

## **Heiti á speciali**

A theoretical, and partially an empirical, study of adolescences' experience of grief as a consequence of loss of a close relation from a social psychological perspective.

### **Abstract**

The current thesis presents a theoretical, and partially an empirical, study of adolescences' experience of grief as a consequence of loss of a close relation from a social psychological perspective. Furthermore, the study also focuses on the positioning of adolescence in the late modern society with special emphasis on how young people are positioned in the Faroese society.

The first section of the thesis examines the characteristics of adolescences' position in the late modern society where young people are given a fundamental responsibility for themselves and their lives. In addition, we relate these characteristics to those in the Faroese society; a society, which we argue, has more modern settings, and therefore holds a different position for young people. Moreover, it is widely recognized that grief is a complex phenomenon, and many theories seek to understand and explain its impact on people's lives. Thus, in an attempt to clarify how grief affects the lives of young people, the next section of the thesis presents different perspectives on the matter, and argues that grief can be understood as a part of life, which youngsters have to learn through the concept of reorganization. The third part of the study seeks to understand grief's fundament and argues that attachment and affect regulation amongst others play a crucial role in this matter. However, how we handle grief is crucial to the outcome of the grief process, and consequently, The Dual Process Model is presented in this section as it provides an account of how coping with bereavement contains loss orientated as well as restoration orientated tasks. The final section of the thesis seeks to examine how one can evaluate the effect of grief support groups on adolescences' adjustment to their new conditions. The evaluative reflections are based on the work of the Faroese organization, Berin, and serve as a link between grief theory and practice.