

The examination of death anxiety from various perspectives

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Abstract: Death is a considerable issue for human only. One of the important items of death is death anxiety. Death anxiety is one of the problematic factors in lives of persons that this form of anxiety is deemed to be studied and understood. The aim of this research was clarifying death anxieties from various perspectives [religion, psychology and gnosticism]. This research was done in a way of descriptive-Analytic. The results of this research could propose a clear picture of death anxiety from various perspectives. Death anxiety could be an item of obscurity and there is a need to examine it [anxiety] more and look at it from various perspectives and have integrative results of that.

Keywords: Death, Death anxiety, Death anxiety from various perspectives

INTRODUCTION

Death is one of the important phenomena of human life and is not avoidable and every person should face with it. The first studies about death field was started with Hall's research in 1910. Hall wanted persons to express their first experience about death. Certainly death, and life after death and attitudes toward that is one of the critical issues [1].

Only is the human whom death is a considerable issue. Human is a Death-informed person and this awareness has had effects on his/her life [2]. This sensitive process and undeniable facts couldn't be clarified easily and the unknown nature of death has had different and opposing reactions. The interpretations of everyone in beliefs and thought field with other persons are different [3].

Death anxiety is one of the problematic factors of human life that this form of anxiety is deemed to be studied and understood that was first mentioned in Soren Kierkegaard's beliefs, that have been proposed by these questions such as who am I? From where I come from and where I go? That these questions are not hurt-feeling, but if these thoughts make the persons anxious and depressed, are abnormal and we should pay attention to them [17]. According to the fear management the challenging of human with unavoidable death has effects on the better conditions of

physic and psychic [4], and leads to a tremendous anxiety [5].

And this fear and anxiety of death is the most common reaction for death, and for the past 50 years has been researched more and more. We know death and we know facts but our unconscious mind that obstacles the extreme anxiety and separates death from death anxiety, this separation is unconscious that we don't see it but when it's undeniable, we accept it and that anxiety shows itself with great power [6]. Death anxiety is defined as an abnormal and extreme fear that is accompanied by fear of death or depression while thinking to the death process or reactions after death [18]. From Beck's points [19] fear of death is natural and is present in every persons and in the nature of every persons, behind everyone safe feeling in facing with danger, behind depression and sadness, there's always a basic fear of death, latent. Fear of death makes the life richer [6], but there's not any exact definition of this concept [7]. Most people that have expressed ideas about death are in common for 2 ideas: A: fear, B: sadness feeling [8]. This is also clear that it affects the persons feeling in various ways. Anxiety and fear of death are common in all the cultures and customs and various groups and schools face with it differently [9].

Because of the issue importance, fear of death has been reviewed first from religious point of view and then psychological point's schools. In a research by

Agras & Coauthors [20] showed that 14 percent of persons have fear of death. For instance the studies have showed that 29/6 sick persons of epilepsy, 69 percent of consultants have experienced death anxiety and in our country 55/7 percent of hospital workers have reported high death anxieties so we should pay more attention/ thus here for having a deep insight about death and its anxiety, we will clarify death anxiety in religion and psychology and Gnosticism, that each of these interpret and analyze anxiety of death according to their theoretical basis.

In this research that is with the aim of reviewing death anxiety from various points is descriptive-analytic method.

Fear of death from religious points of view

In Islam, Christianity and other religions, there have been same points about death anxiety and documents show that in human- life history, monotheism religions have paid special to death and have programs for that. As for instance in Quran, it mentions that “when their death arrives on the time, they’ll say that return us to the world in order to do good jobs”. In the following we’ll mention fear in Islam and Christianity.

In Islam religion, death isn’t destroying and inexistence. But it’s entering to another world that is permanent [10]. Thus, death means transition from this world to other place and separation of soul from body and the returning of soul to its first power and it’s because of limitation in the body and this belief about lasting, invites Muslims to confront with the fear of death and know it as belittled, since death isn’t the absolute destroy of body & soul.

Prophet Mohammad says “the highest level of piety in the world, the greatest worship and the best thought, is remembering with belief to death and being alive in the revival day, death is considered as a natural phenomenon and leads to decrease in fear of death, also, Imam Hossein in Ashura [day] interprets death as a bridge that makes the pious persons to go from difficult to the great heaven and green farms and for impious persons is like traveling from palaces and green- lands to prison and difficulties and annulments [11], and this causes the fear in impious persons and relaxing for pious persons. In the middle centuries, the Christians knew death as a cause for order and justice that g=had been breached by impious persons and death can’t separate between cruelty and submissiveness, but nowadays these Christians interpret death as for being relaxed and as the door of life and great manner of love and peace, the death of pious people is entering to the lasting peace and unending brightness [12]. The religions with the plan of lasting humanity have provided good basis for relaxation of psychological manners.

