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### 现代中国的死亡观与丧葬仪式及其对丧亲者的影响初探

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**摘 要** 丧亲 (bereavement) 是我们每一个人都不可避免要面对的。而丧葬仪式在处理哀伤时有非常重要的作用, 丧葬仪式没有处理好可能会影响丧亲者的情绪状态和生活事件。因而治疗师及研究者们也越来越重视仪式在哀伤处理中的应用。贾晓明 (2010) 就指出了丧葬仪式对丧失的心理意义: 1) 增加人们对死亡的真实感; 2) 对生活的控制感; 3) 宣泄情感; 4) 增加与他人连接。考虑到不同的文化和死亡观念有不同的禁忌和仪式, 所以在用仪式去帮助丧亲者处理哀伤时, 首先就需要去了解他们的死亡观背景, 进而才能有效地展开哀伤处理工作。在我国, 传统的丧葬礼仪均是在四大宗教思想的基础上建立起来的: 1) 儒家, 将“礼”的概念贯注于死亡之上, 强调生和死的价值, 并且认为重视死亡和后事是孝悌在生后的表现; 2) 佛教, 死生无常、无生无死、死即是空、转世轮回和因果报应; 3) 道家, 好生恶死、自然回归、生死齐一、生死命定和生死皆善; 4) 道教, 重生恶死, 追求肉体不死的神仙之道。而随着社会的发展和城市化的进程, 以及西方唯物主义和基督教思想的冲击, 现代人们的死亡观念以及丧葬仪式发生了很大的变化。因此本研究初步编制了中国当代国人死亡观以及丧葬仪式调查问卷, 并且调查了被试的情绪状态和三年内的生活事件。结果如下: 1) 现代中国死亡价值体系中的主导因素是唯物主义无神论思想, 传统儒释道对现代死亡体系的解释已经随着社会发展被冲淡; 2) 丧葬仪式与情绪状态之间有正相关, 丧葬仪式越多, 丧亲者的情绪状态越好; 3) 丧葬仪式与生活事件之间有负相关, 丧葬仪式处理越少, 丧亲者的负性生活事件会更多。

**关键词** 丧亲, 丧葬仪式, 哀伤处理, 生活事件

### A preliminary research about modern Chinese sense of death and funeral rituals and the impact on bereaved person's life

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**Abstract:** Bereavement is inevitable for anybody. Funeral rituals can help bereaved person go

through their griefs if they done the ritual process well, otherwise, it will maybe have a negative influence on their lives. Nowadays therapists and researchers are giving increasing attentions on how can apply rituals into work with grief of loss. Jia Xiaoming(2010) pointed out four aspects about the psychological meanings from funeral ritual to bereavement: 1) convince the bereaved person of the loss of their lover; 2) help them to control their lives; 3) help them express their emotions; 4)increase their connections with others. Since different culture has different taboos and different rituals, it's important for a therapist knowing the cultural backgrounds of his client. In China, many traditional funeral rituals were developed depend on four different religious thoughts (e.g. Confucianism, Buddhism). However, as the modernization process of city and the impaction of Materialism and Christianity, modern people's thanatopsis (sense of death) and attitude about tradition funeral rituals have changed a lot. So the researchers made a questionnaire on modern thanatopsis and attitude about rituals. In addition, they also used an emotion scale and a life events scale to investigate participants' states of life. Several results are concluded: 1) Materialism has became predominantly in current society; 2) funeral rituals has a positive impact on bereaved person's emotions. The more ritual he done, the less grief he felt; 3) funeral rituals has a negative impact on bereaved person's life events. The less ritual he done, the more negative events happened.

**Keywords:** bereavement, funeral ritual, thanatopsis, work with grief, life event