Family Resilience in The Face of Grief and Loss: A Systematic Review

Kayıp ve Yas Yaşantısında Aile Dayanıklılığı: Sistematik Derleme Çalışması

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This systematic review examines research on family resilience in the context of bereavement. Drawing on studies conducted across diverse cultural contexts, the review highlights key elements that enhance resilience, including extended family relationships, rituals, social support, cultural inluences, and structured interventions. Findings reveal the signiicant role of extended families in alleviating pressure on nuclear families, fostering shared values, and reinforcing cultural identity. Rituals are highlighted as essential mechanisms for promoting open grieving and strengthening familial bonds, while social support emerges as a universal factor enhancing coping capacity. Additionally, structured interventions, such as the Family Bereavement Program (FBP), are highlighted for their effectiveness in equipping families with tools for effective communication, emotional regulation, and long-term adaptation. These indings validate and expand upon existing theories of family resilience, providing actionable insights for practitioners and researchers. The review concludes by recommending future studies to explore the interaction of resilience-building components in diverse cultural contexts and develop intervention programs to better support bereaved families.

Keywords: *aile dayanıklılığı, yas, kayıp, aile uyumu*

Bu sistematik derleme çalışmasında kayıp yaşantısı olan ailelerde aile yılmazlığını ele alan araştırmalar incelenmiştir. Çeşitli kültürel bağlamlarda gerçekleştirilen çalışmalardan yola çıkan bu derleme, geniş aile ilişkileri, ritüeller, sosyal destek, kültürel etkiler ve yapılandırılmış müdahaleler gibi yılmazlığı artıran temel unsurları vurgulamıştır. Bulgular, geniş ailelerin çekirdek aile üzerindeki yükü hailetmede, ortak değerleri geliştirmede ve kültürel kimliği güçlendirmede önemli bir rol oynadığını ortaya koymuştur. Ritüeller, yasın dışa vurumunu sağlayan ve aile bağlarını güçlendiren temel mekanizmalar olarak nitelendirilirken, sosyal destek, başa çıkma kapasitesini artıran evrensel bir faktör olarak öne çıkmıştır. Ayrıca, Aile Yas Programı (Family Bereavement Program - FBP) gibi yapılandırılmış müdahalelerin; etkili iletişim, duygusal düzenleme ve uzun vadeli uyum becerileri kazandırma konularında ailelere sağladığı faydalar ortaya konmuştur. Bu bulgular, mevcut aile yılmazlığı teorilerini doğrulamakta ve genişletmekte, uygulayıcılar ve araştırmacılar için uygulanabilir öneriler sunmaktadır. Derleme çalışması, gelecekteki araştırmalarda yılmazlığı arttırıcı bu bileşenlerin kültürel bağlamlardaki etkileşimlerinin araştırılması ve kayıp yaşantısı olan aileleri desteklemek için müdahale programlarının geliştirilmesi önerileriyle son bulmaktadır.

Anahtar Kelimeler: *family resilience, grief, loss, family adaptation*

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INTRODUCTION

The grieving process affects not only individuals but the entire family system. The death of a family member profoundly impacts all aspects of the family, altering roles, relationships, and functioning dynamics. From a family systems perspective, grieving is not merely an individual experience but a transactional process involving every family member, influenced by the family's multigenerational life cycle. This perspective acknowledges that the death triggers a cascade of emotional, psychological, and structural changes, disrupting the family's balance. This disruption may manifest as emotional distance, changes in household responsibilities, or new communication patterns. The extent of this impact often depends on the deceased's role within the family and the family's degree of integration at the time of the loss (Bowen, 1978; Paul & Grosser, 1965; Walsh & McGoldrick, 2004).

Traditionally, research has focused predominantly on individual grief, often neglecting the collective and relational dimensions within families. However, there is increasing recognition of family resilience as a shared, family-wide process. This perspective acknowledges the inherent strengths and resources families possess, enabling them to manage the profound challenges of loss more effectively (Boss, 2002; Walsh, 2003). Family traditions, religious beliefs, and cultural norms significantly influence how family members express grief and support each other (Kissane, 2014; Patterson, 2002; Walsh, 2006). Understanding these influences is crucial for appreciating how families navigate the grieving process and support one another through it (Kissane, 2014).

Historically, research on death and bereavement has often emphasized a deficit-oriented view, pathologizing families and focusing on the detrimental effects of loss (Janosik & Green, 1992; McKenry & Price, 1994). This approach, rooted in medical research and early family therapy, has tended to highlight mental health problems within the family as a result of loss. However, the twenty-first century has seen a shift towards a more optimistic perspective known as "salutogenesis." This view recognizes the potential within individuals and families to cope with loss and continue functioning effectively (Walsh & McGoldrick, 2004; Walsh, 2006).

