

Study examines death anxiety among older adults with chronic illnesses during the COVID-19 pandemic

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A recent study in the *Journal of Community Psychology* explored older individuals' feelings of anxiety related to the possibility of dying during

the COVID-19 pandemic.

In the interview-based study of 18 people aged 65 years and older who had [chronic illnesses](#) and were living in Turkey, participants tended to be more afraid of losing their significant others rather than their own lives. Before the pandemic, they typically saw death as a part of life and accepted dying with calmness. The manner by which they might die with COVID-19 increased their anxiety and they generally hoped for an easy death. Despite the pandemic, they mostly kept their hopes alive for the future and recommended religious and [spiritual beliefs](#).

"The findings of our study revealed a unique aspect of human beings: [close relationships](#) with [significant others](#) are the most valuable component of our lives, and hope never ends," said co-author Hatice İrem Özteke Kozan, Ph.D., of Necmettin Erbakan University.

"Participants are mostly afraid of losing their family rather than of dying, but they are also afraid of a painful death. They maintained their hope and recommended to increase spirituality to overcome death anxiety."

More information: Hatice İrem Özteke Kozan et al, Death anxiety among older adults with chronic illnesses during Covid-19: A qualitative approach, *Journal of Community Psychology* (2021). [DOI: 10.1002/jcop.22744](#)

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