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Entitled

*EXPLORING THE RELATIONSHIP AND IMPACT OF ISLAMIC RELIGIOUS COPING ON THE
MEANING MADE, FOLLOWING THE LOSS OF A LOVED ONE.*

by

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Abstract

Coping after a loss of a loved one can play out differently for different individuals. The existing literature examines coping with loss and bereavement, but it is often with specific types of loss, and usually with western populations or religions. This paper examines the impact of Islamic religious coping onto the meaning made following the loss of a loved one to death, in a diverse ethnic background sample population of various Muslims who have experienced loss in the past 5 years. The study focuses specifically on positive religious coping, and whether it would have a positive and strong relationship with the ability to integrate the stressful life experience (i.e., loss or grief). A comprehensive survey including 3 measures, was sent out electronically and gathered over 500 responses, where 267 entries were recorded after the inclusion criteria. Four linear regression analyses were conducted to examine the relationship between positive coping and the 2 sub variables of the ISLES, as well as its total score, with a further exploration of the effect of the time of loss. The results show a significant positive relationship ($p < 0.05$) ($r = .141$) between positive coping and the integration of stressful life experiences (ISLES) total score and its footing in the world subscale ($r = .154$), but no significant relationship ($p > 0.05$) with the comprehensibility subscale ($r = .731$). Time of loss also showed an impact, explaining that the more time passes, the better the coping and integration of the loss experience. We can conclude that positive Islamic coping can help individuals to process and integrate the painful experience of loss, and allows them to remain functioning forward, with no impact on values or footing in the world.

Keywords: Islamic Religious Coping, Loss, Grief, Integration, Meaning making