Despite this shift, research from a salutogenic standpoint on grief remains comparatively rare. Understanding how families cope with loss using their internal resources and coping mechanisms requires a nuanced approach. In that sense, the concept of family resilience highlights the abilities and skills families use to navigate difficult times and recover. According to this resilience approach, families can emerge from a loss altered but not destroyed, equipped with the necessary skills and resources to move forward (Birenbaum et al., 1996; Christ et al., 2003; Hawley & De Haan, 1996; Walsh, 2011).

The aim of this study is to explore and analyze the concept of family resilience in the context of grief and loss. Specifically, the research seeks to understand how families cope with bereavement by leveraging their coping mechanisms, internal resources, and systemic strengths. The study reviews a range of literature to identify key factors contributing to family resilience. By integrating systemic and strengths-based models, the study aims to provide a comprehensive understanding of how families navigate the challenges of grief and loss. Additionally, the study seeks to identify effective coping strategies and adaptation processes that enable families to maintain or regain functionality and well-being following a significant loss. Ultimately, it aims to contribute to the development of interventions and support systems that enhance family resilience, providing practical insights for clinicians, researchers, and practitioners working with bereaved families.

METHOD

Systematic review method was used in this study. Systematic review is a research method that involves identifying, selecting, appraising, and synthesizing all relevant studies on a particular topic to answer a specific research question, ensuring a transparent, reproducible, and unbiased approach. It employs a comprehensive search strategy and strict inclusion/exclusion criteria to minimize bias and provide reliable findings (Moher et al., 2009). The research question of this study is "What are the key factors and strategies that contribute to family resilience in the context of bereavement?". The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines were followed in conducting this systematic review to ensure rigor and reproducibility, employing a flow diagram to illustrate the study selection process and a detailed checklist to document adherence to critical reporting items (Page et al., 2021).

Data Extraction and Analysis

The systematic review analyzed peer-reviewed articles on family resilience in the context of bereavement published between 2000 and 2024. The year range of 2000 to 2024 was chosen for this systematic review to capture a comprehensive and up-to-date overview of research on family resilience in the context of bereavement. This period reflects significant advancements in the field, with an increasing body of literature focusing on the dynamics of family resilience, coping strategies, and the evolving understanding of grief and loss. Google Scholar and Science Direct Databases were searched from September 1 to September 30, 2024, using key terms family resilience and grief, family resilience and bereavement, family resilience and loss, family adaptation and grief, family adaptation and bereavement, family adaptation and loss. A total of 15 studies were identified and included in the analysis. Both quantitative and qualitative research designs were included to provide a comprehensive view of the topic. Data collected were analyzed

and synthesized to identify common themes and effective strategies for fostering resilience in bereaved families.

This systematic review is grounded in the concept of family resilience in the face of grief and loss. All studies meeting the following inclusion criteria were included: (a) studies with family or individual samples focusing on bereavement and family resilience in the immediate family, (b) cross-sectional studies, surveys, case reports, quantitative and qualitative research, and mixed methods studies, and (c) studies meeting international standards of quality, (d) published in English or Turkish between January 2000 and September 2024. The exclusion criteria were as follows: (a) studies categorized as review articles, editorials, letters to the editor, reports, book chapters, literature reviews, dissertations, proceedings, and book reviews, or studies without clearly defined methodologies, (b) studies that did not explicitly focus on the concept of family resilience, and (c) unpublished reports with unspecified dates and locations.

