DABDA / Five Stage of Grief

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In Her Book - "Death and Dying"

D - Denial. (नकरना, अस्वीकार करना)
A - Anger. (गुस्सा, क्रोध करना)
B - Bargaining (प्रार्थना करना, दुआ करना)
D - Depression (निराशा, अवसाद)
A - Acceptance (स्वीकार करना)

1. Denial :-
   - Initial Reaction to Any loss.
   - Individual Believe the Diagnosis is Somehow mistaken and Cling to a false, Preferable Reality.
   - Refuse to Believe for a Painful Reality.

2. Anger :-
   - Occurs when the Victim cannot longer Denial his / her illness or Loss and show
Anger, Frustration.

- Reaction Term-
  - "Why me"
  - It's not fair
  - How this can happen.

3. **Bargaining :-**

- Grieving Person may Pray for more time.
- Reaction Term -
  - Praying
  - I will do anything
  - Please God

4. **Depression :-**

- Victim may want to be Left alone, Situation is sad and the Person feel Grief.
- Reaction :-
  - Hopeless
  - Helplessness
  - Sadness

5. **Acceptance :-**

- Accept the Reality
- Peaceful Understanding
  - Reaction Term -
  - It's going to be Ok
Q. 1 Grief is a ........................?
   A. State of Being deprived
   B. Process by Which Grief is Resolved
   C. A powerful emotional reaction to an impending Death or Loss of valuable object
   D. None of above

Q. 2 The emotional state, an Individual experience to loss of loved object is...
   A. Grief
   B. Mourning
   C. Bereavement
   D. Agony

Q. 3 The Stage of Grief was first time introduced y-
   A. Eric Erickson
   B. Sigmund Freud
   C. Elizabeth Kubler Ross
   D. Abraham Maslow

Q. 4 Diagnose as a Cancer, a Patient Refuse to Accept and Ask to Re-diagnostic Test about disease..
   A. Depression
   B. Bargaining
   C. Anger
   D. Denial
Answers :-

1. C
2. A
3. C
4. D

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