

# Emotional Resilience, Social Support, and Coping Strategies among Persons Deprived of Liberty Experiencing Grief in a District Jail in Surigao del Sur: A Multiple Case Study

Celeste Faith R. Almanon\* and Kris Hanley M. Dalan

Lyceum of the Philippines University – Batangas Campus, Batangas, Philippines

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## ABSTRACT

This study investigates emotional resilience, social support, and coping mechanisms among male Persons Deprived of Liberty (PDL) experiencing grief in a district jail in Surigao del Sur, Philippines. In-depth interviews were conducted with three male detainees using a semi-structured interview guide. Data were analyzed using thematic analysis (Braun & Clarke, 2021), involving complete coding to capture relevant data, followed by identifying significant statements, emerging concepts, subcategories, categories, and themes. Thematic tables were used to organize findings, and both within-case and cross-case analyses were performed. Three key themes emerged: individual adaptive responses, impact of interpersonal connections, and grief management techniques. Common grief symptoms—somatic, emotional, and behavioral—were heightened by incarceration. Despite these challenges, participants showed emotional resilience, shaped by personality traits and past experiences, demonstrating adaptability, emotional regulation, and acceptance. Social support, primarily from family and jail staff, provided informational, instrumental, and emotional aid, but barriers like stigma and limited awareness hindered access to resources. Coping mechanisms included problem-focused and emotion-focused strategies such as humor, religion, and purposeful activities, emphasizing the need for personalized support. A psychological intervention program grounded in Acceptance and Commitment Therapy (ACT) is proposed to address grief among PDLs. The study recommends longitudinal research and program evaluations to improve support for grieving detainees.

## 1. Introduction

The emotional well-being of incarcerated individuals is often overlooked, especially in the context of grief. This study addresses a critical gap in understanding how Persons Deprived of

\* Corresponding author's E-mail address: celestefait28@gmail.com

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Liberty (PDLs) cope with the loss of loved ones while confined. When PDLs experience the death of a family member or friend, they are unable to participate in traditional mourning practices, such as attending funerals or providing immediate support to grieving relatives, leading to profound emotional distress. This isolation can exacerbate the challenges they face, creating a pressing need to explore their emotional resilience, social support systems, and coping strategies during such difficult times.

In the Philippines, PDLs are individuals confined by authorities within the criminal justice system for suspected criminal activities, subjected to strict control and supervision in jails, prisons, or police stations (Bersamina et al., 2021). The experience of incarceration is inherently traumatic, and the additional burden of grief can heighten emotional distress and psychological strain. Grief is a multifaceted emotional reaction to loss, often characterized by feelings of sadness, anger, guilt, and confusion (Barney & Yoshimura, 2020; Wojtkowiak et al., 2021). For PDLs, navigating this complex emotional landscape while deprived of liberty presents unique challenges that warrant investigation.

Emotional resilience refers to an individual's capacity to recover from adversity and manage stress (Subhasree et al., 2023). For PDLs grappling with grief, this resilience is crucial for coping within a restrictive environment. Social support, which encompasses assistance from family, friends, and the community (Cacciatore et al., 2021), plays a vital role in buffering the effects of grief; however, the controlled nature of jail interactions may introduce additional stressors. Furthermore, coping mechanisms—strategies employed to manage emotional distress—take on distinct forms for individuals in confinement (Tan & Andriessen, 2021).

Despite the importance of studying grief in this vulnerable population, significant gaps exist in the literature. While prior research has explored broader implications of incarceration, such as overcrowding and rehabilitation programs, studies specifically addressing the emotional well-being of PDLs and their grieving experiences remain scarce (Cahapay, 2020; Baldonado et al., 2022; Gales et al., 2023). This oversight highlights an urgent need for targeted research to better understand the unique grieving processes of PDLs.

This study aims to address this gap by investigating the following research questions: (1) What are the participants' case backgrounds in terms of age, duration of imprisonment, and their relationship to the deceased loved one? (2) How do the participants experience emotional resilience while in grief? (3) How do the participants receive social support from others while in grief? (4) How do the participants cope with their grief while in the penal institution? (5) What intervention plan can be proposed by the researcher to help PDLs deal with grief?

By examining these aspects, the study seeks to illuminate how individuals within the criminal justice system manage their emotional challenges. Insights gained from this exploration can inform the development of humane and effective support programs tailored for those experiencing loss while incarcerated. Ultimately, this research advocates for initiatives that recognize and address the unique emotional struggles of detainees, contributing to their overall well-being and resilience during challenging times.

## **2. Literature Review**

### **2.1. Grief among PDLs**

Grief is a natural and expected human response that occurs when individuals experience separation, bereavement, or loss. It is a subjective and distinctive process, and its intensity and duration differ extensively from person to person (Avis et al., 2021). In the context of this study, grief is specifically defined as how an individual responds when a loved one dies. Within

this framework, individuals who have lost a person that is very close to them, go through a complex process which includes reassessing the magnitude of the loss, reevaluating the depth of their connection to the deceased, and readjusting to the different dynamics in their daily lives (Kumar, 2023). With this being said, grief is a deeply personal experience, and its duration varies greatly from person to person.

A theory of grief that acknowledges its nonlinear nature is the Tasks of Mourning model by William Worden, which outlines four key tasks individuals typically navigate when grieving a loss (Pacaol, 2023). These tasks involve accepting the reality of the loss, experiencing the pain of grief, adjusting to a world without the deceased, and finding a way to maintain a connection with the deceased while moving forward with life. Individuals may revisit and reengage with these tasks multiple times throughout the grieving process, and progression through them is not necessarily linear or sequential. Instead, individuals may oscillate between the tasks as they continue to process their grief and integrate the loss into their lives (Pacaol, 2023).

Grief represents a personal reaction which has a range of dimensions. This includes physical sensations, thoughts, emotions, behaviors, and spiritual experiences (Çolak, & Hocaoglu, 2021). Individuals who are grieving may describe physical symptoms like, fatigue, headaches, insomnia, changes in appetite, or even bodily complaints like difficulty breathing. Likewise, grief can considerably preoccupy a person's thoughts. They may find themselves questioning the fairness of the situation, dwelling on memories of the person who passed away, or contemplating over the meaning of life and death. In the same way, individuals may also experience changes in cognitive processes which may affect concentration as well as cause disruptions in dreams and sleep patterns. Further, grief is frequently associated with a broad range of emotions such as loneliness, sorrow, anger, remorse, uncertainty, and fear. Additionally, grief experiences can result to atypical behaviors that may not necessarily comprise the expression of emotions usually correlated to grief (Barney & Yoshimura, 2020).

Going through the grieving process can affect the way individuals relate to other people. In some cases, those who are bereaved may isolate themselves; they may feel incapable of connecting with others or be wary of being a burden to others. It can also impact how people behave as there are those who may consciously withdraw from social supports, while other individuals may intentionally reach out to family and friends for comfort and support. Grieving individuals may also perform activities that will help them cope with the loss, such as participating in rituals, making memorials, and writing journals. For others, grief may lead individuals to question their beliefs, seek spiritual guidance, or find comfort in rituals or religious practices (Çolak, & Hocaoglu, 2021).

Within the prison system, grief presents unique challenges, with incarcerated individuals often struggling to process their emotions. Fahmy et al. (2024) found that social support from both family outside prison and peers within played a crucial role in reducing depressive symptoms. Further research by Wilson (2019) and Simanovic (2021) delved into the impact of institutional constraints on grieving. Wilson highlighted how unresolved grief contributes to recidivism, while Simanovic emphasized fragmented grief caused by isolation in prison. These studies emphasize that addressing grief within the carceral context can aid in personal growth and reduces the risk of reoffending among detainees.

## **2.2. Emotional Resilience**

Emotional resilience, according to Davidson as cited in Vella & Pai (2019), refers to an adaptive mechanism in which individuals can recover quickly from adverse events or negative emotional states and better adapt to the environment. Meanwhile, Wang et al. (2020) defines emotional resilience as a self-repairing ability closely related to stress and coping style.

Conversely, Hu et al. (2023) mentioned that emotional resilience is a means by which relationship between perceived stress and social adaptation is moderated.

Emotional resilience, in the context of loss and grief, can be described as an individual's ability to lessen the degree of psychological disturbance following a singular traumatic event, such as the passing of a beloved friend or family member. It encompasses a person's natural ability to navigate the turbulent emotions associated with grief, including sadness, anger, and moments of solace, without becoming overwhelmed. This intrinsic resilience influences how individuals inherently respond to loss, even before they actively employ coping strategies. It is deeply connected to one's emotional constitution and adaptability, playing a foundational role in determining how effectively an individual ultimately copes with grief. It involves the capacity to adapt, heal, and find emotional balance during the grieving process (Subhasree et al., 2023).

The resilience theory postulates the inherent human capability to rebound from adversities and exhibit positive adaptation amidst challenging circumstances. Pioneered by researchers Emmy Werner and Michael Rutter, this theoretical framework accentuates the multifaceted interplay of intrinsic personal qualities, cumulative life experiences, and external support systems in shaping an individual's capacity to effectively deal with stressors and surmount obstacles (Schechter & Halevi, 2023). While grief research has mostly focused on risk factors, recent studies have started investigating protective factors such as emotional resilience.

Emotional resilience plays a key role in helping individuals overcome adversity and stress. Crane et al. (2019) identified meta-cognitive skills like self-reflection as essential for building resilience, while Fullerton et al. (2021) found that personal resilience resources, such as support-seeking, improved mental well-being in a study of undergraduate students. These studies highlight how resilience can promote healthier coping mechanisms and adaptation.

Resilience is also vital in grief, particularly when coping with significant loss. Research by Vegsund et al. (2019) and Rasouli et al. (2022) showed that resilience factors, such as self-perception and emotional competence, predicted healthy outcomes in parents and siblings grieving the loss of loved ones to cancer. Similarly, Blanchard et al. (2021) found that character strengths like hope and gratitude played a protective role against depression after loss. Studies on emotional resilience in incarcerated populations highlight its crucial role in mitigating psychological distress. Wolff and Caravaca (2019) found a negative association between resilience and psychological distress among incarcerated men, emphasizing how emotional resilience helps alleviate the mental health challenges of incarceration. Caravaca-Sánchez (2020) identified resilience and social support as protective factors that reduced substance use among female inmates, suggesting that these could prevent negative outcomes in prison settings.