Articles were screened based on titles, abstracts, and keywords. Full-text reviews were conducted on relevant articles. Data extraction involved collecting information on the study's country, purpose, sample, methodology, data analysis, and key findings. Systematic Review Flowchart is presented in Figure 1.
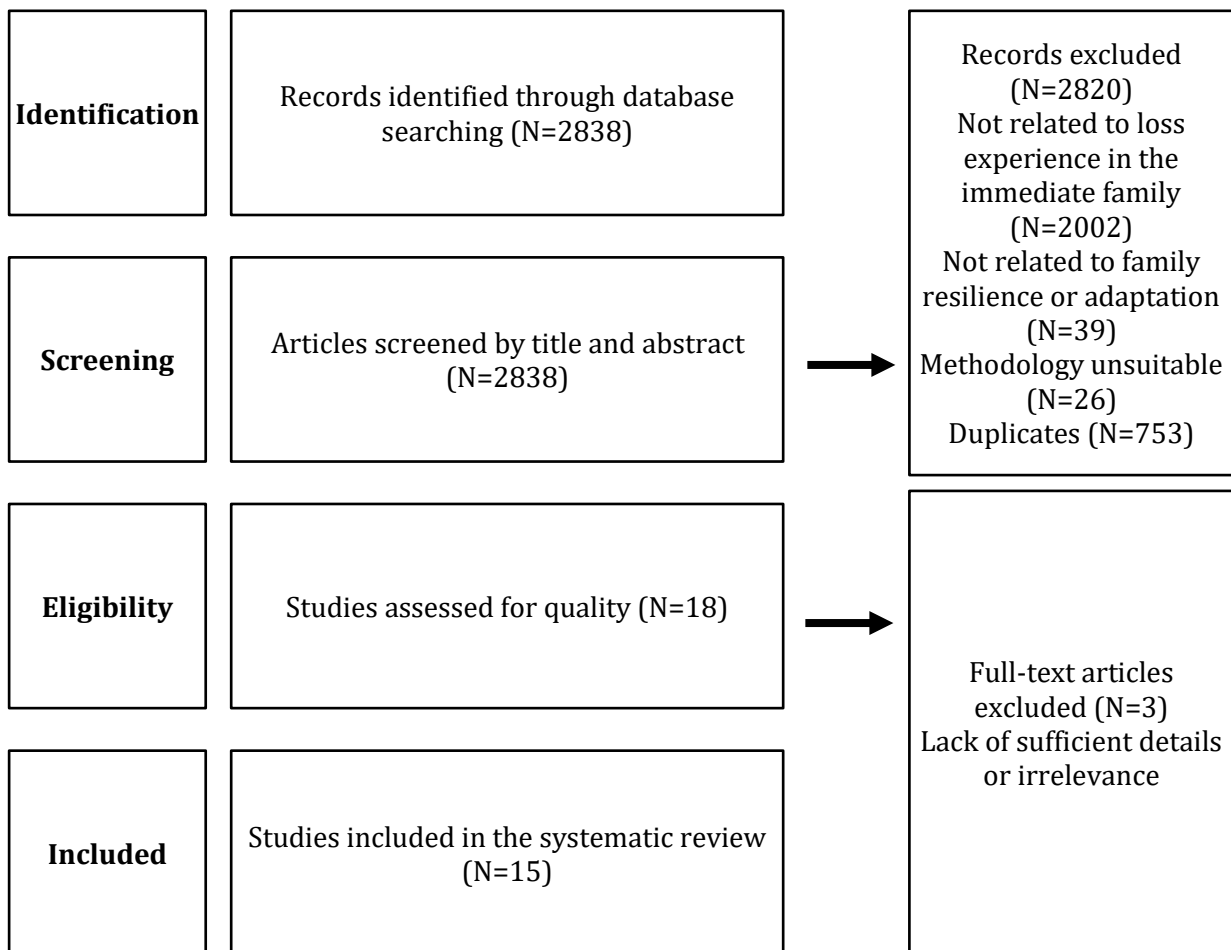
Identification	Records identified through database searching (N=2838)	Records excluded (N=2820) Not related to loss experience in the immediate family (N=2002) Not related to family resilience or adaptation (N=39) Methodology unsuitable (N=26) Duplicates (N=753)
Screening	Articles screened by title and abstract (N=2838)	
Eligibility	Studies assessed for quality (N=18)	Full-text articles excluded (N=3) Lack of sufficient details or irrelevance
Included	Studies included in the systematic review (N=15)	

Figure 1. Systematic review flowchart

Quality Assessment

In order to evaluate the methodological quality of included studies, this study utilized the Joanna Briggs Institute (JBI) Critical Appraisal Checklists for both qualitative and quantitative research articles. Both tools consist of specific criteria rated as "yes," "no," "unclear," or "not applicable." To ensure methodological rigor, only studies meeting at least 90% of the applicable checklist criteria were included in the review.

Research Ethics

This systematic review has been conducted in compliance with research and publication ethics. All sources utilized in the study have been appropriately cited both in the text and in the references section. The study adhered to the principles and standards of academic research, with no instances of plagiarism, misrepresentation, or other ethical violations.

Analysis

The studies selected through the systematic literature review process were analyzed based on their reference details, the country in which the research was conducted, sample characteristics, methodology, data analysis techniques, and key findings. These details were systematically organized and presented in the results section in table format. The synthesized findings were further reviewed to identify the core factors contributing to family resilience. This approach allowed for an in-depth exploration of the dimensions of family resilience, offering a comprehensive understanding of the concept within the context of the reviewed studies.

FINDINGS

The systematic search identified a total of 2.838 studies related to family resilience in the context of grief and loss. After removing duplicates and excluding studies based on eligibility criteria, 15 full-text journal articles were included in the review (Table 1).

The included studies, published between 2002 and 2023, were either in English or Turkish and originated from diverse countries such as the United States, Turkey, South Africa, Israel, Belgium, and South Korea. The participants in these studies included bereaved families, couples, parents, widows, children, and adolescents.

