicine, she still scolded me."

"As for my ex-husband, it was even worse. Before the divorce, I had to find money on my own because he only gave me 50,000 IDR a day, which wasn't even enough for milk and diapers for the deceased, not to mention food and supplies for my first child."

- **Informant R**

"As far as I know, DP often gets help from her nieces and nephews. Sometimes when they come back from Bandung, they give her money for snacks."

"As her friends, we can only give what we can. It's sad that she doesn't have money for food, and doesn't have a place to stay. We, as her friends, can't just stand by."

- **Informant F**

"Recently, DP told me that her second brother sent her money, but not directly to her. If I'm not mistaken, it went through her mother. So even though it is given, there is still no direct communication with DP. I am unsure if her family has decided to stop communication with her or if DP herself decided to cut off that communication."

- **Informant A**

"I do not know much about whether her family gives her anything. However, personally, when DP comes to my house, I sometimes ask her to stay for 2-3 days, I buy her medicine if she needs it, or if she wants to go back to her mother's house, I sometimes give her a ride or money for the fare if I can."

During the grieving process, the subject did not receive instrumental support from her family, and even her eldest brother mentioned the issue of the pension inheritance from her late father. The subject, who still needed medication, was not given any support from her family. However, she occasionally received support from her nieces and nephews, or on certain days from her brother-in-law. According to the statements provided by the three informants, the subject was only given enough money by her mother or nieces and nephews for transportation, but it still did not meet her needs. The subject also mentioned that financial difficulties caused her ex-husband to be unable to provide for these needs during her marriage. However, the subject received support from her friends, including food, transportation, medications, and accommodation.

### **3. Informational Support**

Informational support includes how the family provides advice, guidance, suggestions, or feedback on what should and will be done. However, the subject received informational support from her friends. This was expressed by the subject as follows:

- **Subject**

"From many people, but not from my family. If I am blunt, they would rather dig my grave than let me die standing in this house."

"When it comes to things like praying, visiting my first child, taking care of my second child, going to my mom's house, taking my medicine, and everything else, it is from my friends like AB, R, G, F, and TV."

- **Informant R**

"Yes, we focus on DP's condition. I remind her as much as I can to pray and encourage her to go home occasionally. After all, she is still a mother and has one child."



"I also often tell DP that these feelings are temporary and will not last forever. DP needs to be patient, forgive herself, and be sincere. Thankfully, she still listens when I say things like that, but it is tough for her to do."

- **Informant F**

"I mostly just give her the words she wants to hear. Words of encouragement, helping her to make good decisions for her future life."

- **Informant A**

"Maybe because DP rarely goes home and is traumatized by her family, so whatever is said to her by her family, she never listens. She is stubborn when it comes to that. If DP's heart is hurt, she will not listen to a word."

"Sometimes I get frustrated with her because she is hard to talk to, but eventually, she listens."

The statements above show that the subject only receives advice, guidance, and suggestions from her friends, not her family. The subject's friends constantly remind her to pray, visit her children and mother, and take her medication.

#### **4. Companion Support**

Companion support includes how the family shows availability to spend time and share interests. This was expressed as follows:

- **Subject**

"Sorry... but from my family or partner at the time, I can honestly say there was nothing. During the 7-day remembrance of the deceased... my husband and I decided to divorce. All the family was blaming me... saying I did not take care of the child, abandoned the family... basically, the family blamed me for everything without knowing what I was going through."

"I only need my child and my nieces and nephews, plus my foster children, to pray for me when my time on this earth is up. Because sometimes the support from my friends is not enough because the fact is, even after 7 years, I still do not want to work, I do not want to move on, and it is hard to let go."

"Maybe if there were support from my family or partner, it could help me learn to let go, but since I have gotten used to doing everything independently, it feels like others can only influence me temporarily. I focus more on the eternal, the Almighty, Allah."

"I do not need support from my siblings. They are already busy with their responsibilities, so just let it be. I am not anyone's priority anymore."

"From the beginning, all the support I got was from my friends, not my family. I do not expect support from my family because I know it would make me feel worse. They will not stop supporting me, but they might even reopen old wounds."

"Usually, it is just by being there whenever I need anything, whether it is attention or material things. They always accept me as I am, they're not ashamed when

people around them know I have so many struggles that might be looked down upon by others."

- **Informant R**

"Of course, as her friends, we will always be there for her. Whatever she needs, as long as we can give, we will give. Because life for DP is not easy after all she has been through."

- **Informant F**

"Sometimes I invite her to hang out and joke around. As much as I can, I ensure she is not alone because her mind is probably filled with many things. So, I will try to make her as comfortable as possible in her current life situation."

- **Informant A**

"Sometimes I take her out to relax; she likes hiking now. If I invite her to go hiking, she is always willing."

Based on the interview results, the subject does not feel any companionship from her family or partner. Seven days after her child's death, the subject decided to divorce her partner. The subject also stated that her family blamed her for the death of her child. However, in addition to that, the subject receives companion support from her friends, who always invite her to go out and spend time together so that she does not get lost in her thoughts. The subject also stated that she only needs support from her child, nieces, and nephews. She does not need support from her mother or siblings because her family always blames her.

## **Discussion**

The discussion of this study focuses on the research objective, which is to identify the dimensions of social support received by a mother with depression and anxiety following the death of her child. The results of this study describe the social dimensions that were either received or not received by a mother with depression and anxiety after the death of her child, from both her friends and family.

In emotional support, the subject only received emotional support from her friends and not from her family. The emotional support provided by her friends includes always being there, showing attention, offering supervision when the subject is in a dangerous condition if left alone, and frequently providing encouragement and showing concern. However, the subject's immediate family, such as her siblings and mother, did not provide emotional support. The subject's family is described as one that does not express affection through actions, so the subject could not feel their support.