### **2.3. Social Support**

Social support, according to Thoits (2021), encompasses various forms of assistance and care perceived or experienced within social networks, including emotional, instrumental, informational, and appraisal support. It is embedded within the structure of interpersonal relationships and social networks, facilitating resilience, coping, and well-being, as asserted by Granovetter (Goyette, 2019). Culturally, social support manifests through both formal and informal systems such as kinship ties, community networks, and institutional structures, which vary across different contexts and cultures (Yeh & Inose, 2003 as cited in Wang et al., 2021).

Grief represents a shared human ordeal that deeply influences an individual's overall health and mental well-being. Social support has a highly crucial role in directing individuals through the complex journey of grief and mourning. It serves as a central force in promoting the process of

recovery. In the context of grief, social support entails the sharing of resources between individuals, with the goal of improving the well-being of the grieving person. Social support may be in the form of assistance, comfort, encouragement, and resources that individuals receive from their social networks, such as family, friends, peers, and community, during times of need or stress. This support can be tangible such as financial or practical help. It can also be informational like advice or guidance. Likewise, it can be companionship or spending time with someone (Çakar, 2020). This is in line with what is asserted in the Social Support theory.

Social support theory posits that the presence of strong interpersonal relationships and networks exerts a substantive influence on the holistic well-being of individuals, encompassing both their physical and emotional dimensions. Originally advanced by scholars George C. Homans and Sidney Cobb, this theoretical framework underscores the manifold contributions of diverse forms of support, comprising emotional (e.g., empathy, affirmation), instrumental (e.g., practical aid, material resources), and informational (e.g., guidance, counsel) support, towards mitigating the adverse repercussions of stressors (Cohen & McKay, 2020).

Social support plays a crucial role in an individual's well-being and can provide a buffer against the negative effects of stress, isolation, or challenging life events. This support encompasses from various sources, such as professional, familial, and community support (Li, 2020). Social support is shown to improve the overall health and well-being of various groups of people. In contrast, limited social support and feelings of loneliness have been identified as social factors that can lead to unfavorable health consequences, negatively impacting physical, emotional, and mental well-being (Cacciatore et al., 2021). Nevertheless, the precise character of social support and how effective it is to alleviate grief continues to be a subject under scrutiny.

A study by Cacciatore et al. (2021) explored the role of social support in traumatic grief, highlighting its importance for individuals navigating the emotional challenges of loss. Emotional support from family, friends, and broader networks plays a crucial role in providing solace and understanding during grief. Similarly, Çakar (2020) found that social support mediated the relationship between grief and well-being in adolescents, emphasizing the need for mental health services to nurture these support systems for youth dealing with loss. Meanwhile, an investigation by Dyregrov et al. (2018) focused on social network support after traumatic deaths, revealing valued support as well as barriers like insecure communication and mismatched expectations. Their study underscores the need for better alignment between the needs of the bereaved and their support networks to enhance recovery.

Grieving in jail presents unique challenges, as incarcerated individuals face limited access to traditional support systems and mourning rituals. The impersonal delivery of distressing news, often through bureaucratic channels, can further isolate them. Without the comforting presence of family or the opportunity to participate in familiar mourning practices, detainees struggle more intensely with grief (Eaton-Stull et al., 2022). This environment exacerbates the emotional challenges of bereavement, making the process even more distressing. Research highlights the importance of social support in mitigating the impact of grief for incarcerated individuals. Fahmy et al. (2024) found that social support from both family and in-prison peers significantly reduced depressive symptoms related to bereavement. Similarly, Eaton-Stull et al. (2022) demonstrated that grief support groups, especially those involving therapy dogs, alleviated prolonged grief disorder symptoms. These findings underscore the critical role of social support in addressing grief within the jail system.

## **2.4. Coping Mechanisms**

Coping mechanisms are the cognitive and behavioral strategies individuals use to manage stressors and maintain psychological well-being (Folkman & Lazarus, 1980 as cited in

Stephenson & DeLongis, 2020). Coping mechanisms can be understood as the positive psychological strategies individuals utilize to navigate stressors and adversity while fostering personal growth (Sun et al., 2019). Meanwhile, Jacobs & Carver (2020), defined coping mechanisms are psychological strategies individuals employ to manage stressful situations, emotions, and thoughts. These mechanisms aim to reduce the intensity of negative emotions and enhance one's ability to adapt effectively.

Coping mechanisms, with regards to grief, refer to the specific strategies and actions individuals use to manage and navigate their emotional responses when dealing with the loss of a loved one or a significant life event. These mechanisms can encompass a range of behaviors, from seeking support from others to engaging in self-care practices, expressing emotions, or finding meaning in the loss (Jacobs & Carver, 2020). Coping mechanisms are essentially the practical steps individuals take to deal with their grief. Understanding how incarcerated individuals cope with grief is vital to addressing their emotional needs within carceral systems.

A theory in which this can be anchored is the transactional model of stress coping. Proposed by psychologists Richard Lazarus and Susan Folkman, the transactional model of stress coping delineates a dynamic process wherein individuals interact with their environment to navigate stressors. Central to this theoretical framework is the notion that coping entails a multifaceted interplay between cognitive appraisal and behavioral responses. This appraisal, influenced by factors such as the perceived threat level of the stressor, individual dispositional traits, and the availability of coping resources, shapes the individual's coping strategies. These strategies are broadly categorized into problem-focused coping, which involves direct engagement with the stressor, and emotion-focused coping, which centers on managing emotional responses elicited by the stressor (Alfonso et al., 2022).

Research on coping mechanisms among incarcerated individuals highlights various strategies to manage the unique challenges of prison life. Studies like those by Smoyer et al. (2019) and Guitering et al. (2018) illustrate the broad range of experiences that inmates face, including loss, mistreatment, and environmental stressors. Inmates employ different coping mechanisms such as emotional resilience, family support, and religious engagement to navigate these difficulties. These studies emphasize the adaptive behaviors inmates develop to survive and grow while incarcerated, including personal transformation and value cultivation.

The current study utilizes the Dual Process Model of Coping with Bereavement as a framework to understand how Persons Deprived of Liberty (PDLs) cope with grief. This model explains how individuals oscillate between loss-oriented stressors (such as sadness and loneliness) and restoration-oriented stressors (like adjusting to prison life and maintaining relationships). Emotional resilience and social support are key in helping inmates navigate these challenges, emphasizing the need for tailored interventions to improve the mental well-being of incarcerated individuals in the Philippines (Tey & Lee, 2022).

The role of coping strategies in handling grief and emotional distress in prison is significant. Emotion-focused and problem-focused coping are the most common approaches, helping inmates address their feelings and take action to manage stressors (Shamblaw et al., 2021). Studies show that problem-solving, positive reframing, and seeking support from social connections or prison programs contribute to improved psychological well-being (Wang et al., 2018). Research also underscores how the development of self-sufficient coping styles, such as planning and acceptance enhances resilience (Langford et al., 2020).

### **3. Methods**

### 3.1. Research Design

This study employed a qualitative, multiple case study approach to explore the experiences of incarcerated individuals who have undergone grief. The focus was on understanding their emotional resilience, social support, and coping mechanisms. This design allowed for an in-depth examination of grief within the prison environment that highlight participants' perspectives. The multiple case study approach enabled a comparative analysis across cases that reveal broader patterns and context-specific insights. Narrative techniques were used to capture participants' behaviors, attitudes, and characteristics during grief, with an inductive approach guiding the analysis.

### 3.2. Participants

Three individuals deprived of liberty participated in the study, selected from inmates incarcerated in a District Jail in Surigao del Sur, serving three municipalities. Following Saunders (2018), the focus in qualitative studies is on the depth and richness of narratives rather than the number of participants. Purposive sampling was used to identify inmates who had lost a loved one while in jail. Jail personnel selected participants who met the study's criteria. All participants were male, differing in age, years of incarceration, and relationship to the deceased.

### 3.3. Measures

A semi-structured interview guide was used to conduct in-depth interviews with participants. The guide focused on eliciting key information about their grief experiences while incarcerated, emotional resilience, social support dynamics, and coping mechanisms. Open-ended questions facilitated detailed responses and follow-up queries for deeper exploration of grief in prison.

The interview questions were based on the Brief COPE for coping strategies, the Lubben Social Network Scale for social support, and the Brief Resilience Scale for resilience. An expert panel validated the guide for content and relevance. Questions were translated into *Sinugbuanong Binisaya*, the primary language of the participants, for better participant comprehension, with English translations provided. Experts in language construction reviewed the translations to ensure accuracy. It was pretested before the actual interviews to ensure it generated responses aligned with the study's intent and to identify potential construction issues. Revisions were made to the interview guide based on these findings.