In terms of methodology, 6 studies employed qualitative research methods, with 1 study using mixed methods and 8 using quantitative methods. The qualitative studies employed various techniques, including thematic analysis, descriptive analysis, grounded theory, and qualitative analysis. The quantitative studies used multivariate analysis and regression analysis.

Table 1

Findings of studies included in the systematic review

Article	Country	Purpose	Sample	Method	Data Analysis	Key Findings
The Role of Extended Family Relations and Rituals in Family Resilience Following Loss of Mother to Cancer	Turkey	Examine family resilience after maternal loss due to cancer and the role of extended family relations and rituals.	Turkish family (case study)	Thematic analysis of transcribed interviews	Thematic analysis	Extended family relations and rituals contributed to positive grief experiences and family resilience.
The Effectiveness of Family Resiliency Program with Traumatic Grief on Women's Post-Traumatic Stress, Grief, And Family Resiliency Level.	Turkey	Assess the impact of a family resilience program on trauma-related stress, grief, and family resilience in women.	24 women	Experimental study with pre- and post-tests	Regression and covariance analysis	The program significantly reduced trauma-related stress and grief, and increased family resilience.
Losing Childhood Along with the Father: Father loss, Sibling Relationships and Family Resilience	Turkey	Investigate family resilience and the role of sibling relationships after the loss of a father.	10 individuals	Semi-structured interviews	Descriptive analysis	Sibling relationships and family management strategies were key to family resilience after paternal loss.
Evaluating the Relationship Between Family Resilience and Grief-Related Symptoms	USA	Explore the relationship between family resilience processes and grief-related symptoms using Walsh's framework.	139 bereaved adults	Confirmatory factor analysis and structural regression	Structural regression	Family resilience processes were negatively related to grief symptoms, mediated by personal meaning.
Family Resilience, Social Support, and Family Coherence Among Jewish, Muslim, and Druze Widows	Israel	Assess differences in family resilience, coherence, and social support among widows from different cultural groups.	184 widows	Regression and multivariate analysis of covariance	Regression and covariance analysis	No group differences in family resilience or coherence; social support was associated with higher resilience.
Indicators of Family Resilience After the Death of a Child	Belgium	Identify and describe resilience qualities in families after losing a child.	89 Belgian families	Questionnaires with open-ended questions	Descriptive analysis	Family strengths and community support aided adaptation; viewing the crisis as a challenge facilitated resilience.
Resilience in Families in Which a Parent Has Died	South Africa	Explore resiliency factors that help families adjust after the death of a parent.	39 families	Questionnaires including open-ended questions	Descriptive analysis	Intrafamilial support, family hardiness, and support from extended family and friends were key factors in resilience.
Spirituality and Resilience in Families in Which a Parent Has Died	South Africa	Explore the role of spirituality in family resilience after a parental loss.	25 families	Semi-structured interviews	Qualitative analysis	Spirituality was found to contribute to family resilience in the adaptation process after parental death.

Title	Country	Aim	Sample	Method	Analysis	Findings
"Giving Voice" to the Bereaved: Family Grief and Resilience After a Child has Died	USA	Investigate the relationship between family grief, resilience, and adaptation following a child's death.	23 families	Mixed methods including grounded theory and questionnaire	Grounded theory and correlational analysis	Significant correlations found between family hardiness and adaptation; qualitative themes included continuing bonds, external support, religion, and family hardiness.
Complicated Grief, PTSD, and PTG in Bereaved Family: Moderating Effect of Resilience and Family Support	Korea	Examine the relationship between complicated grief, PTSD, and posttraumatic growth in bereaved families.	392 bereaved adults	Quantitative questionnaires and integrated interventions	Multivariate analysis	Integrated interventions promoting resilience and family support was more effective in fostering posttraumatic growth compared to separate interventions.
Exploring Themes of Resiliency in Children After the Death of a Parent	USA	To explore resilient traits in children aged 9 to 12 who experienced the death of a parent within the past 36 months	12 bereaved children aged 9 to 12	Phenomenological and grounded qualitative study using narrative methods	Data were coded and analyzed to identify themes of resilience	Children experienced a broad range of emotions and relied on various support systems after the death of a parent, including family and extended support networks.
Six-Year Follow-Up of a Preventive Intervention for Parentally Bereaved Youths: A Randomized Controlled Trial	USA	To evaluate the efficacy of the FBP to prevent mental health problems in parentally bereaved youths and their parents 6 years later.	218 bereaved youths, 113 spousal bereaved parents	Randomized controlled trial	Comparisons of youths in the FBP and control conditions on mental health and functioning measures	FBP youths had significantly lower externalizing and internalizing problems, higher self-esteem; parents had lower depression scores; FBP showed moderated effects on youths with lower baseline problems.
Long-Term Effects of the Family Bereavement Program on Multiple Indicators of Grief in Parentally Bereaved Children and Adolescents	USA	Reports on results from a randomized trial of the effects of FBP on multiple measures of grief experienced by parentally bereaved children and adolescents over 6 years.	244 youths, ages 8-16	Randomized experimental trial	Longitudinal analysis of grief measures (Texas Revised Inventory of Grief, IGTS, and ITG)	FBP showed a greater reduction in problematic grief levels; FBP reduced social detachment/insecurity at 6-year follow-up, especially in boys, older youths, and those with lower grief at program entry.
Mediation of the Effects of the Family Bereavement Program on Mental Health Problems of Bereaved Children and Adolescents	USA	Analyzes the mediation effects of FBP in improving mental health outcomes of girls following program participation.	244 youths, ages 8-16	Longitudinal design (three-wave and two-wave)	Mediation analysis of variables (e.g., positive parenting, emotional expression) at multiple follow-up points	FBP effects on positive parenting, negative events, and emotional expression mediated the reduction in mental health problems at 11-month follow-up; other mediators included positive coping and decreased negative thoughts.
Strengthening Effective Parenting Practices Over the Long Term: Effects of a Preventive Intervention for Parentally Bereaved Families	USA	Tests the effect of FBP on effective parenting (e.g., warmth, consistent discipline) 6 years after program completion.	101 families with children aged 8-16	Randomized controlled trial	Multilevel regression analyses and mediation analysis	FBP had significant positive impact on parenting practices (warmth, discipline); short-term program effects on parenting mediated the long-term effects on parenting.