Fear of death from psychological points of view

Some schools that have expressed about death are existentialists, psychotherapists and epistemologists. From existentialist’s points, death is the central point of life and is a motive for complete life and helps persons to live with highest power so death is a helping factor to live in a motivated manner [13]. Yalum believes that death is one of being assumptions and is the most certain one among life events and the clearest one [6]. Yalum believes in a bilateral relation between fear of death and life feelings. In other words, as Yalum says: while we benefit from life less, the death anxiety is more and while we become loser in experiencing a full life, we’ll fear from death [6].

In psychologists schools, while anxiety of death becomes known or unknown, is related to psychic problems, and this approves that death anxiety is related to the healthy conditions of mind. Freud approach approves death anxiety and also mentions that it’s related to mind healthiness and oscillations between two levels of cognitions [13]. Also Freud knows death as instinct that acts as a fighter. So fear of death, is fear from being lonely and change in life, thus, death understanding is imagination of fear in the person and is the greatest challenge of human life.

Gilmash in a great sentence [thesadness enter my heart, I fear from death], speaks in charge of all us. All of us (man, woman and child) have fears of death like him. Fear of death is shown as indirect way, as a lasting anxiety or as a psychic problem, other groups show know anxieties of death and for some persons this fear impedes every happiness [6]. Fear of death has different reasons, love for live, not accessing to wishes and goals, death quality, anxiety of less activities, increase of sins, fear of unsuitable death.

In a research, death anxiety with general anxiety, general depression, depression of death also old, sex religion and physical health are related[22]. So there are various factors and features related to death phenomenon, that they could cause these real facts or opposed many cause. Anxiety and denial of mentionable facts. The relation of person with death and his kind of defense that person has, will have undeniable effects in making the deepest layers of personality [14]. In a research by [15], they found that the kind of shocking reactions of persons while facing with death and accepting it depends completely on activities, behavior, thoughts, and their personality structures.

In a research it has been shown that personality adjectives (psychic, adopting, and openness to experience, externalism and responsibilities) are correlated with death thoughts [5]. So death and the latent anxiety of that are some of lasting subjects, those subjects that employed people’s minds from the starting

of life and as there haven't been any persuasive studies in Iran about fear of death and its causes, this research can be a pace toward that.

Fear of death in gnostic points of views

in the eyes of east gnostic, death and facing with that and the manner of life and their souls after death is one of the important issues and many of them know death as lasting and permanent. For instance Abu Saied Abolkheir (357-440) has a beautiful and gnostic look toward death and says pray for that [16].

Molavi is one of the famous poets and Gnostic that has spoken deeply about death, he says, that death, contrary to other thoughts, isn't fear full. In fact, fear of death is fear of them.

Death of every one is the same color with those thoughts of persons. Everyone gets reward according to him/her self- life quality and death of that person is the reflection of mind and heart of the person. From molana's points, material world leads to separation and death gets us to a world that is absolute unification, "these are-the walls that leads to limitations and that world is such openness and absolute unified"[23].

Among the current poets Fereidun moshiri has a various attitude toward death. Moshiri, like other poets, has said about death issues, anxieties and thoughts, has told his- own attitudes. Often he knows death and accepts it and knows it as the only means of going and being free and sometimes he has had detested feelings and loving the living with others, sometimes, he knows death as a fact that has born with human and has mentioned the fears and anxieties. Sometimes he has a positive attitude and prays for that. Any way, he like others, believes that there's not any lee-way from this fact and for decreasing the human sadness and for their relaxation mentions that "where does one person find a more relaxing manner that death?"[24].

The past done studies in Iran suggest that studies about death anxiety and clarifying that is very limited and there hasn't been any special research about death anxiety. Thus, because of coseptualizing death anxiety among Iranian adults, this study has been done with the aim of clarifying death anxiety concepts from various attitudes.

Study report and evaluating it

The main goal of this research was clarifying death anxieties with using descriptive- analytic methods.

The results of this research could give a clear picture of various religious, psychological and Gnosticism attitudes about death anxieties. In facts, they know death anxiety as one of the problematic factors of life that is being studied and death anxiety is a phenomenon that shows itself in the results of human

activities and when the person gets to that knowledge and cognition, he doesn't know fear of death a bad issue.

The results showed that the university students know death anxiety and thinking of that as useful and mentioned that death and thinking about that are their mind business. As indicated, human activities are as the most important factor of fear death anxiety that is matched with theoretical basis of fear in religion [11].

Loneliness is the second factor (known) that this is coordinated with some existentialists like Yalum, Mey, Ferankell [6]. In this research, getting a comprehensive approach about death and also death anxiety were one of our goal factors: the results of this research can help in the improvement of curriculum programs for knowing death anxieties. We wish that this got information will base the other researches.

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