### 3.4. Data Collection

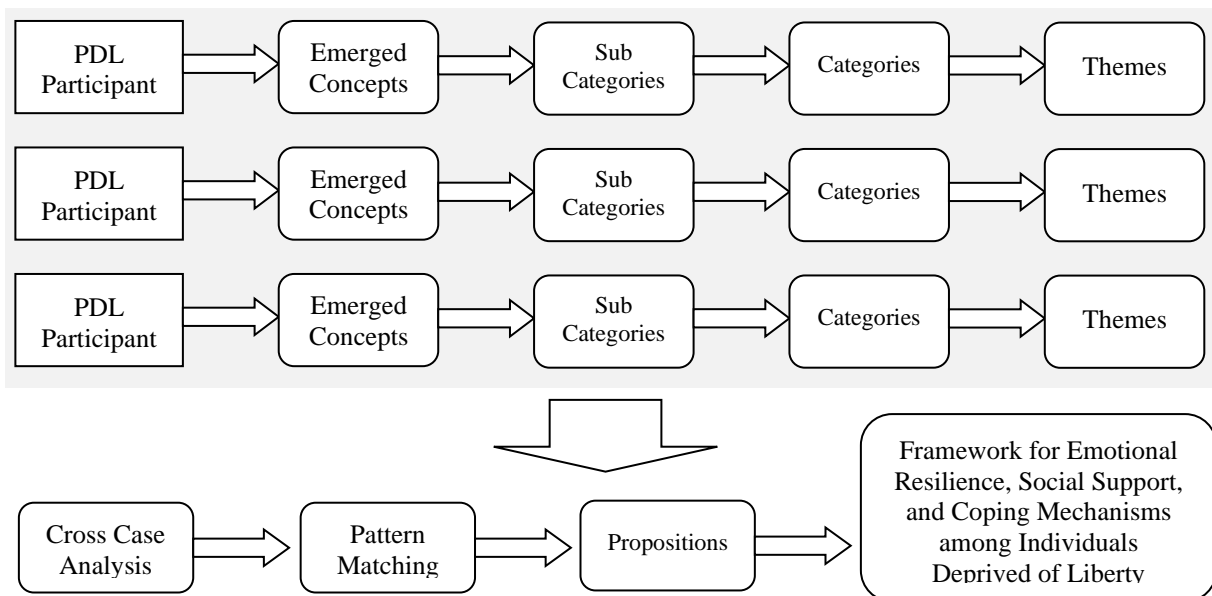
Data collection began, with interviews conducted until saturation was reached. The researcher employed Filipino indigenous methods as introduced by Pe-Pua, (2020), including *pagkamustahan* (greeting/checking in), *pakapakapa* (navigating intuitively), *pakikiramdam* (sensing/empathetic listening), and *pakikipagkwentuhan* (story-sharing/conversing).

The refinement of the interview protocol followed the iterative procedures outlined by Yeong et al. (2018). Throughout the interview process, the researcher engaged in continuous adjustments to the wording, structure, and sequencing of questions. This iterative refinement aimed to ensure that the questions accurately captured the desired information and fostered meaningful dialogue with the participants. Ambiguities in questions were promptly clarified or rephrased. Interviews were recorded for thorough analysis.

### 3.5. Data Analysis

The data was analyzed using thematic analysis (TA) as outlined by Braun and Clarke (2021), focusing on identifying patterns or themes within the data. The researcher employed a reflexive, data-driven approach, interpreting themes from transcribed and translated interviews. After multiple reviews of the transcripts, significant points were highlighted and additional notes were made, followed by coding across all transcripts to encapsulate relevant ideas. Emerging themes were identified through meticulous examination and collation of the codes generated during the analysis process. To facilitate this understanding, thematic tables were created which linked participant excerpts to overarching themes.

The study employed both within-case and cross-case analyses to extract insights from the data. This dual approach allowed for a richer understanding of individual experiences while also highlighting commonalities and differences across participants. To enhance the credibility of the findings, the analysis included member checks, peer reviews, and triangulation with existing literature. These validation strategies ensured that the interpretations made were robust and reflective of the participants' realities. The final propositions were used to establish a framework, as depicted in Figure 1.



*Figure 1.* Process in the Development of a Framework for the study on Emotional Resilience, Social Support, and Coping Mechanisms among Persons Deprived of Liberty dealing with Grief

### 3.6. Ethical Considerations

Participant well-being was a priority with measures in place to minimize risk and ensure benefit. Participants were informed of their rights, with voluntary participation and the option to withdraw without consequences. Confidentiality was strictly maintained by encrypting digital data and placing hard copies in locked storage. Pseudonyms were used to protect privacy and demographic details were kept confidential unless relevant. Debriefing sessions and referrals to mental health professionals were provided as needed. The researcher managed all data collection and analysis, with input from expert panels and member checks to validate findings and ensure methodological rigor. Personal experience with grief informed an empathetic approach, and bracketing strategies were employed to reduce bias.



## 4. Results and Discussion

### 4.1. Case #1: Participant 1

Participant 1, a 60-year-old male detainee who has been in prison for nearly 2 years, experienced a significant loss with the passing of his elder sister in October 2023. Among his five siblings, his deceased sister played a central role in his life, offering consistent support, both financially and emotionally. Participant 1 recalled her assistance, particularly notable after his spouse's death, and described their close relationship through daily, meaningful interactions. Following her death, he exhibited various somatic and emotional symptoms typical of grief. Physical manifestations included chest pain, weakness, and headaches, while emotionally, he expressed feelings of burden, heartache, and helplessness. The prison environment exacerbated his distress, as he felt unable to offer direct support to his grieving family members. Participant 1's grief also manifested through actions such as seeking privacy for mourning.

Table 1.

*Emergence of the Concept of Individual Adaptive Response in the aspect of Emotional Resilience among Persons Deprived of Liberty dealing with Grief for Participant 1*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Ako nalang gihinay-hinay ug deal sa mga panghitabo kay wala naman koy mahimo, tua na siya sa laing kalibutan."</i> (I just slowly deal with the events because I cannot do anything about it; she is already in another world.)</p>	Acceptance of the situation	Adjusting to Circumstances	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Sakit baya gyud huna hunaon ang mga panghitabo, pero ako nalang gina balanse."</i> (It's really painful to think about the events, but I try to balance it.)</p>	Balancing Emotions	Emotional Regulation	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Ako nalang huna hunaon nga ang tao duna may katapusan, sila may nag-una unya kitay nabilin na."</i> (I remind myself that everyone has an end, others go first, and we are left behind.)</p>	Realizing the inevitability and finality of death	Existential Acknowledgment of Death	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Ug kadto na time, ug naatlan nako isubo ang akong kasing-kasing ug akong mga paglihok na isa ray ning biya unya lima ako mga anak nga akong atimanon. So didto jud ko sa ila."</i> <i>"Ako ginahunahuna nga aduna pa nagpaabot nako."</i> (And during that time, when I felt my heartache and contemplated my actions, I realized that one left but I still have my five children whom I need to take care of. So, I focused on them. I just remind myself that there are still people waiting for me.)</p>	Sense of Connection with others	Finding strength in relationships	Personality Characteristics & Development	Individual Adaptive Response

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Kay PWD, Person with Disability, man ko ginadawat nako mga pagsulay sa kinabuhi sugod pa adtong bata pa ko."</i></p> <p>(Because I am a PWD, a Person with Disability, I have been dealing with life's challenges since I was young.)</p>	Flexibility honed through life experiences	Learning from Adversity	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Hinumdumon nako nga nakalampas ko adto sa una ug nakatabang to nga ma control ra nako ako mga emotions."</i></p> <p>(I just remember that I overcame grief before and it helps in making me keep my emotions under control.)</p>	Overcoming previous grief experiences	Learning from Adversity	Personality Characteristics & Development	Individual Adaptive Response

The statements in Table 1 provide understanding of Participant's process of acceptance and adjustment to loss, emphasizing the critical role of recognizing the finality of death. This acknowledgment enables him to confront his emotions and facilitates a transition into a new reality. The recognition of the deceased's absence is essential for emotional adaptation.

Moreover, he articulates the challenge of balancing conflicting emotions, demonstrating a level of emotional intelligence. This ongoing struggle underscores the significance of employing effective emotional regulation strategies, which are crucial for maintaining psychological equilibrium during periods of loss. Finally, the importance of interpersonal connections is highlighted as a vital source of strength. Despite the loss, he finds purpose in caring for his children which reinforces his sense of responsibility. His identity as a person with a disability further informs his adaptive response to adversity, as he reflects on the challenges he has faced throughout his life. These experiences of overcoming obstacles shape his outlook.

Table 2.

*Emergence of the Concept of Impact of Interpersonal Connections in the Aspect of Social Support among Persons Deprived of Liberty dealing with Grief for Participant 1*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Ang akong anak didto sa Manila nitawag...mao to miingon akong anak na 'Si auntie, namatay na, Pa.'"</i></p> <p><i>"Gibisitahan ko nila...Mao to nistorya daun sila sa mga panghitabo."</i></p> <p>(It was my child, who is in Manila, that called me...my child said, 'Auntie died, Pa.' They visited me here around December 2 or 3. That's when we discussed the events.)</p>	Receiving information about the death	Informational Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>"Sa pinansyal naa gihapon ginagmay na suporta akong pamilya..."</i></p> <p>(Financially, my family provides support...)</p>	Providing Financial Assistance	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>"Hagaron ko nga, 'Pagkaon na kay mura naman ka ug dili naman ka"</i></p>	Extending assistance for basic needs	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>mukaon. Naay akong pagkaon dire, suka, asin, buwad.</i>”</p> <p>(They remind me, 'Eat because it seems like you are not eating. I have food here, vinegar, salt, and dried fish.')</p>				
<p><i>“...naay mga kauban nako sa PDL nga nagpaalaala, condolence sa pagkahitabo sa imong igsoon.”</i></p> <p>(... some fellow inmates express their sympathy, offering condolences for what happened to my sibling.)</p>	Showing Empathy and Understanding	Emotional Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>“Sa mga staff, wala man ko nagpahibalo dayon sa ila pagkamatay sa ako manang. Wala man koy knowledge mam nga pwede diay ko nilang tabangan.”</i></p> <p>(I didn't immediately inform the staff about my elder sister's death. I was not aware, ma'am, that they could assist me.)</p>	Hesitation to inform prison staff about loved ones' death	Lack of Awareness of Available Support	Support Access Barriers	Impact of Interpersonal Connections
<p><i>“Pero sa akong hunahuna pud adto mam is ang gasto sa kalayo sa among dapit muadto ko didto. Usa pud sa ako gi hunahuna kay kanang mura kog actor mam kay pinosasan, naka sanina pa og PDL. Sakit sa akong mga anak ug sa akong mga parente na na malantaw ko na ing ani.”</i></p> <p>(Another thing that I was thinking of is that I would go there as a convict, wearing handcuffs and a PDL's uniform, it would be painful for my children and relatives to see me like that.)</p>	Perceived Stigma and Shame	Emotional Constraints	Support Access Barriers	Impact of Interpersonal Connections
<p><i>“Sa akong mga friends sa gawas, wala na ko contact nila...wala nako na lista ang mga number sa ako mga barkada.”</i></p> <p>(For my friends outside, I don't have contact with them... I was not able to list down the numbers of my friends.)</p>	Having no contact information of friends outside of prison	Challenges in Maintaining External Connections	Support Access Barriers	Impact of Interpersonal Connections

The results in Table 2 highlight the impact of interpersonal connections on social support for Participant 1. He received significant emotional and informational support from family members, especially following the death of a loved one. The communication from a child residing in Manila about the death and subsequent visits exemplify the importance of familial ties in providing comfort during times of loss. Such interactions not only offer essential information but also facilitate emotional processing of grief within the confines of incarceration.

