

A Study on Psychological Aspects of Widow and Their Societal Position

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Abstract: *A widow is a woman whose spouse has died and has not remarried. It signifies the legal and social status of a woman who has experienced the loss of her husband. Widows often face unique challenges and adjustments as they navigate life without their spouse, including emotional grief, financial changes, and social transitions. The experience of widowhood is a significant life event that brings about a range of psychological and social changes for individuals. When a person loses their spouse, they not only face the emotional impact of grief and loss but also navigate the complex societal position assigned to widows. The psychological aspects of widowhood and the societal position of widows are linked, as the psychological well-being of widows is influenced by societal norms, cultural beliefs, and social support systems. The research method followed is descriptive research. The data is collected through a questionnaire and a sample size is 200. Convenience sampling method is adopted in the study to collect the data. The samples were collected from Egmore and through an online survey around Chennai. The independent variables are gender, age, educational qualification, occupation and place of residence of the respondents. The dependent variables are can a widow remarry after the death of her spouse, is the widow treated well in the family as well as in the society and the major psychological sufferings of widowhood. This research aims to delve into the psychological aspects of widowhood and their societal position, seeking to deepen our understanding of the unique challenges faced by widows and the contextual factors that shape their experiences. By examining the psychological processes of grief, identity transformation, and coping, alongside the societal factors of stigma, social support, and economic opportunities, we can gain insights into how widows navigate their psychological journey and societal roles.*

Keywords: *Psychology, Widow, Challenges, Adjustments, Societal position, Support system, Spouse, Cultural beliefs, Sufferings*

