

Analysis of Grief in Dustin Thao's You've Reached Sam

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Analysis of Grief in Dustin Thao's *You've Reached Sam*

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ABSTRACT

This study analyzes the experience of grief by Julie in Dustin Thao's *You've Reached Sam*. This study uses psychological theory, the stage of Grief by Elisabeth Kübler-Ross & David Kessler. The focus of this research is discusses the cause of Julie's grief, the grief stages on Julie and the effect of grief on Julie. This study uses qualitative research with psychological approach. The results show that the cause of Julie's Grief is the stress of losing a loved one. The death of her boyfriend has been a source of deep grief for Julie throughout her life. In the denial stage, Julie is so shocked that she did not expect her boyfriend's death to be the result of an accident. In the anger stage, Julie confronts with a profound sense of anger and frustration. In the bargaining stage, Julie hopes that the person Julie lost can somehow return to her life and things can go back to normal. In the depression stage, Julie experiences profound sadness and a sense of emptiness and loneliness. In the acceptance stage, Julie realizes the need to accept her boyfriend's death as a permanent reality and reestablish herself in her previous life.

Keywords: Grief Stages, Effect of Grief, Psychological approach

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1. INTRODUCTION

There are so many beautiful and joyful things in life, but in the process of life, there will also be moments of loss. Because human life is impossible to last forever, everyone will experience the loss of someone closest to them, sometimes it's a family member, friend, or lover. The death of a person is considered the greatest loss because death eliminates all human abilities. More people may stay away from the subject of death and prefer to talk about related matters with joy, success and etc. Because death separates loss for those closest to them not only because of death it separated them from those they loved but deep in this condition, those who are left behind lose the meaning of life deep.

According to Stroebe and Schut (1998: 7), Grief is the primary emotional response to the loss of a loved one to death and includes a range of psychological and physical symptoms, sometimes associated with adverse health effects. It means losing a loved one is one of the most challenging moments in life. It only causes deep wounds, the feeling of losing loved ones can develop into trauma that affects mental health. Grief is a complex emotional response to loss or a significant life change. Generally, individuals experience these emotions when they lose someone they cherish or love. Someone copes with their emotions and works towards finding a sense of healing and understanding in the aftermath of the loss of someone.

A novel entitled *You've Reached Sam* (2021) by Dustin Thao tells about the grief experienced by the main character who has lost her beloved forever. The novel tells about the main character Julie, who experienced deep grief because she had to lose her boyfriend due to a car accident incident which caused Julie to experience depression and grief. In this research, the writer wants to find out the cause of Julie's grief in Dustin Thao's *You've Reached Sam*, the grief stage happens to Julie and to find the effect of grief to Julie the main character in the novel. The writer chooses *You've Reached Sam* because of some reasons, the first reason is to see how someone goes through a phase of grief after

experiencing loss. The second aims to show the form of grief that have an impact on the psychological aspects of the main character.

There are several previous studies that are related to the analysis of grief. Khairin Maranda and Delvi Wahyuni (2019) in their thesis entitled "*Grief Journey in Bill Clegg's Novel Did You Ever Have A Family*" analyzes the grief experienced by the main character in the novel. The purpose of this research is to find out the five stages of grief experienced that happens to June the main character in the novel. This study used the concept of Elisabeth Kübler Ross of five stages of grief because this theory is related to the suffering experienced by the main character. The results of the research found by the researchers are that the main character suffers from grief due to a tragedy that causes her to lose everything she had. Tragedy strikes on the eve before her daughter's wedding. The grief experienced by the main character in this novel affects triggered June's guilt to her family.

The second is entitled "*Jack Salmon's Grief on Susie's Death in Alice Sebold's the Lovely Bones*" by Shofi Zayyana Ashar Indrarti (2018). This study aims at analyzing Jack Salmon's grieving process as the main character in *The Lovely Bones* using one of the theories of psychology, the Stages of Grief by Elisabeth Kübler-Ross because this theory is related to the suffering experienced by the main character.

The similarity in previous research with *You've Reached Sam* is to use a psychological approach theory and contribute grief by the main character in the study. The writer wants to study grief more deeply, such as causes, grief stages, and effects used by Julie as the main character in the novel, by using the theory of grief by Elisabeth Kübler Ross.

2. METHOD

In this analysis, writer choose psychological approach. According to Debie (2012) the research uses a psychological approach that focuses on single characters in literary works, relationships between characters, meaningful images, narrative patterns, and even the author's life. Based on the various definitions of literary psychology above, the use of literary psychology is to examine the types and psychological laws present in literary works.