Moreover, the concept of instrumental support emerges prominently in the participant's experience. Financial assistance and basic needs are addressed by family members, emphasizing their commitment to providing tangible help even from a distance. The reminders

from family to eat, despite the participant's grief, illustrate the care and concern inherent in these relationships. This support system underscores the role of interpersonal connections in ensuring that individuals deprived of liberty can access necessary resources especially in challenging times.

However, the findings also reveal barriers to accessing support within the prison environment. The participant expresses hesitation to inform prison staff about their loss, stemming from a lack of awareness regarding available support resources. Additionally, feelings of perceived stigma associated with being a convict further complicate the grieving process, as the participant fears the impact of his appearance should he visit the wake while handcuffed. These emotional constraints coupled with challenges in maintaining external connections due to a lack of contact information for friends outside of jail show the support access barriers.

Table 3.

*Emergence of the Concept of Grief Management Techniques in the Aspect of Coping Mechanisms among Persons Deprived of Liberty for Participant 1*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Naa man mi mga salida bitaw sa TV, unya naa pud mga sounds. Ako nalang gitan-aw tan-aw sa TV, unya ug naay mga sounds maminaw lang ko."</i> (We have a TV here, and there are also sounds (music). I just watch TV, and when there are sounds, I just listen.)</p>	Diverting Attention through Sensory Stimulation	Problem-Focused Coping	Modalities of Handling Loss	Grief management techniques
<p><i>"Naa man pud zumba exercise ug uban isports na maka apil ko."</i> There are also Zumba exercises and sports that I can join.</p>	Participating in Physical Activities	Problem-Focused Coping	Modalities of Handling Loss	Grief management methods
<p><i>"Naga partisipar pud ko sa mga activities nganhi. Naa man naga tudlo nganhi ALS (Alternative Learning System)...sa high school ko karon sa ALS."</i> (I also participate in activities here. Someone is teaching ALS (Alternative Learning System) here... I'm attending high school now through ALS.</p>	Engaging in Purposeful Activities	Problem-Focused Coping	Modalities of Handling Loss	Grief management methods
<p><i>"Ganahan ko magpakatawa para mawala ako kasubo."</i> (I like to joke. I like to make people laugh because my worries disappear.)</p>	Using Humor	Emotion-Focused Coping	Modalities of Handling Loss	Grief management methods
<p><i>"Muhilak ko didto ko sa CR aron walay makakita."</i> (I cried and went to the restroom so no one would see.)</p>	Crying as a way to release emotion	Emotion-Focused Coping	Modalities of Handling Loss	Grief management methods

The emergence of various grief management techniques employed by Participant 1, showcasing an array of coping mechanisms used to deal with loss while deprived of liberty can be seen in Table 3. He engages in sensory stimulation through watching television and listening to music as a means of diverting attention from grief. This problem-focused coping strategy reflects an attempt to temporarily distract oneself from the emotional pain associated with loss. This illustrates how environmental factors can be utilized to facilitate a sense of normalcy within a constrained setting.

In addition to sensory engagement, the participant actively participates in physical activities, such as Zumba and sports, as a coping mechanism. This involvement not only provides an outlet for physical expression but also maintains social interaction among fellow inmates. By engaging in these purposeful activities, the participant demonstrates resilience and a commitment to maintaining mental well-being. This shows that structured routines can provide positive coping strategies during difficult times.

Moreover, the participant employs emotion-focused coping techniques, such as humor and crying, to manage grief. By using humor to elicit laughter from others, the participant finds a way to alleviate personal worries. This suggests that social connections can serve as a buffer against the effects of grief. Conversely, the act of crying in solitude underscores the necessity of emotional release in coping with loss.

#### 4.2. Case #2: Participant 2

Participant 2, a 47-year-old male detainee, has been incarcerated for nearly six years. During his time in custody, he experienced profound bereavement with the consecutive deaths of his mother and son in September and October 2022, respectively. These losses impacted Participant 2, evident from his intense emotional responses to their passing. He articulated the significance of his relationships with the deceased, emphasizing the pain associated with their deaths. Following the loss of his mother and son, Participant 2 exhibited both physical and emotional manifestations of grief. He reported experiencing headaches, weakness, and other somatic symptoms, indicating the physiological toll of his emotional distress. Additionally, he expressed feelings of sadness, disbelief, and emotional numbness, reflecting the profound psychological impact of his losses. Behaviorally, Participant 2 sought solitude to process his grief, opting to cry in private within the confines of the restroom.

Table 4.

*Emergence of the Concept of Individual Adaptive Response in the aspect of Emotional Resilience Among Persons Deprived of Liberty dealing with Grief for Participant 2*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Dili basta-basta sa ako, nga isa ka pinireso, nga mamatyan. Pero nagadjust jud ko para ma handle lang akong problema".</i></p> <p>(It is not easy for me, a prisoner, to have loved ones die. But I adjusted just to be able to handle my problems.)</p>	Acceptance of the Situation	Adjusting to Circumstances	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Ako ra ginatimbang-timbang na makasabay-sabay ra pud sa ila para dili kaayo sakit."</i></p> <p>(I just try to balance things and go along with the flow so that it would not be too painful.)</p>	Balancing Emotions	Emotional Regulation	Personality Characteristics & Development	Individual Adaptive Response
<p><i>"Pero ang emotional support nako jud kay akoang sarili. Kay wala man kay mahimo kung dili nimo tabangan imong kaugalingon, dili man ka makaahon sa mga problema."</i></p> <p>(My main emotional support is myself. Because there is nothing you can do if you do not help yourself; you cannot overcome problems.)</p>	Inner strength	Emotional Regulation	Personality Characteristics & Development	Individual Adaptive Response

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<i>"Ang tawo lumalabay ra man sa kalibutan. Di man ta ingon magdugay nganhi."</i> (People are just passing through this world. We are not meant to stay for long here.)	Realizing Inevitability and finality of death	Existential Acknowledgment of death	Personality Characteristics & Development	Individual Adaptive Response
<i>"Akong kinaiya kay mo estorya jud ko sa ako gibati. Pareho nganhi, moshare ko sa ilaha."</i> (My nature is that I really share my feelings. Just like in here, tell them what I'm going through.)	Sense of Connection with others	Finding strength in relationships	Personality Characteristics & Development	Individual Adaptive Response

The excerpts in Table 4 reveal how Participant 2 demonstrates emotional resilience when grieving in jail. The participant's adjustment to the situation of losing loved ones while incarcerated underscores the importance of accepting reality. By acknowledging the difficulties of grieving while incarcerated and the need to adapt, the participant exemplifies emotional flexibility. This acceptance of circumstances serves as the foundation for emotional resilience which can help facilitate the participant's ability to handle ongoing personal challenges.

A key element in the participant's emotional regulation is balancing emotions. The participant consciously strives to go with the flow to reduce emotional pain, showing a mindful approach to managing grief. This internal balancing act helps mitigate emotional distress. Furthermore, the participant's reliance on self-support—believing that inner strength is crucial for overcoming difficulties—demonstrates a level of self-awareness and autonomy. This belief in self-reliance reinforces the significance of self-empowerment when facing adversity.

In addition to personal coping mechanisms, the participant finds strength in relationships, sharing emotions and experiences with fellow inmates. This sense of connection fosters emotional support and allows him to process grief within a communal context. The realization of the inevitability of death further enriches his adaptive response that provides an existential perspective to ease emotional burden. By combining inner strength with social connections, the participant's grief management reflects a holistic approach to adapt to his circumstances.

Table 5.

*Emergence of the Concept of Impact of Interpersonal Connections in the aspect of Social Support among Persons Deprived of Liberty for Participant 2*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<i>"Nagchat ako mga igsoon na wala na daw si nanay."</i> (My siblings messaged me that our mother was gone.)	Receiving information about the death	Informational Support	Dimensions of Support	Impact of Interpersonal Connections
<i>"Ang ako pamilya, ako igsoon, naghatag og kwarta sa akong mga gastuhonon diria."</i> (My family, my siblings, send me money for my expenses here.)	Providing Financial Assistance	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections
<i>"Kadtong adlaw nga maoy paglubong sa anak nako, nihangyo ko sa ilaha na ug videocall ug ila ko gitabangan."</i>	Extending assistance for	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
(On the day of my child's burial, I requested another video call and they helped me with it.)	communication needs			
<p><i>"Sa mga kaubanan nganhi sa sulod, maminaw ra pud sila ug ingnan kog mga pulong na makapagaan sa ako paminaw."</i></p> <p><i>"Tambag-tambagan man ko sa akong mga kauban nga dili man kita ang nag gunit sa atong kinabuhi. Easy nalang ta, puyo nalang kibalì."</i></p> <p>(As for the companions here inside, they just listen and say comforting words. My friends give me advices, saying that we do not hold life in our hands. They suggest that I take things easy, that I need to be calm.)</p>	Offering Comfort and Reassurance	Emotional Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>"Tapos ila ko ginahatagan og konsiderasyon, kung maghilom ko, ila ra ko sabto ug dili samukon."</i></p> <p>(They also give me consideration, if I am quiet, they just understand me and not bother me.)</p>	Showing Empathy and Understanding	Emotional Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>"Kadtong akong asawa nibisita pero taud-taud na pagkawala sa ako anak kay pandemic man to mao dili mi magkahalibilo ug ayo kay naa man samin."</i></p> <p>(My wife visited me sometime after my child died, but due to the pandemic, we could not be close and have proper interaction because there is a mirror barrier.)</p>	Pandemic restrictions	Environmental Factors	Support Access Barriers	Impact of Interpersonal Connections
<p><i>"Pero kadtong sa mama nako ang wala nadayon ug videocall kay gisapot man lagi tong operator. Wala nalang pud ko kay wala man kay mahimo."</i></p> <p>(But during the burial of my mother, the video call did not push through because the operator was not in a good mood. I just had to accept it because there is nothing else I could do.)</p>	Mood of the operator	Situational Factors	Support Access Barriers	Impact of Interpersonal Connections
<p><i>"Wala ko nakadawat og tabang sa ako mga amigo sa una sa gawas kay wala na pud ko contact sa ilaha."</i></p> <p>(I did not receive any help from my friends outside because I lost contact with them.)</p>	Having no contact information of friends outside of prison	Challenges in Maintaining External Connections	Support Access Barriers	Impact of Interpersonal Connections

The results in Table 5 highlight the significant role of interpersonal connections in providing social support to Participant 2. The participant's family serves as a primary source of support, offering both informational and instrumental support. His family informed him about his mother's passing and regularly provided financial assistance to cover his expenses. They also helped facilitate communication during significant moments, such as arranging a video call during his child's burial, which emphasizes the importance of maintaining familial ties when

grieving. These forms of support illustrate the participant's reliance on family members to deal with his emotional distress while in jail.