The systematic review highlights several key factors contributing to family resilience following the loss of a family member across various cultural contexts. Studies conducted in Turkey, the USA, Israel, Belgium, Korea, and South Africa provide insights into diverse aspects of family resilience, such as extended family relations, rituals, social support, sibling relationships, spirituality, structured interventions, and coping strategies.

The Role of Rituals in Grief

Rituals play a significant role in helping individuals and families cope with grief, serving as structured activities that provide meaning, facilitate emotional expression, and strengthen social bonds. However, the specific nature and effectiveness of these rituals can vary widely across different cultural contexts. In Turkey, for example, Tanacıoğlu and others (2021) demonstrated that these resources facilitated positive grief experiences and maintained continuity, enabling families to navigate emotional and functional challenges following maternal loss due to cancer. Funeral services served as communal gatherings where family members and the extended community expressed their grief collectively, providing mutual support and reinforcing social cohesion. Post-funeral meals fostered continuity and togetherness, offering a space for storytelling and remembrance that helped families process their loss in a supportive environment. Regular grave visits provided ongoing opportunities for reflection and connection, enabling family members to honor their loved one's memory and find solace in their continued bond. Moreover, sibling relationships emerged as vital in rebuilding family stability after paternal loss, promoting cohesion and shared responsibilities. Effective family management strategies were crucial in these scenarios (Özbay & Aydoğan, 2019).

Impact of Structured Family Resilience Programs

Structured family resilience programs have demonstrated significant impact. An experimental study in Turkey revealed that a family resilience program effectively decreased trauma-related stress and sadness among bereaved women while increasing overall family resilience (Arıcı & Kaya, 2019). Similarly, the FBP has shown long-term benefits. Sandler and others (2010-a) reported reduced externalizing and internalizing problems among youth, lower parental depression scores, and decreased problematic grief symptoms. Mediators such as improved parenting practices, emotional expression, and coping skills contributed to these outcomes (Tein et al., 2006). Sustained caregiver warmth and consistent discipline were identified as key factors in long-term positive outcomes (Hagan et al., 2012).

Social Support, Spirituality, and Community Involvement

Social support, spirituality, and community involvement emerged as critical components of resilience across various cultural contexts. In research carried out in South Africa, researchers

found that spirituality provided a framework for meaning-making and emotional strength, aiding families in adapting to parental death (Greeff & Joubert, 2007). Intrafamilial support, combined with extended family and community involvement, further enhanced resilience, particularly among families with higher hardiness and optimism (Greeff & Human, 2004). In a study conducted in Israel, social support networks were found to be universally beneficial across Jewish, Muslim, and Druze communities, emphasizing the importance of supportive relationships regardless of cultural background (Khatip et al., 2023). It was also found that family cohesion, problem-solving, and external community support facilitated resilience following child loss, with families often viewing crises as opportunities for growth (Greeff et al., 2011). Moreover, themes of family hardiness, religion, and external support were strongly associated with adaptation after a child's death (Scheepers et al., 2011).