This study will use qualitative research and descriptive method. To make it less complicated for the researcher in engaging in studies. Researchers use descriptive qualitative techniques to explain and provide explanations for what has been interpreted from the subject matter of the study. The researcher uses one of the theories of psychology, Stages of Grief by Elisabeth Kübler-Ross, to find out Julie's grief toward Sam's death in *You Reached Sam*. The purpose of this study is to analyze how Julie's grief because of the death of her boyfriend can change Julie's life psychologically. According to (Kübler-Ross & David Kessler 2000:113) the responses do not always occur in the same order, and you may visit stage more than once. *You've Reached Sam* use this theory because this story is very related to this theory, where Julie experiences prolonged grief because she lost her dearest lover.

The writer reads the novel in its entirety, takes notes using a notebook, and obtains data from the novel. The data collection procedure begins with the author reading the novel *You've Reached Sam*, taking some notes to identify and categorize it, and then analyzing the grief inflicted on the main character of the novel.

22

3. RESULT AND DISCUSSION

3.1 RESULT

Table 1 Grief Stages on Julie

No	Grief Stages on Julie	Frequent y	Total
1	Denial Stage	7	35
2	Anger Stage	2	
3	Bargaining Stage	3	
4	Depression Stage	12	
5	Acceptance Stage	11	

Based on the table above, it can be seen that Julie experiences the most depression stage with 12 data, then followed by acceptance stage which have 11 data, denial stage with 7 data, bargaining stage with 3 data and finally anger stage, which have 2 data.

3.2 DISCUSSION

In this chapter the writer presents the analysis of grief in Dustin Thao's *You Reached Sam* which uses Elisabeth Kübler-Ross's theory of stages of grief. Based on the research question, the researcher discusses the cause of Julie's grief, the grief stages on Julie and the effect of grief on Julie. Grief is triggered by a loss, whether it's in the form of a death, the news of a terminal illness, or even something far less tragic (Christopher, 2015). The cause of Julie's grief in this story is rooted in the loss of Sam, the broken promise, and her subsequent emotional journey through the stages of grief as outlined by Kübler-Ross's theory.

3.1.1 The Cause of Julie's Grief

According to (Christopher, 2015) grief is triggered by a loss, whether it's in the form of a death, the news of a terminal illness, or even something far less tragic. The cause of Julie's grief in this story is rooted in the loss of Sam, the broken promise, and her subsequent emotional journey through the stages of grief as outlined by Kübler-Ross's theory. The condition of grief in Julie character reflects it.

The cause of the grief experienced by Julie is the loss of her beloved boyfriend. She lost her boyfriend in an accident when he is going to pick her up from the station. The death of her boyfriend left her with prolonged feelings of grief. The sad feeling gets worse when she remembers or sees things that remind her of her boyfriend, Sam.

It was somewhere between eleven thirty and midnight while Sam was driving down route 10 when a truck swerved into his lane. But Sam didn't die in the wreck that flipped his car. It was too late by then. Sam had lost too much blood and died from exhaustion (Thao, 2021:114).

The statement explains that the result of Julie experiencing grief is that her boyfriend has an accident when he picks her up. Sam gets into an accident when he is hit by a truck. The accident causes Julie to experience deep sorrow. When she hears the news of Sam's death, she becomes devastated and falls into a pit of sorrow and darkness, burying herself in grief. She keeps thinking that her boyfriend is still alive. Her boyfriend does not die and he survives, Julie cannot believe it. As a result of losing her boyfriend, her life began to change.

3.1.2 Grief Stage on Julie

According to Santrock's book "Life Span Development," grief is a collection of emotions, uncertainties, anxiety due to separation, despair, sadness, and loneliness that accompany the loss of a loved one. The writer finds that the death of Sam makes Julie go through a long grieving process in her life. In that, she goes through five stages of grief, such as denial, anger, bargaining, depression, and acceptance. As she navigates through each stage, Julie copes with her emotions and works towards finding a sense of healing and understanding in the aftermath of her loss.

3.1.2.1 Denial Stage

The writer found 7 data showing that Julie experienced of denial stage. According to Kübler-Ross and Kessler (2005), the initial stage experienced by individuals who have lost a loved one is denial. During this stage, a person may initially feel shocked and numb, unable to fully comprehend the reality of their loss. They may struggle to believe that their loved one has actually passed away.