In addition to family support, the participant receives emotional support from fellow inmates. He mentions how they listen to him and offer comforting advice which helped him manage his emotional pain. Fellow prisoners understand when he needs solitude, showing empathy by allowing him space when he is quiet. This camaraderie within the prison environment plays a crucial role in mitigating the emotional toll of grief. The support from peers provides a buffer against the isolation that often accompanies grief which enabled him to manage his emotions more effectively.

However, the participant also faces support access barriers due to environmental and situational factors. Pandemic restrictions, for example, prevented close interaction with his wife during visits and created a physical and emotional distance. Additionally, the operator's mood affected his ability to participate in a video call during his mother's burial which led to further emotional distress. The participant also notes the absence of support from friends outside of jail, as he no longer has their contact information which showed that it is difficult to maintain external connections. These challenges underscore how situational factors can limit access to meaningful support during grief.

Table 6.

*Emergence of the Concept of Grief Management Techniques in the aspect of Coping Mechanisms among Persons Deprived of Liberty dealing with Grief for Participant 2*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<i>"Pagtan-aw nako sa uban nga okay man ila sayaw mawala kadali ang problema nako ana."</i> (Watching others enjoy their dance make me momentarily forget my troubles.)	Diverting Attention through Sensory Stimulation	Problem-Focused Coping	Modality of Handling Loss	Grief management techniques
<i>"Naga-apil pud ko sa mga activities. Kaning mga personnel magpa activity man ni sila sama sa padula sa basketball, volleyball ug zumba."</i> (I also participate in various activities. The personnel organize activities such as playing basketball, volleyball, and zumba.)	Participating in Physical Activities	Problem-Focused Coping	Modality of Handling Loss	Grief management methods
<i>"Aron dili nako mahunahunaan og dugay ako problema, magsimba ko ug basa og Bibliya. Ang tanang problema nako ako ra isalig sa Ginoo."</i> (In order to avoid dwelling too much on my problems, I attend church services and read the Bible. I entrust all my problems to the Lord.)	Turns to religion for emotional comfort	Emotion-Focused Coping	Modality of Handling Loss	Grief management methods
<i>"Ako lang siguro ipagawas ning ako kaguol, ako lang sa ni ihilak, sir."</i> (I just need to release my sadness, I just need to cry.)	Crying as a way to release of emotion	Emotion-Focused Coping	Modality of Handling Loss	Grief management methods

The results in Table 6 reveal Participant 2's utilization of various grief management techniques to cope with the emotional toll of loss while being deprived of liberty. One significant method he employs is diverting attention through sensory stimulation, such as watching others dance.



This helps him momentarily forget his troubles, showcasing a form of problem-focused coping. By shifting his attention to enjoyable sensory experiences, he is able to temporarily alleviate the burden of grief. This approach highlights the importance of distraction in his grief management process that allowed him to take a mental break from overwhelming emotions.

Participant 2 also actively participates in physical activities organized by prison personnel such as basketball, volleyball, and Zumba. These activities provide physical engagement as well as an opportunity to socialize and channel emotional energy into structured, healthy outlets. Physical activity, as part of problem-focused coping, offers him a tangible way to address his grief which helped him manage stress and maintain a sense of routine.

In addition to physical activities, emotion-focused coping plays a vital role in his grief management. Participant 2 turns to religious practices for emotional comfort, attending church services and reading the Bible to entrust his problems to a higher power. This spiritual approach reflects his reliance on faith as a coping mechanism. This helped him find solace and meaning in his grief. Furthermore, he openly acknowledges the need to cry, using it as a way to release his sadness and manage his emotions. Both religion and emotional release serve as critical avenues for processing and handling the emotional weight of loss.

#### 4.3. Case #3: Participant 3

Participant 3, a 41-year-old male detained for almost four years, experienced deep grief when his father passed away. He felt a strong sense of responsibility and closeness to his father, being the youngest child and the primary caregiver for his aging parents. He expressed regret and guilt, believing that if he had been free, he could have provided better care, potentially altering the outcome. This reflection highlights his emotional connection and the missed opportunities to support his father during his final days. Following the news of his father's death, Participant 3 experienced physical, emotional, and behavioral symptoms. He felt numb, had disrupted sleep, and was overwhelmed by guilt and sadness, often crying. Socially, he withdrew from others and ruminated on past memories and what might have been if he were not incarcerated.

Table 7.

*Emergence of the Concept of Individual Adaptive Response in the aspect of Emotional Resilience among Persons Deprived of Liberty dealing with Grief for Participant 3*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>“Kung maghinuktok ko ug maghilak lang the whole day, wala may mahitabo nga different. Kinahanglan nako magpadayon maski naay nawala.”</i></p> <p>(If I just keep pondering and crying all day, nothing different will happen. I have to move forward despite the loss.)</p>	Acceptance of the Situation	Adjusting to Circumstances	Personality Characteristics & Development	Individual Adaptive Response
<p><i>“Hinay-hinay naman pud nako nadawat ang iya pagkawala, kay pirmi ra nako hunahunaon na lang nako nga tiguwang naman pud lagi ako tatay, na live naman pud niya iya life somehow.”</i></p> <p>(I gradually accepted the loss by just keeping on thinking that my father was</p>	Reframing perspective	Emotional Regulation	Personality Characteristics & Development	Individual Adaptive Response

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
already old, and he had been able to live a full life somehow.)				
<p><i>“So, mohilak ko because pamilya man nako ang nawala. Sakit kayo ug mingawon man jud ko sa akong pamilya. Pero to the point na maglugmok ka, the whole day, the whole week, murag dili man pud siguro na maayo.”</i></p> <p>(So, I cry because my family is gone. It hurts so much, and I really miss my family. But reaching the point of being completely down all day, all week, is not good either.)</p>	Balancing Emotions	Emotional Regulation	Personality Characteristics & Development	Individual Adaptive Response
<p><i>“Pero wala na man lagi koy mabuhay ana. Mamatay man jud ang tawo, nganha na man jud ta padulong tanan mao gi hinayhinayan na nako og dawat.”</i></p> <p>(But I could not really do anything about it anymore. People would eventually experience death, it is our destination, that is why I have to accept it.)</p>	Realizing inevitability and finality of death	Existential Acknowledgment of death	Personality Characteristics & Development	Individual Adaptive Response
<p><i>“Kung magpaapekto pud ko og taman, ang impact sa akong own family, sa akong mga anak and the rest of the people around me, maapektuhan pud.”</i></p> <p>(If I let myself be overly affected, it will also impact my own family, my children, and the rest of the people around me.)</p>	Sense of Connection with others	Finding strength in relationships	Personality Characteristics & Development	Individual Adaptive Response
<p><i>“Ang pagkamatay sa ako lolo ang ako first intense na kasinatian with a death of a loved one. Mao tong karon, medyo namanage na nako ako kasubo, dili naman siya first time.”</i></p> <p>(The death of my grandfather was the first intense experience I had with the death of a loved one. That is why, I have somewhat learned to manage my emotions of grief because it is not the first time I have dealt with it.)</p>	Overcoming previous grief experiences	Learning from Adversity	Personality Characteristics & Development	Individual Adaptive Response

The results in Table 7 highlight Participant 3's individual adaptive response when dealing with grief as a person deprived of liberty. He shows a strong ability to adjust to his circumstances, acknowledging that continuing to dwell on grief without action will not change his situation. This reflects his acceptance of the loss and determination to move forward.

He also uses reframing by focusing on the natural progression of life and the fact that his father lived a full life. This form of emotional regulation helps him shift his mindset and come to terms with the inevitable. Participant 3 balances his emotions by allowing himself to feel the pain and express his grief but he avoids becoming overwhelmed to the point of inactivity. He understands that excessive emotional distress will hinder his ability to function and negatively impact those around him, including his own family. His recognition of the inevitability of death also aids his emotional resilience. He understands that death is a part of life, and while painful, it is unavoidable. This existential acknowledgment helps him reach a level of acceptance.

Furthermore, Participant 3 draws strength from his connections with others, particularly his family, and is aware that his emotional state affects not only himself but also those around him. This awareness of social responsibility motivates him to manage his grief constructively. Lastly, having gone through previous grief experiences, such as the death of his grandfather, he has learned from adversity, which allows him to manage his current emotions of grief more effectively. His past experiences provide him with the tools to overcome new losses.

Table 8.