Interplay of Family Resilience Processes and Psychological Symptoms

The interplay of family resilience processes and psychological symptoms underscores the systemic nature of resilience. Structural regression analyses showed a negative relationship between family resilience processes, such as cohesion and adaptability, and grief-related symptoms. Personal meaning-making mediated these effects, highlighting the importance of both individual and systemic factors (Barboza & Seedall, 2023). Moreover, integrated interventions addressing family resilience and support were found to be more effective than isolated approaches in promoting posttraumatic growth while reducing complicated grief and PTSD symptoms (Choi et al., 2023).

Resilience Among Bereaved Children

Resilience among bereaved children reflects the multidimensional nature of coping. Studies identified emotional expressiveness, adaptability, and reliance on supportive relationships as key resilient traits. Children leaned on family, friends, and extended networks to navigate parental loss, demonstrating the critical role of supportive environments in fostering resilience (Eppler, 2008).

Conclusion: A Dynamic Process of Adaptation and Growth

These findings collectively underscore the multifaceted nature of family resilience in bereavement. The interplay of individual, relational, cultural, and systemic factors reveals a dynamic process of adaptation and growth. Rituals, social support, structured interventions, and meaning-making are central to fostering resilience, highlighting the need for comprehensive approaches to support bereaved families. Further research is essential to understand how these resilience-building factors interact across diverse cultural contexts, and to refine intervention programs to better support families navigating grief.

DISCUSSIONS, CONCLUSION AND RECCOMENDATIONS

This systematic review aimed to explore the critical factors contributing to family resilience in the context of bereavement by analyzing peer-reviewed studies published between 2000 and 2024. A total of 15 articles were included in the analysis, encompassing diverse cultural contexts such as Turkey, the USA, Israel, Belgium, Korea, and South Africa. The findings highlight the multifaceted nature of family resilience, emphasizing the interplay of cultural, social, and structural factors that contribute to adaptive processes. Extended family relationships and social support emerged as pivotal in alleviating pressure on nuclear families, fostering shared values, and reinforcing cultural identity. Rituals were identified as essential mechanisms for promoting open grieving and strengthening familial bonds, while spirituality and coping strategies further contributed to families' ability to navigate loss. Structured therapeutic interventions, such as the FBP, demonstrated significant efficacy in enhancing emotional regulation, communication, and long-term adaptation. These findings align with and extend existing theoretical frameworks on family resilience, offering nuanced insights into the dynamic processes that enable families to rebuild strength and navigate bereavement across diverse cultural contexts.

Studies emphasize the importance of family cohesion, adaptability, and shared problem-solving in fostering resilience (Walsh, 2011; Scheepers et al., 2011). Families with strong internal bonds and open communication often manage grief more effectively. For example, Scheepers et al. (2011) documented how South African families relied on these dynamics to adapt to the loss of a child. These findings align with Walsh's Family Resilience Framework, which stresses the significance of organizational patterns and collaborative problem-solving in coping with adversity (Walsh, 2003).

One of the central insights from this review is the role of extended family relations in bolstering resilience. This finding is consistent with Boss's (2002) research, which highlights the value of extended families in sharing responsibilities and easing the burden on nuclear families. For example, studies on Turkish families (Tanactoglu-Aydin et al., 2021) and widows from diverse cultural backgrounds (Khatib et al., 2023) demonstrated that extended family involvement not only helped in practical aspects of daily life but also reinforced cultural identity and shared values. These findings suggest that extended family networks act as a buffer during times of crisis, providing emotional and logistical support.

Rituals also emerged as a powerful resilience-building mechanism, consistent with the work of Imber-Black (1988) and Walsh (2006). Rituals serve to strengthen family bonds, facilitate shared grieving, and preserve cultural and religious practices. For example, studies in both South Africa and Turkey underscored how families utilized rituals to openly address grief, reinforcing collective resilience (Greeff & Human, 2004; Tanacioglu-Aydin et al., 2021). These findings

underscore the universality of rituals as a means of processing grief and maintaining family cohesion across different cultural contexts.

The importance of social support in resilience was another recurring theme, validating Patterson's (2002) assertion that social networks provide additional coping mechanisms and reduce stress. Across studies from South Africa, Israel, Belgium, and the United States, social support consistently emerged as a cornerstone of resilience. For instance, Khatib and others (2023) found that bereaved widows heavily relied on religious and social networks to mitigate psychological distress, while Scheepers and others (2011) demonstrated how community resources aided bereaved children in maintaining stability.

