



NAVIGATING THE TIDES OF LOSS: SIBLING RELATIONSHIP IN GRIEF AND PERSONAL GROWTH

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INTRODUCTION

Parental loss is a profound life event that brings intense grief and changes in family dynamics. Siblings often become key sources of support, yet the quality of their relationship may either foster resilience and growth or intensify emotional distress. Limited research has examined how sibling relationship quality shapes the link between grief and personal growth among Filipino late adolescents.

This study examined whether sibling relationship quality moderates the relationship between grief and personal growth among late adolescents who have experienced parental loss.

OBJECTIVES

- 1 What is the quality of sibling relationships among late adolescents who have lost a parent?
- 2 What is the level of grief experienced by late adolescents who have lost a parent?
- 3 What is the level of personal growth of late adolescents who have lost a parent?
- 4 Is there a significant relationship between grief and personal growth in late adolescents who have lost a parent?
- 5 Does the quality of sibling relationships moderate the relationship between grief and personal growth among the participants?

CONCEPTUAL FRAMEWORK



METHODS

RESEARCH DESIGN	Quantitative design
DATA COLLECTION	Online survey via Google Forms (April – May 2025)
PARTICIPANTS	100 late adolescents (18–24 years old) who lost a parent 3–5 years ago and have at least one living sibling.

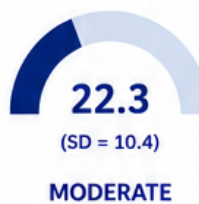
INSTRUMENTS

GSS – GRIEF SCREENING SCALE (10 items)	Assesses the severity and impact of grief symptoms (yearning, emotional pain, and difficulty moving on).
PGIS – PERSONAL GROWTH INITIATIVE SCALE (9 items)	Measures an individual's active and intentional involvement in personal growth and development.
ASRQ-VSF – ADULT SIBLING RELATIONSHIP QUESTIONNAIRE – VERY SHORT FORM (18 items)	Measures sibling relationship quality across three dimensions: warmth/closeness, conflict, and rivalry/favoritism.

RESULTS

1 DESCRIPTIVE STATISTICS (N = 100)

LEVEL OF GRIEF (GSS)



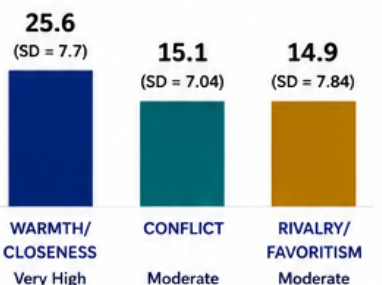
Participants reported moderate levels of grief.

PERSONAL GROWTH (PGIS)



Participants showed very high levels of personal growth.

SIBLING RELATIONSHIP QUALITY (ASRQ-VSF)



Warmth/closeness is high, while conflict and rivalry are moderate.

2 CORRELATION ANALYSIS

Table 3. Correlation Matrix

		LEVEL OF GRIEF	PERSONAL GROWTH SCORE
LEVEL OF GRIEF	Pearson's r	—	
	df	—	
	p-value	—	
PERSONAL GROWTH	Pearson's r	0.282**	—
	df	98	—
	p-value	0.004	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$



There is a weak positive relationship between Level of Grief and Personal Growth at $r = 0.282$, $p = 0.004$.

3 MODERATION ANALYSIS (PROCESS MODEL 1)

Interaction of Grief and Sibling Relationship Quality on Personal Growth

Sibling Relationship Dimension	Result
Warmth/Closeness	No significant moderation ($B = -0.0216$, $p = .319$)
Conflict	No significant moderation ($p = .397$)
Rivalry/Favoritism	No significant moderation ($p = .671$)



Grief × Warmth/Closeness

- The interaction between grief and warmth/closeness was not significant ($B = -0.0216$, $p = .319$).
- Since $p > .05$, warmth/closeness did not significantly moderate the relationship between grief and personal growth.



Grief × Conflict

- The interaction was not significant ($p = .397$).
- Therefore, conflict did not moderate the relationship between grief and personal growth.



Grief × Rivalry/Favoritism

- The interaction was not significant ($p = .671$).
- Thus, rivalry/favoritism does not moderate the relationship between grief and personal growth.

FINAL INTERPRETATION



None of the three sibling relationship dimensions (warmth/closeness, conflict, and rivalry/favoritism) significantly moderated the relationship between grief and personal growth.

DISCUSSION

- ✓ Participants experienced moderate grief but reported very high levels of personal growth.
- ✓ Warmth/closeness was high, while conflict and rivalry/favoritism remained at moderate levels.
- ✓ There is a weak positive relationship between grief and personal growth.
- ✓ However, none of the sibling relationship dimensions (warmth/closeness, conflict, rivalry/favoritism) significantly moderated the relationship between grief and personal growth.



CONCLUSION

Grief and sibling relationship quality each significantly contribute to personal growth among late adolescents who have experienced parental loss.

However, neither warmth/closeness, conflict, nor rivalry/favoritism significantly moderated the relationship between grief and personal growth.



CLINICAL IMPLICATIONS



Strengthening sibling relationships can be a protective factor in grief adjustment and personal growth.



Mental health practitioners should include siblings in family-centered interventions.



Promoting open communication and emotional support among siblings can foster resilience and personal growth.