*Emergence of the Concept of Impact of Interpersonal Connections in the aspect of Social Support among Persons Deprived of Liberty dealing with Grief for Participant 3*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>“Ang akong source of support karon naggikan jud sa ako pamilya, my wife and children...Ang ila jud support sa ako is ang constant na communication.”</i></p> <p>(My source of support now really comes from my family, my wife, and children... Their support for me is through constant communication.)</p>	Receiving information about the death	Informational Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>“Nakaadto ko kay ang nahitabo is gitawagan nako ako attorney and ingon niya na mananghid mi sa judge para makabisita ko sa haya sa ako tatay.”</i></p> <p>(I was able to go because what happened was I contacted my attorney and he informed me that we could request permission from the judge for me to visit my father's wake.)</p>	Legal advice and guidance on procedures	Informational Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>“Ang ako asawa, gina instructionan nako nga asikasuha ang SSS ni tatay, ug uban pa na kailangan lihokon.”</i></p> <p>(I was instructing my wife to take care of my father's SSS and other necessary tasks.)</p>	Assistance in doing practical tasks and responsibilities outside of prison	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>“Nakadawat mi assistance sa gobyerno sa pagkamatay ni tatay.”</i></p> <p><i>“Ang ako mga igsoon, gahatag pud og financial support.”</i></p> <p>(My siblings also extend financial support. We were able to receive financial assistance from the government when my father died.)</p>	Providing Financial Assistance	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections
<p><i>“Dako og tabang nga nganhi sa prisohan, regular gyud ang ilahang program sa “e-tawag.” Naa program ang BJMP nga e-dalaw ug e-tawag. Naka schedule man na ang pagtawag namo nga mga PDLs, pero during ato na time pagkamatay sa ako tatay, nahatagan ko og consideration.”</i></p> <p>(A big help here in prison is their regular "e-tawag" program. The BJMP</p>	Extending assistance for communication needs	Instrumental Support	Dimensions of Support	Impact of Interpersonal Connections

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
has a program for e-dalaw and e-tawag. The call time is scheduled among PDLs, but during that time when my father died, I was given consideration.)				
“Ang ako pud mama nagabisita sa ako, gahatag sa ako og emotional support.” (My mother also visited me, giving me emotional support.)	Offering Comfort and Reassurance	Emotional Support	Dimensions of Support	Impact of Interpersonal Connections
“Sa mga kaubanan nako nganhi sa prisohan, pagsabot sa ako sitwasyon ila gihatag sa ako kay ang considerations ila gihatag sa ako adtong nga panahon.” (Among my fellow inmates here, they provided me with understanding of my situation because they considered my feelings during that time.)	Showing Empathy and Understanding	Emotional Support	Dimensions of Support	Impact of Interpersonal Connections
“Ang sa ako lang is siguro kinahanglan palapdan pa nila ang pagpahibalo kay naa man gud uban inmates nga wala pa kabalo nga naa na nga mga serbisyo.” (In my opinion, they probably need to expand their dissemination of information because there are inmates who are unaware of the available services.)	Enhanced dissemination of information of available services	Lack of Awareness of Available Support	Support Access Barriers	Impact of Interpersonal Connections

The statements in Table 8 highlight how Participant 3 relies heavily on his interpersonal connections for social support while dealing with grief. His primary source of support comes from his family, especially his wife and children through consistent communication. He also received practical assistance, such as legal advice from his attorney and help from his wife in handling his father's affairs. This instrumental support extended to financial assistance from his siblings and government aid.

Within the prison, Participant 3 benefited from the “e-tawag” program, which allowed him to communicate with his family, particularly during the difficult time of his father's death. He also appreciated the emotional support from both his mother, who visited him, and his fellow inmates, who showed empathy and understanding of his situation. These relationships provided comfort and reassurance him during his grieving process.

However, Participant 3 noted the need for better dissemination of information about available services within the prison, as some inmates were unaware of the support programs. This gap in awareness highlights a barrier to accessing vital resources and emphasizes the importance of clear communication for ensuring that all inmates can benefit from institutional initiatives in place.

Table 9.

*Emergence of the Concept of Grief Management Techniques in the aspect of Coping Mechanisms Among Persons Deprived of Liberty dealing with Grief for Participant 3*

Significant Statements	Emerging Concept	Subcategories	Categories	Themes
<p><i>"Nagalantaw ko mga salida sa TV ug maminaw og music."</i> I watch the shows on TV and listen to music.</p>	Diverting Attention through Sensory Stimulation	Problem-Focused Coping	Modality of Handling Loss	Grief management techniques
<p><i>"Nagaparticipate pud ko sa mga zumba dinhi ug mga sports events. Usually, ang ako gina-apilan kay mga board games."</i> (I participate in zumba and sports events here. Usually, the activities I participate in here are board games.)</p>	Participating in Physical Activities	Problem-Focused Coping	Modality of Handling Loss	Grief management methods
<p><i>"Nagabuhay ko og mga trabahuon, mangita kog diversion. Manglaba, kana gud mga household chores na regularly ginahimo. I made sure nga naa ko buhatonon kada adlaw."</i> <i>"Naga-assist ko sa mga PDLs nga naka-enrol sa Alternative Learning System (ALS) dinhi."</i> (I do various tasks, seeking diversion. I do the laundry, those household chores that are regularly done. I made it daily. I assist the PDLs who are enrolled in the Alternative Learning System (ALS) here.)</p>	Engaging in Purposeful Pursuits	Problem-Focused Coping	Modality of Handling Loss	Grief management methods
<p><i>"Karon apil pud ko sa klase sa Bible course... Nakahelp pud na siya sa akong kay naa man mga sharing-sharing period ana, kanang mga reflections."</i> (Currently, I am also taking part in a Bible course... It helped me because there are sharing sessions, reflections.</p>	Turning to religion for emotional comfort	Emotion-Focused Coping	Modality of Handling Loss	Grief management methods
<p><i>"I cried. Dili lang once but kadaghan. After pag inform sa ako, immediately nagcry naman ko."</i> (I cried. Not just once but many times. After they informed me, I immediately cried.)</p>	Crying as a way to release of emotion	Emotion-Focused Coping	Modality of Handling Loss	Grief management methods

The results in Table 9 show how Participant 3 copes with grief through a variety of problem-focused and emotion-focused strategies. He diverts his attention by watching TV, listening to music, and participating in physical activities such as zumba, sports events, and board games. He also engages in purposeful pursuits, like performing household chores and assisting fellow inmates enrolled in the Alternative Learning System (ALS), which helps keep him occupied and maintain a sense of productivity.

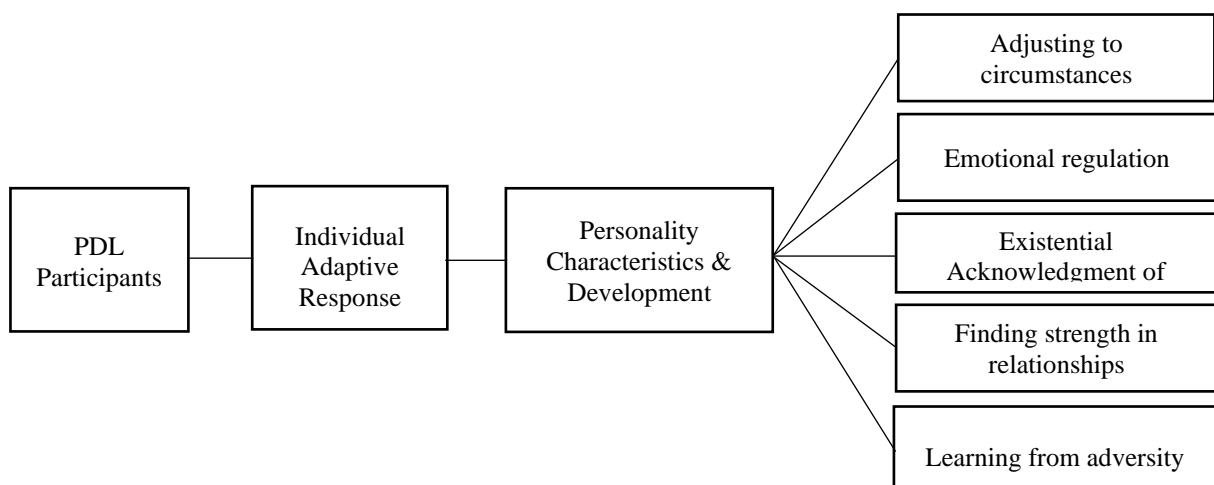
Emotionally, Participant 3 turns to religion for comfort, taking part in a Bible course that includes sharing and reflection sessions. These activities provide him with emotional support and opportunities for spiritual growth. He also allows himself to express his grief through crying. This shows that he acknowledges the importance of releasing his emotions to deal with the loss.

Overall, his approach to grief management reflects a balance between actively seeking distractions and engaging in emotional processing. These methods help him cope with his grief while maintaining a sense of routine and purpose in his daily life.

#### 4.4. Cross Analysis

The three male detainees who participated in the study, all experienced grief within the confines of incarceration, albeit with notable differences in age, duration of imprisonment, and the relationships to their deceased loved ones. Participant 1, aged 60, has spent nearly two years in jail and mourns the loss of his elder sister. In contrast, Participant 2, aged 47 and detained for nearly six years, suffered the consecutive deaths of his mother and son, intensifying the layers of emotional turmoil. Participant 3, aged 41 and detained for almost four years, grieves the passing of his father, a figure to whom he feels a deep sense of responsibility. Participant 2's loss of both a mother and son stands out among the cases, while Participant 1's relationship with a sibling differs from the parental ties in Participants 2 and 3's cases.

While each participant contended with grief's physical, emotional, and behavioral manifestations, their distinct circumstances shaped the nuances of their individual experiences. Although these manifestations share commonalities across the participants, such as physical discomfort, emotional distress, and behavioral shifts, the interplay of personal factors and specific losses resulted in individual differences. For instance, Participant 1 not only displayed physical symptoms like chest pain and generalized weakness, but also faced emotional turmoil, characterized by feelings of helplessness and a sense of vulnerability. Similarly, Participant 2's grief was marked by a combination of somatic symptoms, including frequent headaches and a pervasive emotional numbness. This numbness coexisted with profound sadness and disbelief, often surfacing during moments of solitude. Participant 3's experience was underscored by disrupted sleep patterns and feelings of guilt. This guilt was not only rooted in personal regret but also in a sense of responsibility for the circumstances surrounding the loss. The combination of sleep disruption and emotional turmoil led to heightened irritability. These distinct grief responses highlight how the shared experience of loss can manifest uniquely, shaped by individual psychological, social, and situational factors.