In this situation, Julie often denies that she has lost Sam. She is deeply shocked and unable to accept the fact that her beloved Sam has departed forever. Julie's unfortunate reality is being unexpectedly abandoned by someone she deeply loved, shattering all their plans. Julie strongly feels that this is unjust and that Sam couldn't simply leave her like this.

I can't deal with this right now. I just can't. I stand there in silence beneath the light of the lamppost, as I hold on to Sam's voice and tell myself everything is okay when I'm no longer sure what's real and what isn't anymore (Thao, 2021:46).

In this statement, it is a constant struggle for Julie to accept that Sam is no longer by her side. The magnitude of this truth overwhelms her, and she finds it incredibly difficult to come to terms with the harsh reality of the situation. Every day is a battle as Julie confronts the painful realization that Sam is truly gone, leaving her to face life's challenges on her own. The denial stage serves as a protective shield, allowing Julie to momentarily shield herself from the full weight of the loss she has endured. She finds it difficult to believe that such an unfortunate event could happen to her.

I need more time. I can't let you go just yet. So I stop and stand there, gazing up, watching it vanish into the sky with all of the others until I can no longer recognize it from the millions of the stars (Thao, 2021:220).

From the text above that Julie could not accept the situation. She couldn't just let Sam go, Julie thought all this is unfair. She still hoped Sam would come back to her. Julie really misses Sam and she is really hurt that Sam has left her. She is not ready if she has to erase all her memories with Sam. Julie always remembered Sam's face, his beautiful smile, his black hair that brushed against his forehead, and his tanned skin, and wished Julie could freeze this moment and hold on to it forever. But Julie couldn't. Even in a dream, Julie can't seem to stop time.

3.1.2.2 Anger Stage

The writer found 2 data showing that Julie experienced of anger stage. At this stage, they will experience a phase of anger at others and even themselves. At this stage, they will experience very passionate feelings such as extreme anger, sadness, very painful heartache, and even hatred that they will feel in this situation. The anger stage is a normal phase that some people go through when they

lose someone they love. It emerges when people start facing the actual reality, not the imaginary reality (Kubler-Ross, 2000).

13
It isn't supposed to end like this. 4 This was just the beginning. Our story has barely started. My heart pounds inside my chest. I squeeze Sam's hand harder to keep him from leaving. "This isn't fair, Sam—" I start, but my throat catches, as I feel tears forming behind my eyes (Thao, 2021:12).

From the text above that, Julie gets angry and says this is all unfair. She questions the fairness of the situation, expressing her disbelief and anger at the abruptness of Sam's departure. Julie wrestles with conflicting emotions, simultaneously yearning for Sam's presence while harboring resentment towards him for leaving her behind. In this stage, Julie grapples with the overwhelming anger that stems from the sudden and unfair loss of Sam, as well as the unfulfilled promises and dreams they had for their future together. Julie's anger begins to be faced with actual reality. For someone who starts to know their grieving condition, anger begins to emerge from within, and they start blaming other people around them and sometimes even taking their anger out on others (Kubler-Ross, 1969).

3.1.2.3 Bargaining Stage

The writer found 3 data showing that Julie experienced of bargaining stage. At this stage, it is explained that a person who experiences grief automatically engages in various denials and angers in the process. They enter a phase of negotiation, hoping that the person they lost 18 somehow return to their lives and things can go back to normal. This stage is a natural response for those who have experienced the death of a loved one.

6
I can't think of anything I want more in the world right now, other than having him be alive again. "As if I care what other people think of me. As I long as I have you. And if we can still be together, we should make it work (Thao, 2021:150).

In this section shows that Julie is currently in the bargaining stage of grief following the loss of her boyfriend, Sam. Her thoughts are filled with a fervent hope that Sam will miraculously 6 come back to life, allowing them to continue their shared journey as they had planned. The phrase "*anything I want more in the world right now, other than having him be alive again*" shows that the main character wishes Sam is alive again so that things would be different, and things would go back to how they were before.

Maybe if I had called at just the right time, he might have heard it and picked up, and I could have sent for help. Maybe if I hadn't been so angry with 12 him, he might not have left the bonfire so quickly and might have missed the truck entirely. Maybe if the stars were aligned differently, or the wind blew the other direction, or it suddenly started raining, or something else, Sam would still be alive, and I wouldn't be driving out here in the middle of the night looking for him (Thao, 2021:114).