The subject's nieces and nephews only inquired about her whereabouts or well-being. Based on the information provided, the subject has rarely been at home and has had limited communication with her family since the death of her child. The subject relies on her friends to talk and receive the emotional support she needs during her grieving process. The subject also had to face a divorce after her child's death due to financial problems and misunderstandings with her extended family.

Loved ones can provide emotional support to help an individual cope with events that may have a negative impact (Amna et al., 2023). Emotional support is also important during loss and over an extended period. Emotional support involves allowing sadness to be expressed, being present for the grieving person, and giving space for them, especially allowing sadness without judgment, spending time with the grieving person, focusing on

their needs, and not imposing a time limit on grief (Cacciatore et al., 2021). Furthermore, research by Blood and Cacciatore (2014) states that when the relationship with a spouse or social network is not supportive, grief from such a loss becomes unbearable.

A study by Testoni et al. (2020) indicated that support from a spouse and the opportunity to talk about what happened are crucial in helping mothers cope with grief and effectively express their feelings of loss, leading to the resolution of grief. If emotional support is received from close friends, either online or in person, it can help an individual have a better quality of life (Testoni et al., 2020). A lack of emotional support after the onset of anxiety due to an event may have a more significant impact on adults. Low emotional support can lead to feelings of loneliness, emotional isolation, and difficulty finding solutions to cope with and process the loss (Testoni et al., 2020).

In line with the discussion above regarding emotional support and the results of this study, the subject received emotional support from friends but not from family or a partner. A mother with depression and anxiety can feel emotional support following the death of her child when those closest to her show attention, care, and become a comfortable space for her to share and receive support and encouragement during her grieving period.

Next, in instrumental support, the subject received instrumental support from her family and friends. However, the support provided by her family was inconsistent and sometimes did not meet the subject's daily needs. The instrumental support provided by her friends typically includes money for food, transportation, and even housing when the subject was not staying at her mother's house.

Instrumental support involves direct assistance in the form of financial aid or help with specific tasks (Mami & Suharnan, 2015). A study by Gijzen et al. (2016) stated that instrumental support provides tangible assistance or services that directly help. Rusyanti (2017) also explained that instrumental support is providing direct help, including financial assistance, such as lending money or providing services for needy individuals. Instrumental support also includes tangible help, such as actions or examples like lending money to an individual or helping with tasks when they are under stress (Dewi et al., 2023). Additionally, instrumental support can include material help, such as money, food, or clothing (Rahmi et al., 2022).

About Rahmi, Putri, and Asfari (2022) and the results of this study, instrumental support was found to be less effective due to the subject's limitations in finances or technology to implement the support provided fully.

The next dimension is informational support, where the subject only received this type of support from her friends. The informational support provided by her friends took the form of advice, reminders about her child and mother, and attempts to help the subject make choices that would benefit her in the future (Sarafino & Smith, 2011).

Informational support involves providing information, advice, suggestions, or feedback on what should be done (Wahyuni, 2016). This aligns with Ayu Sestiani and Muhid's (2021) statement, where informational support refers to receiving helpful information such as tips and problem-solving strategies. Information support also includes giving advice, guidance, and instructions on resolving problems when an individual cannot solve them independently (Rahmawati et al., 2018). Additionally, Saefullah, Giyarsih, and Setiyawati (2018) stated that informational support can come from advice, instructions, or directions from family, neighbors, or the community.

Based on the explanation of informational support above and the results of this study, the subject received sufficient informational support from her friends, which helped the subject make decisions. As Sukriswati (2016) mentioned, when an individual receives abundant informational support, they may feel comforted and find relief from anxiety due to uncertainty. However, the subject did not receive this support from her partner or family.

In contrast, support from a partner in advice, suggestions, and evaluation could be considered when making decisions (Julianty & Prasetya, 2016). Despite the abundance of knowledge about grief, there is relatively little information on the experiences of parents regarding the support they receive after the death of their child (Gijzen et al., 2016). Therefore, informational support from loved ones can provide helpful advice or guidance.

In the companion support dimension, the subject only received this support from her close friends. She felt their presence and could rely on them whenever she needed them. Companion support involves engagement and recognition as part of a group with similar social interests (Dianto, 2017). However, this was not the case with her family, as the subject did not feel any companionship or support.

Companion support refers to the availability of others to spend time with someone, providing a sense of belonging in a group to share social interests and activities (Simanjuntak & Sulistyaningsih, 2018). A study by Setyaningrum (2015) explained that companion support is when someone provides a sense of being part of a group. Companion support also involves having others spend time with an individual, which makes them feel they are part of a group (Anisa & Sumiati, 2024). Additionally, companion support can be given through friendships in a social gathering that involves them (Nuriska, 2024).

With the explanation above and the results of this study, the subject received adequate companion support from her close friends. The subject was often invited to hang out, and her close friends always involved her in social activities. Harisal (2018) explained that companion support can give the individual the feeling that they are part of a group or entity with shared interests, and a strong sense of togetherness within the group can provide emotional support. However, on the other hand, the subject did not feel any companionship from her family, and she felt blamed, to the point that she no longer needed support from her family. A lack of companion support can hinder self-expression and reduce feelings of being valued (Sasongko et al., 2023).

## CONCLUSION

This study describes that a mother with depression and anxiety disorder, who is going through a grieving process after the death of her child, receives social support from her close friends but not from her family. The subject's close friends provide adequate social support, including emotional, instrumental, informational, and companion support. However, the subject did not feel any social support from her family, which led her to stop expecting any support from them. This has caused the subject to struggle to get through her grief after 6 years, whereas she should have received social support from both family and friends.

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