Structured interventions, such as the FBP, were highlighted as effective tools for enhancing family resilience and promoting positive grief outcomes. The longitudinal studies on the FBP provide compelling evidence of its efficacy in reducing mental health problems and strengthening parenting practices. Sandler and others (2008) demonstrated that the FBP significantly reduced externalizing and internalizing problems in bereaved youth and improved self-esteem six years post-intervention. Similarly, Hagan and others(2012) showed that the program had long-term positive effects on caregiver warmth and consistent discipline, which were sustained years after program completion. These findings are critical because they demonstrate how short-term, cost-effective interventions can have profound, lasting impacts on family resilience.

In addition to improving mental health outcomes, the FBP addressed grief symptoms directly. Sandler and others (2010-b) found that the program effectively reduced problematic grief and social detachment, particularly for subgroups such as older youth and boys. The program's success in mediating mental health outcomes through improved parenting practices, reduced emotional inhibition, and enhanced coping skills (Tein et al., 2006) highlights its comprehensive approach to resilience-building. These results align with the broader literature emphasizing the importance of tailored, culturally sensitive interventions in promoting post-traumatic growth and resilience (Patterson, 2002; Walsh, 2003).

Finally, the findings underscore the importance of culturally sensitive approaches in resilience-building. Tailoring interventions to align with cultural values and practices enhances their effectiveness, as evidenced by studies on families from diverse cultural backgrounds (Khatib et al., 2023; Tanacioglu-Aydin et al., 2021).

In summary, the systematic review validates and extends our understanding of family resilience by emphasizing the roles of extended family relationships, rituals, social support, cultural elements, and structured interventions. These components collectively provide families

with the tools and techniques needed to navigate and adapt to loss. The findings highlight the importance of integrating these elements into resilience-building strategies to foster long-term adaptation and well-being in bereaved families. Future research should explore the interplay of these factors across diverse cultural contexts and work toward the development and refinement of additional intervention programs.

To support bereaved families in fostering resilience, several key recommendations emerge from the findings of this systematic review. Practitioners are encouraged to promote the involvement of extended family members in the grieving process, as this approach can alleviate the immediate family's strain while fostering shared values and cultural identity. It also provides additional practical, financial, and emotional support, reinforcing a collective approach to navigating loss (Boss, 2002; Tanacıoğlu et al., 2021).

Rituals, recognized as essential components of the grieving process, should be actively incorporated into grief interventions. Engaging in rituals offers continuity and stability, helping families navigate the uncertainties of grief while strengthening familial bonds (Imber-Black, 1988; Walsh, 2006). More research is needed to explore the specific types of rituals that are most effective across different cultural contexts, as these practices vary widely in their cultural significance.

Moreover, strengthening social support networks is critical for bereaved families. Practitioners can facilitate this by establishing support groups, connecting families with community resources, and encouraging the involvement of friends and neighbors (Khatip et al., 2023; Patterson, 2002). This holistic support system will provide families with practical and emotional assistance, which is essential for navigating the grieving process.

Structured intervention programs, such as the FBP, also play a vital role in enhancing resilience. These programs equip families with critical skills in emotional regulation, coping, and communication, significantly improving their capacity to adapt to loss (Sandler et al., 2010a, 2010b). Open and honest communication within the family is a cornerstone of resilience. Practitioners should provide families with tools and strategies to facilitate effective communication, fostering shared mourning and mutual understanding (Theron, 2014; Walsh, 2003).

Promoting posttraumatic growth is essential, particularly for families experiencing complicated grief or PTSD. Interventions should focus on fostering positive adaptation and helping families find meaning in their experiences (Choi et al., 2023). For bereaved children, strength-based approaches in school counseling have proven effective. These strategies

emphasize resilience and encourage positive adaptation, supporting children in navigating their grief within a supportive educational environment (Eppler, 2008).

By implementing these evidence-based recommendations, practitioners can effectively address the multifaceted needs of bereaved families, fostering resilience and promoting long-term adaptation across diverse cultural contexts. Further research is necessary to explore the cultural specificity of these interventions and to understand how various rituals and support systems can be optimized to facilitate healing in diverse grieving populations.