From the data above, Julie experiences feelings of regret and wishes for a different outcome. Julie realizes that she ignored these attempts and laments her anger towards Sam during their last interaction. She believes that if she had answered the phone or been less upset with Sam, perhaps the accident could have been avoided. Julie places blame on herself, assuming responsibility for the tragic events that unfolded. Julie places blame on herself, assuming responsibility for the tragic events that unfolded.

In this stage, Julie bargains with her thoughts, wishing she could go back and change her behavior. She yearns for an alternate reality where she had set aside her ego and not pressured Sam, believing that it could have altered the course of events. These thoughts stem from a desire to find a way to reverse the outcome and alleviate her feelings of guilt and regret. Julie contemplates the "what ifs" and wonders if her actions could have prevented the accident, seeking solace in the possibility of a different outcome.

3.1.2.4 Depression Stage

The writer found 12 data showing that Julie experienced of depression stage. At this stage of depression, it is very natural for someone to feel abandoned by the person they love the most. Julie is currently in the depression stage, and her life has undergone a profound downfall. The loss of her boyfriend Sam has had a drastic impact on her. She has lost her previous zest for life and no longer feels the enthusiasm she once had for her daily activities. Taking care of herself has become extremely challenging for Julie. She often locks herself in her room, cutting off all communication with the people around her.

⁴ Every day these little reminders of him get harder to look at. They say moving on becomes easier with time. My thoughts go to him, they always do. I can't keep you around ⁸ Sam. It makes me think you're still here. That you're coming back. That I might see you again. I never realized how much of him I had lying around. It feels so empty now. Like there's a void in the air. Like something's missing (Thao, 2021:14).

In the quote above, Julie's ongoing attachment to Sam and her inability to move forward highlights the deep emotional impact of the loss she has experienced. Julie's intense desire to hear a goodbye directly from Sam demonstrates the complex emotions and thought processes often present in this stage. Julie is so shattered that she can't bring herself to attend Sam's funeral because the sight of him no longer being alive would be unbearable for her. The depression stage intensifies Julie's longing for these past experiences and amplifies her grief over the loss of Sam. She yearns to relive those small, cherished moments that once brought joy and comfort. However, in her current state of depression, these memories can also evoke a deep sense of sadness and a longing for what is no longer present.

⁵ It's been one week since Sam died. And in my attempt to move on, I've been trying to erase him from my life like a terrible memory. After everything we've been through together, ³ I threw out all of his things. I skipped his funeral. And I never even said good-bye. In his death, Sam asked for only one thing, and that was for us to remember each other. Yet here I am trying so hard to forget (Thao, 2021:31).

In the quote above, Julie's ongoing attachment to Sam and her inability to move forward highlights the deep emotional impact of the loss she has experienced. Julie's intense desire to hear a goodbye directly from Sam demonstrates the complex emotions and thought processes often present in this stage. Julie is so shattered that she can't bring herself to attend Sam's funeral because the sight of him no longer being alive would be unbearable for her.

⁹ I wish I could talk to Sam right now. I miss having him around. I miss being in the same room with him, my head on his chest, talking through whatever was bothering me. He was always there to listen. Even when he didn't know what to say back (Thao, 2021:107).

In this part, Julie always lives her days restlessly. She is still haunted by the figure of Sam, and she believes that Sam is still by her side. Julie wants to enjoy her life normally as long as her boyfriend is alive, but it is too difficult. She is not ready to accept the fact that everything has to change after her boyfriend died. She remembers that Sam is always by her side when Julie needs Sam, when Julie is having a hard day and Sam is always there to comfort her. He is always beside Julie to listen to all of Julie's complaints. This thought makes it difficult for Julie to concentrate on carrying out her daily activities. According to her, this phase is the toughest phase for Julie. This is due to Julie still has many things to do for her future such as graduating from school, continuing her work which has been stopped, and other activities.

3.1.2.5 Acceptance Stage

The writer found 11 data showing that Julie experienced of depression stage. According to Kübler-Ross & Kessler (2005), the acceptance stage is when the grieving individual initiates the process of reunification, attempting to piece together their shattered life.

1 I have a lot of time to myself these days. Time to think and process and catch up with the rest of the world. Ever since my last call with Sam, I don't find myself waiting by the phone anymore. Instead I'm spending more time with my friends and focusing on school again. I finished up my final essay for Mr. Gill's class, and am set to graduate. I also found time to work on my writing sample, even though I won't be submitting it anywhere soon. I found peace in writing something for myself for once (Thao, 2021:278).

