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A review on anticipatory grief and lessons learnt from the history of Abu Bakr r. a . (Article)

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Abstract

Grief is defined as 'the internal experience of a person to the loss of something loved and valued'. It is a normal and expected reaction to loss. While anticipatory grief is defined as 'an emotional response that is experienced before a true loss', a concept focusing on that a person might experience grief when the loss of a close loved one was anticipated, but had not yet occurred. The history of Abu Bakr r. a . was reviewed especially from the period of a few months before and recently after the death of the prophet s. a .w. It was noted that he appeared strong while others were down grieving upon the news of the prophet s. a .w.'s death. It was also noted that Abu Bakr r. a . has been grieving when he anticipated that the prophet was going to die. Literatures on anticipatory grief were reviewed. Evidence are conflicting on the role of anticipatory grief . Factors that lead to these differences will be reviewed. The protective factors in Abu Bakr r. a . that helped maintain his composure after the death of prophet Muhammad s. a .w. and later led him to be pledged as the first caliph of the Muslim nation will be discussed. © 2019 Default.

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
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