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GENİŞLETİLMİŞ ÖZET

Giriş

Yas süreci, bireyleri ve aile sistemlerini etkileyerek aile içerisindeki roller, ilişkiler ve dinamiklerde değişimlere sebep olur. Aile sistemleri perspektifinden bakıldığında, yas, aile yaşam döngüsünden etkilenen, aile içerisinde yaşanan ve aile üyeleri ile paylaşılan etkileşimsel bir deneyimdir. Bir aile üyesinin kaybı, ailenin mevcut dengesini bozarak aile içerisindeki rollerde, iletişimde ve sorumluluklarda değişikliklere yol açabilir. Bu bozulmanın derecesi, kaybedilen kişinin aile içindeki rolü ve kayıp öncesindeki aile bağlarının gücü gibi faktörlere bağlıdır (Bowen, 1978; Walsh & McGoldrick, 2004). Yas süreci ile ilgili yapılmış olan araştırmalar, bireysel yaşanan yas sürecini ve patolojiyi vurgulayarak, yas sürecinin toplumsal ve ilişkisel yönlerini sıklıkla göz ardı etmiştir. Ancak son dönemde yapılan araştırmalar, ailelerin sistemik güçlü yönlerine ve kaynaklarına dayanan dinamik bir süreç olarak aile dayanıklılığına odaklanmaktadır (Boss, 2002; Kissane, 2014; Patterson, 2002; Walsh, 2003). Kültürel gelenekler, dini inançlar ve sosyal normlar, ailelerin başa çıkma stratejilerini şekillendirmede önemli bir rol oynar ve bunların yas sürecinde nasıl bir rol oynadığını anlamak önemlidir (Walsh, 2006). Bu çalışma, yas sürecinde aile dayanıklılığını inceleyerek, ailede uyumu destekleyen sistemik güçlü yönlere ve başa çıkma mekanizmalarına odaklanmaktadır. Çalışma, dayanıklılığa katkıda bulunan anahtar faktörleri tanımlayarak klinisyenlere, araştırmacılara ve yas sürecindeki ailelerin dayanıklılığını artırmak üzere hazırlanacak olan müdahale çalışmalarına rehberlik etmeyi amaçlamaktadır.

Yöntem

Kayıp yaşantısı sonrası aile dayanıklılığına ilişkin literatürü incelemek amacıyla PRISMA yönergelerine uygun bir sistematik derleme çalışması gerçekleştirilmiştir. Google Scholar ve Science Direct veri tabanları kullanılarak 2000 ile 2024 yılları arasında hakemli dergilerde yayımlanmış olan makaleler taranmıştır. Arama terimleri olarak "aile dayanıklılığı ve yas, aile dayanıklılığı ve kayıp, aile uyumu ve yas, aile uyumu ve kayıp" anahtar sözcükler kullanılmıştır. Çalışmaya, metodolojik açıdan güçlü olan, kayıp sonrası aile dayanıklılığıyla ilgili olan, İngilizce veya Türkçe dillerinde yayımlanmış olan on beş araştırma dahil edilmiştir. Çeşitli yöntemler (nitel, nicel ve karma yöntemler) kullanan araştırmaların verileri; araştırma amacı, örneklem, yöntem ve bulgular açısından incelenmiş ve ortak temalar tespit edilmiştir.

Bulgular

Bulgular, kültürel, ilişkisel ve sistemik faktörlerin aile dayanıklılığını desteklemedeki çok yönlü etkileşimini vurgulamaktadır. Geniş aile desteği ve kültürel ritüeller, yasın sağaltımında kilit rol oynamış; kardeş ilişkileri ve ailenin sağlıklı bir şekilde yeniden yapılanması ise ailede istikrarın ve uyumun korunmasına yardımcı olmuştur. Aile Yas Programı gibi yapılandırılmış

müdahaleler, yas sürecinin olumsuz etkilerini önemli ölçüde azaltmış, ebeveynlik pratiklerini iyileştirmiş ve duygusal düzenlemeyi geliştirmiştir. Boylamsal çalışmalar, bu programların iletişim ve aile uyumundaki kalıcı faydalarını göstermiştir. Sosyal destek ağları ve maneviyat, anlam oluşturmayı ve uyumu kolaylaştırmış; özellikle çocuklar için destekleyici ilişkiler, duygusal ifade ve uyum becerilerini artırmıştır. Ayrıca, aile birliği, aile uyumu ve ortak problem çözme becerisi gibi sistemik güçlü yönler, yas sürecinin olumsuz etkilerini hafifletmede ve travma sonrası büyümeyi teşvik etmede önemli bir rol oynamıştır.

Tartışma & Sonuç

Bu çalışma, kayıp yaşantısı sonrası aile dayanıklılığının sistemik ve dinamik doğasını, kültürel uygulamalar, sosyal destek ağları ve yapılandırılmış müdahalelerle şekillenen bir süreç olarak ortaya koymaktadır. Ritüeller ve geniş aile ağları, paylaşılan yas sürecini kolaylaştırmıştır. Aile Yas Programı gibi programlar, duygusal iyilik hali ve aile uyumunu artırmada uzun vadede etkililik göstermiştir. Gelecekteki araştırmalar, aile dayanıklılığını farklı kültürel bağlamlarda inceleyerek ailelerin değerlerine ve geleneklerine özgü müdahaleler geliştirmeye odaklanabilir. İlişkisel, kültürel ve sistemik boyutları bütünleştiren bütüncül bir çerçeve, yas sürecindeki aileleri etkili bir şekilde desteklemede çok önemlidir.