According to the data above, Julie has accepted that fact and it's time to start planning for her future. She realized that she could not drag on in grief. She begins to rise to continue her studies in earnest in order to continue her future. She begins to get back up to reorganize her activities which had fallen apart since Sam died. While navigating this acceptance stage, Julie learns to adapt and find meaning in the unpredictable path that lies ahead, while still carrying the love and memories of Sam in her heart. In the acceptance stage, she exerts significant effort to embrace the new reality and make the necessary changes to move forward. It is a time of growth and self-discovery as she learns to navigate life without her boyfriend and strives to rebuild and improve different aspects of her life.

1 But at least there's been one silver lining from our distance. My mother and I have connected again. We've spent these last few weeks together, having dinner every night, watching TV in the living room, shopping, and taking weekend trips to the beach—things we used to do. She said she missed spending time with me. I didn't realize how much I missed it, too (Thao, 2021:279).

At that statement, Julie realizes the importance of rebuilding her life and reconnecting with loved ones. She acknowledges her emotional distance from her mother, often withdrawing to her room and avoiding interaction. During a heartfelt conversation, Julie becomes aware of how her absence has impacted their relationship, and guilt washes over her. Understanding the need for communication, Julie apologizes to her mother, explaining her need for time to process her grief. Together, they begin to open up and work on strengthening their bond. Julie takes courageous steps toward accepting Sam's death, even though the journey remains challenging. Embracing the acceptance stage, Julie strives to rebuild relationships and discover new connections in her life.

4.1.3 The Effect of Julie's Grief

Based on the provided information, Julie's experience with grief after losing her boyfriend Sam is profound and deeply affecting her life. Here are some specific effects of grief that Julie is going through:

It's been one week since Sam died. And in my attempt to move on, I've been trying to erase him from my life like a terrible memory. After everything we've been through together, I threw out all of his things. I skipped his funeral. And I never even said good-bye. In his death, Sam asked for only one thing, and that was for us to remember each other. Yet here I am trying so hard to forget (Thao, 2021:31).

Based on this data, Julie is experiencing intense sadness, depression, and despair as a result of losing Sam. Her emotional state has drastically changed from being cheerful and positive to being withdrawn and depressed. This emotional turmoil is causing her to shut herself in her room and lose interest in daily activities.

Tears form behind my eyes as I stare out at the golden fields, the endless barley, and the sun that's beginning to set, trying to hold on to every single detail so I will always remember this. So I won't forget. We watch the sunset together, just like Sam had planned for us. I find a spot in the grass to lie down, and place the phone beside me with the speaker on. We talk for hours, about everything, laughing like old times as the sky changes colors above us, and I swear it's like he's here with me (Thao, 2021:148).

According to the data above, Julie's mind is consumed by thoughts of Sam, and she constantly reminisces about their time together. She yearns for Sam's presence and hopes that he will come back. This longing and constant thinking about Sam make it difficult for Julie to move forward and accept the reality of the loss. Grief often leads to social withdrawal, and Julie's case is no different. She isolates herself from others and may struggle to maintain relationships. Her preoccupation with her loss may prevent her from seeking support or connecting with people who could provide comfort during this difficult time.

4. CONCLUSION

From the study, the writer finds about the main character Julie, the death of her boyfriend has been a source of deep grief and heartache for Julie throughout her life. Elizabeth Kubler-Ross' theory provides evidence that Julie experienced five stages of grief. During her denial stage, Julie is so shocked that she did not expect her boyfriend's death to be the result of an accident, she replied. In her second stage, her anger, Julie confronts with a profound sense of anger and frustration. She questions the fairness of the situation, expressing her disbelief and anger at the abruptness of Sam's departure. During the bargaining stage, Julie hopes that the person Julie lost can somehow return to her life and things can go back to normal. During the depression stage, Julie experiences profound sadness and a sense of emptiness and loneliness. In the depression stage, her life has undergone a profound downfall. The loss of her boyfriend Sam has had a drastic impact on her. And the last is the acceptance stage. At this stage of acceptance, Julie realizes the need to accept her boyfriend's death as a permanent reality and reestablish herself in her previous life. She acknowledges that there are various aspects of her life that require attention, including her education. In the acceptance stage, she exerts significant effort to embrace the new reality and make the necessary changes to move forward. It is a time of growth and self-discovery as she learns to navigate life without her boyfriend and strives to rebuild and improve different aspects of her life.

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