*Figure 2. Individual Adaptive Response in the aspect of Emotional Resilience for Participants*

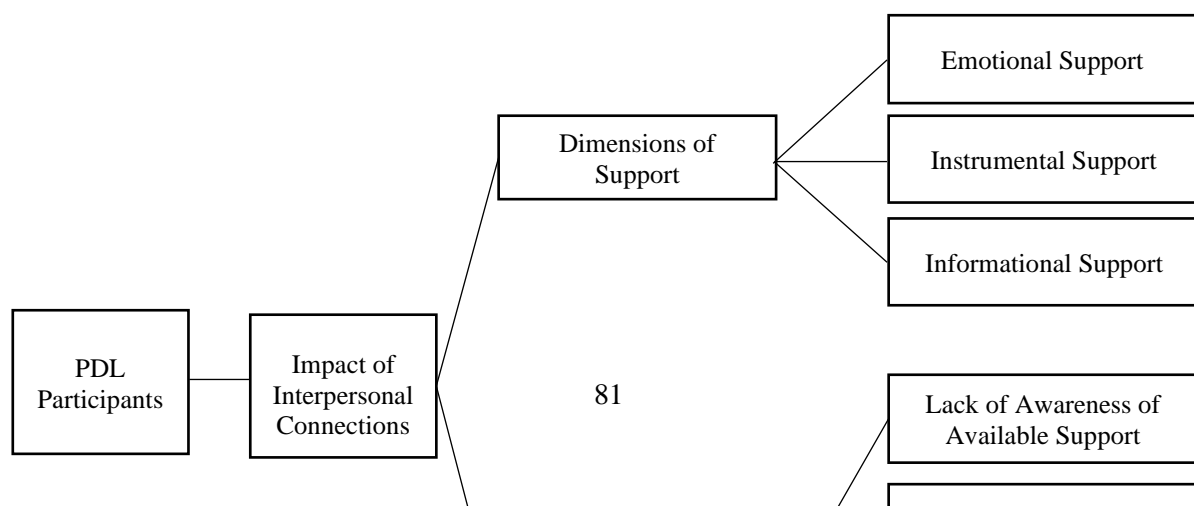
In terms of emotional resilience, Participants 1, 2, and 3 exhibited varying yet overlapping capacities in dealing with grief as can be seen in Figure 2. “Individual Adaptive Response” was the theme that emerged from the aspect of emotional resilience among PDLs dealing with grief which is characterized by their personality characteristics & development. Manifestations of emotional resilience exhibited by all participants can be classified as (1) adjusting to circumstances, (2) emotional regulation, (3) existential acknowledgment of death, (4) finding strength in relationships, and (5) learning from adversity.

All three research participants share several similarities. They demonstrated the ability to adjust to circumstances through acceptance of the situation. Each participant displayed emotional regulation by either balancing their emotions, recognizing potential negative consequences of emotional expression, or reframing their perspective. All of them acknowledged the inevitability and finality of death, showing an existential awareness. They all found strength in relationships by having a sense of connection with others. Participants 1 and 3 exhibited learning from adversity by overcoming previous grief experiences, while Participant 2 showed inner strength, which could be interpreted as a form of learning from past challenges.

However, there are also some differences among them. While all three participants demonstrated emotional regulation, they employed different strategies, Participant 1 balanced emotions, Participant 2 recognized potential negative consequences of emotional expression, and Participant 3 reframed their perspective, highlighting the diverse approaches to managing emotions among the individuals. While Participants 1 and 3 explicitly mentioned overcoming previous grief experiences as a form of learning from adversity, Participant 2 did not specify a similar experience. Instead, Participant 2 showed inner strength, which could imply learning from past challenges without explicitly mentioning them.

The adaptive response to grief is a dynamic and multifaceted process shaped by personality traits and past experiences with hardship (O'Connor, 2019). It involves managing the emotional, psychological, and existential challenges of bereavement. This response includes the ability to adjust to circumstances, regulate emotions, confront mortality from an existential perspective, draw strength from relationships, and learn from adversity. Emotional regulation is paramount in this process, serving as a protective factor against the risks associated with grief, including prolonged grief disorder, depression, and anxiety. Research (see Cesur-Soysal & Durak-Batigün, 2022; Peña-Vargas et al., 2021) indicates that effective emotional regulation enhances resilience and facilitates emotional processing, allowing individuals to navigate their grief in a healthier manner.

This resilience is further enhanced through an existential acknowledgment of mortality, which helps individuals navigate grief with greater strength (Alrofiati et al., 2020). Additionally, reflecting on past hardships plays a critical role in building resilience, as introspection reinforces one's capacity to overcome challenges (Crane et al., 2019). Together, these elements offer an understanding on how PDLs deal with grief, as observed in the participants.



*Figure 3. Impact of Interpersonal Connections in the aspect of Social Support for Participants*

All the participants experienced both similarities and differences in receiving social support while dealing with grief during incarceration as depicted in Figure 3. “Impact of Interpersonal Connections” was the theme that emerged from the aspect of social support among Persons Deprived of Liberty dealing with grief for all the participants which is characterized by dimensions of support and support access barriers. The social support received by all participants can be classified as (1) Informational Support, (2) Instrumental Support, and (3) Emotional Support. Meanwhile, the support access barriers that they experienced were (1) lack of awareness of available support, (2) emotional constraints, (3) environmental factors, (4) situational factors, and (5) challenges in maintaining external connections.

Participants 1, 2, and 3 all share similarities in the types of social support received and the barriers they encountered in accessing support. Each participant received various forms of social support, including informational, instrumental, and emotional support, which helped them cope with grief. Specifically, they all received informational support by being informed about the death, instrumental support in terms of financial assistance and basic needs, and emotional support through empathy, understanding, and comfort from others.

The experiences of participants align with findings from various studies highlighting the importance of social support during early grief stages. Rosenblatt (2019) observed that individuals often seek informational support when grappling with disbelief following a loss. Participants initially sought this support through direct communication with loved ones, who provided essential factual information about the death. This aligns with Tzeng's (2023) findings that favorable trajectories of perceived social support, particularly consistent instrumental support, are linked to lower mortality risk in bereaved older adults, with an emphasis on the enhanced benefits of such support in cases of parental bereavement.

Participants' experiences illustrate how support networks contribute to the well-being and resilience of bereaved individuals. Additionally, emotional support emerged as a crucial element following traumatic loss. Cacciatore et al. (2021) noted that emotional support is often the most sought-after form of assistance during grief. The empathy and understanding received from fellow inmates provided participants with essential emotional solace, alleviating feelings of sadness and despair. This is further supported by Lipp & O'Brien (2022), who found that social support from family members predicts positive posttraumatic growth.



Given these insights, all three participants encountered significant barriers in accessing support, underscoring individual challenges that persisted despite the shared themes of grief and the need for social support within the jail environment. Participant 1 highlighted a critical lack of awareness regarding the available support services, compounded by emotional constraints rooted in perceived stigma and shame. This finding aligns with Harrop et al. (2021), who noted that discomfort in seeking assistance and uncertainty about accessing resources can hinder individuals from reaching out for help.

In a similar vein, Participant 3 expressed a lack of awareness but placed particular emphasis on the necessity for improved information dissemination. This observation points to a systemic issue within the correctional facility, where communication about available resources appears insufficient. Meanwhile, Participant 2 faced specific environmental barriers, notably those stemming from pandemic restrictions that significantly impacted the provision of support. This situation illustrates how situational factors can further complicate access to essential resources, leaving individuals in vulnerable positions during times of grief.

To effectively address these barriers, there is a clear and pressing need for enhanced information dissemination within correctional facilities. Implementing targeted outreach programs, increasing communication channels between staff and inmates, and providing comprehensive educational materials outlining the available support services can significantly improve awareness and accessibility. By tackling these challenges, correctional institutions can better meet the needs of their incarcerated populations (Solbakken & Wynn, 2022). Such measures would facilitate the establishment of stronger support networks, ultimately enhancing emotional resilience during times of grief. Improving access to support services is not only vital for individual well-being but also contributes to a healthier, more supportive environment within the correctional system.

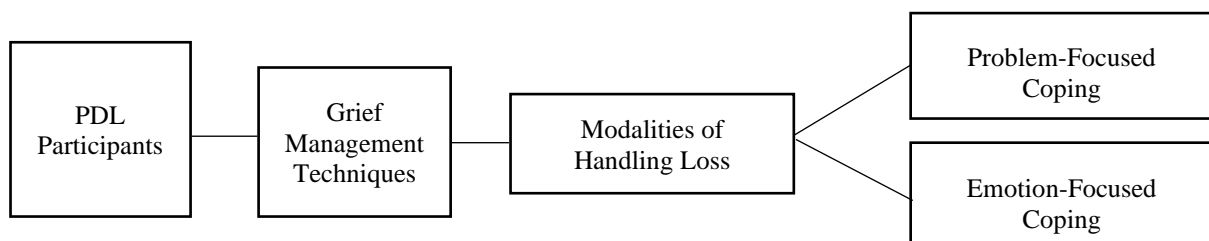


Figure 4. Grief management methods in the aspect of Coping Mechanisms for Participants

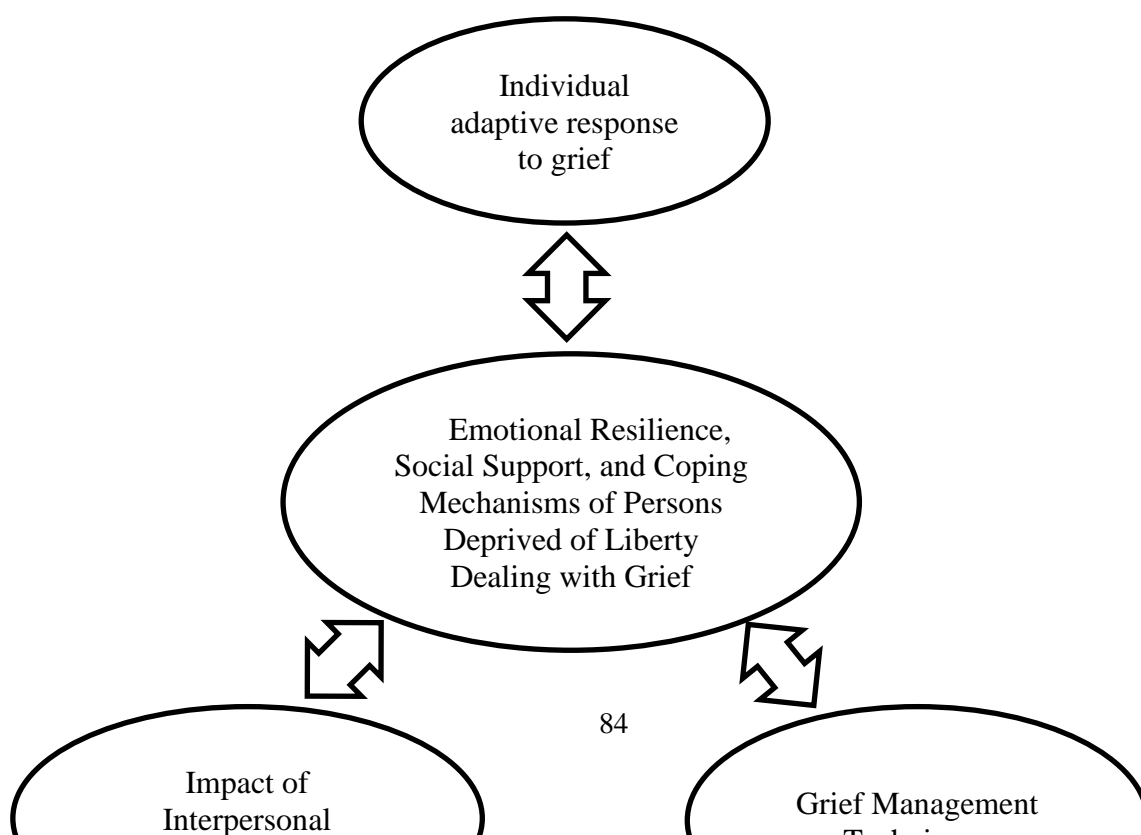
Participants 1, 2, and 3, all incarcerated individuals dealing with grief, exhibit both similarities and differences in their grief management techniques. Shared among them is the utilization of problem-focused and emotion-focused coping strategies to navigate their grief experiences as can be seen in Figure 4. “Grief Management Techniques” was the theme that emerged from the aspect of coping mechanisms among Persons Deprived of Liberty dealing with grief for all the participants which is characterized by modalities of handling loss. The coping mechanisms employed by all participants can be classified as (1) Problem-Focused Coping, and (2) Emotion-Focused Coping.

Despite their shared experiences of grief while incarcerated, Participants 1, 2, and 3 exhibit both similarities and differences in their coping mechanisms. All three participants utilize a blend of problem-focused and emotion-focused strategies to navigate their grief journeys effectively. They consistently engage in problem-focused coping by diverting their attention through sensory stimulation and physical activities to tackle the practical aspects of their grief. In terms of emotion-focused coping, they all seek solace in religion and use crying as an emotional outlet. Yet, distinctions in their coping techniques emerge. Participant 1 incorporates humor alongside crying, which adds a unique layer to his emotional processing. In contrast,

Participant 2 primarily relies on religious faith for comfort, while Participant 3 finds strength in purposeful pursuits in addition to his coping strategies.

The coping strategies utilized by these participants align with existing research, reinforcing the efficacy of their approaches. The problem-focused coping methods involving sensory experiences, physical activities, and structured programs are consistent with findings from Drapeau et al. (2018) and Altinsoy & Aypay (2023), which demonstrate that actively addressing challenges can lead to posttraumatic growth. Furthermore, the use of humor as a constructive tool for managing grief is supported by Wu's (2021) observations, which suggest that humor allows individuals to reframe their emotional experiences positively. Crying, characterized by Simons (2023) as a natural response to grief, serves as an important mechanism for participants to release accumulated emotions. Additionally, the reliance on religion as a source of solace is validated by Lövgren et al. (2019), who identified spirituality as vital for long-term grief resolution. Collectively, these findings underscore the significance of emotion-focused coping in effectively managing grief.

From the over-all results of this study, a framework was designed in order to understand the emotional resilience, social support, and coping mechanisms of Persons Deprived of Liberty dealing with grief as can be seen in Figure 5. As such, the results of the study can be of great contribution in developing proper psychotherapy for Persons Deprived of Liberty as they overcome the challenges of grieving while in prison.



*Figure 5. A Framework of Emotional Resilience, Social Support, and Coping Mechanisms of Persons Deprived of Liberty Dealing with Grief*

The proposed framework on Emotional Resilience, Social Support, and Coping Mechanisms of Persons Deprived of Liberty Dealing with Grief can be grounded on existing research. Emotional resilience is a critical factor in coping with loss, as evidenced by Bonanno et al. (2023), who found that resilient individuals tend to experience less intense trauma responses and recover more quickly. Additionally, Uchino et al. (2020) emphasizes the vital role of social support networks in buffering the effects of stress, with studies by Wang et al. (2018) demonstrating that strong interpersonal connections can alleviate feelings of isolation. Coping mechanisms are also essential, as these adaptive strategies lead to healthier grief responses and interventions focusing on these strategies can significantly enhance emotional well-being (Neimeyer, 2020). Furthermore, individual differences in grief responses, as highlighted by Pop-Jordanova (2021), underscore the importance of tailoring interventions to personal resilience levels and coping styles. The framework also recognizes that maintaining meaningful relationships is crucial for emotional support, reinforcing findings by Rosenblatt (2019) and Edison & Haynie (2023) that highlight the need for social ties in restrictive environments. By integrating effective grief management techniques, this framework not only addresses the emotional and social aspects of grief but also provides practical strategies for individuals to deal with challenges.

The interactive directional arrows in the framework represent the reciprocal and dynamic relationships between Emotional Resilience, Social Support, and Coping Mechanisms of Persons Deprived of Liberty Dealing with Grief and the surrounding elements: Individual Adaptive Response to Grief, Impact of Interpersonal Connections on Grief, and Grief Management Techniques. These arrows illustrate that each component influences and reinforces the others. For instance, emotional resilience enhances adaptive responses to grief, while adaptive coping strengthens resilience. Social support boosts emotional resilience and informs coping strategies, and individuals with effective coping mechanisms are more likely to maintain supportive relationships. This interconnectedness highlights the holistic nature of the framework, where each factor contributes to and benefits from the others, creating a continuous, interactive process.

## **5. Conclusion**

This study investigated emotional resilience, social support, and coping mechanisms among Persons Deprived of Liberty (PDL) dealing with grief. The research involved three male detainees with varied backgrounds. Despite their different experiences, all faced the universal challenge of grieving while incarcerated, highlighting the complexity of grief within this setting.

Emotional resilience was a key focus, revealing that all participants showed adaptive responses to their grief. Participant 1 managed his emotions by finding balance, Participant 2 recognized

the risks of unregulated emotional expression, and Participant 3 reframed his grief to maintain emotional stability. Each participant demonstrated the ability to accept the reality of their losses and draw strength from their relationships. Participants' responses also suggest that individuals can learn from past adversity, utilizing previous experiences of grief to inform their coping strategies and enhance their resilience in the face of new challenges.

Each participant benefited from various forms of social support, including informational, instrumental, and emotional aid. They were informed about the death, received financial assistance, and experienced empathy, understanding, and comfort from others. However, Participant 3 uniquely received legal advice and assistance with practical tasks, indicating a broader range of instrumental support compared to Participants 1 and 2, which may suggest that Participant 3 was more proactive in seeking support from outside the prison. Participants also encountered distinct barriers in accessing support. Participant 1 struggled with a lack of awareness of available services and emotional constraints related to perceived stigma and shame. Participant 2 faced environmental barriers due to pandemic restrictions affecting support provision. In contrast, Participant 3 highlighted the need for better information dissemination to overcome the barrier of unawareness regarding available support.

Coping mechanisms were employed in diverse ways. Participants used both problem-focused strategies, such as physical activities and sensory stimulation, and emotion-focused strategies, including religious practices and crying. Recognizing the role of religion, humor, purposeful pursuits, and other coping mechanisms highlights the multidimensional nature of grief management in jail settings. While there are commonalities in coping mechanisms such as problem-focused and emotion-focused strategies, the specific techniques employed vary based on individual preferences and available resources.

In light of these findings, the study proposes a psychological intervention program grounded in Acceptance and Commitment Therapy (ACT) to effectively bolster emotional resilience, social support, and coping skills among PDLs dealing with grief. ACT encourages individuals to acknowledge and embrace difficult feelings without judgment while fostering active engagement in building social connections within the jail environment, thereby enhancing their sense of belonging and support (Stockton et al., 2019). This research culminated in the development of an intervention program entitled "Breakthrough: An Acceptance and Commitment Therapy Intervention Program for Grief among Persons Deprived of Liberty."

Grief support for Persons Deprived of Liberty (PDLs) in the Philippines remains limited, with few counseling services or emotional care programs in jails. Isolation, along with the inability to participate in traditional mourning practices, heightens their emotional challenges. Implementing grief counseling, group therapy, and training staff to recognize grief-related distress is essential. Collaboration between the Bureau of Jail Management and Penology (BJMP) and mental health professionals is crucial for introducing culturally relevant interventions. Existing grief assistance programs, such as e-burials and regulated wake visits, may be regularly communicated to detainees to raise awareness and ensure access. Further, teaching coping techniques such as journaling, mindfulness as well as maintaining contact with loved ones can also be done to promote emotional well-being.

Future research could focus on longitudinal studies to track the evolution of emotional resilience among PDLs over time. Investigating coping strategies and social support across different age groups and genders may reveal variations in grief management within detention settings. Comparing coping dynamics in jail environments to those in community settings could lead to tailored intervention strategies. Additionally, evaluating the effectiveness of resilience-building programs in prison settings will be vital for enhancing emotional well-being and potentially reducing recidivism rates.

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