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Why People are Scared of Death? A Case Study of Nepal

Udaya Rana Magar

Ph. D Scholar, Nepal Sanskrit University, Kathmandu, Nepal

Corresponding Author: Udaya Rana Magar

Abstract

Every living being is born; they grow and develop, and one day they die. Death is simply the end of a living being's life. It is a universal phenomenon; every living being on the planet should die one day. Every living being, however, is terrified of death. The level of human fear varies according to social-economic consciousness and mental consciousness. Death is an unavoidable part of life. Everyone considered death and developed various attitudes toward it. Typically, all fears are that people will cease to exist and lose themselves and the world. In the context of Nepal, this study has used individual characteristics, socio-economic conditions, and death fear as independent and dependent variables.

This study has used the primary data collected from a survey to achieve those objectives. Data related to the research has been collected from different online sources by using the

Survey monkey software. This research is a review article, a descriptive study using previous research and defining them with their different areas. Based on the result, we found that death is a susceptible phenomenon; regardless of age, gender, education, health, and economic situation, they fear death. However, people aged, educated people & with higher economic conditions have more fear than others. As a result, everyone should have left greed, infatuation, and indulgence in their life.

Moreover, they should learn techniques to overcome fear, such as 'relaxation' exercises. Relaxation techniques are one of the steps that must be taken to overcome the fear of death. Furthermore, if everyone understands that death is a reality for the people in our circle, people's lives will become more pleasant and peaceful.

Keywords: Personal Characteristics, Socio-Economic Condition, Scare of Death

1. Introduction

Everywhere, human life is vital. Except for suicide instances, everyone wants to live longer. According to Sadhguru, "Human life is external to you. You are life. But you are so covered with a cloud of thought, emotion, ideas, ideologies, philosophies, religions, and prejudices that this psychological drama hugely overshadows the life process. When people say "my life," you are supposed to understand that they are talking about their job, business, family, car, wealth, and party and are not talking about their life".

Human life is critical to the world's overall development process. Every country places a high value on human life safety. They set aside a large sum of money to save people's lives. Every country's wealth is a healthy human. However, everyone will follow the natural laws of birth and death; it is a natural occurrence. Everyone; will die at some point in their lives. The government will not attempt to save human life indefinitely, but only for a limited time. It means that human life may be safe temporarily but not forever and that eventually, every human or living being's life will end.

Different scholars defined death in different ways. Cetin. (2015)^[4] states that Death is the end of life's vital tasks, the end of life, the end of existence, the end of the living, or the ending of a human, plant, and animal life.

According to Osho, Death is the transfer of the soul from one body to another or in cases when a man is fully awakened, from one body to the body of the whole universe. It is an incredible journey, but you cannot know it from the outside. Only symptoms are available from the outside, and those symptoms have made people afraid. Those who have known death from inside lose all fear of death.

Birol, (2003)^[1] defined death in terms of medical as the irreversible end of heart and brain functions, which are the two centres of all life.

Death is a part and partial of life. It is not itself feared; it depends on emotional attachments. Every society wants to live in a comfortable zone because people fear death (Swami Ahart). It is a natural phenomenon and nature; everyone will indeed die; however, people are afraid of death and try to avoid it even if their efforts are useless. Death is a universal truth, but people

refuse to accept it and always try to avoid it. Death is something that we will all have to face, sooner or later. But how should we react to it? What makes some of us more fearful than others? And what exactly is it about death that frightens us? It is necessary to research to find the answer to that question.

Nepal adheres to Hindu philosophy, and Hindus believe that after death, humans can be reborn if they have done good deeds during their lives, while other religions' adherents may have alternative beliefs. In this setting, the research was conducted in the context of homogeneous Nepali communities. It's a new research area that can help determine why men fear death.

2. Review of literature

Death is a genuine phenomenon, and nobody can escape from it. Some scholars define death and try to understand it based on different aspects.

Morgan, (2001) [8] stated that during their growth period, death in Children live in destructive emotions besides beautiful and pure feelings, and they overdo things in their heads. The perceptions that arise in the minds of a child of six years are even exaggerated with fear. These concerns are equivalent to fear of ghosts, dragons, corpses, skeletons, and even death.

Noppe I. C & Noppe, L. D., (2004) [2] state that Death in Youth can be defined as the period of spiritual maturation and preparation for life, between childhood and adulthood. He mentions that being scared of death is a significant concern of youth; in this context, young people are often faced with the idea of mortality. Young people questioning death try to put immortality in their evolution by one's identity and try to give meaning to it.

Krause, (2011) [7] stated that Death in Adults With the advance of age, the idea of death is considered more seriously. The concept of mortality leads to deep anxiety and fear in most adults. There is a fear of death through intense anxiety experienced by adults in general. When coping with this fear, the psychological characteristics of people and religious perspectives are entirely different. Anxiety about death in older adults is very intense. However, when an older adult's relative dies, communication with the dead person, thinking about it, talking about it, and feeling about it, reduces the individual's anxiety about death.

Gizem O. U, (2017) [3] stated that Death is the end of the life of all living beings. It is the last part of life and is as accurate and natural as birth. If people live a life aware of the meaning of death, what it feels like, and what it makes them think, they will have a peaceful life when death happens. For this reason, those aware of death will live their lives until satisfied, enjoy whatever they do, live as the last days of their lives, and die when the time comes. The fear of death has been reviewed throughout the whole literature. It is observed that death is a severe and universal phenomenon when the research results are taken into account. The fear of death has no religion, race, gender, or thought.

Jade Wu, (2020) [6] as a clinical health psychologist, mentions in Physiology Today online that some things may subtly, or not so subtly, affect how much we fear death. Older people tend to fear death less because older people have experienced more of life, so they have less fear of missing out. The better physical health tends to fear death less because they tend to feel like there is more meaning in

life and better mental health. Religious belief increases our fear, but it is complicated; and Experience makes people fear deathless and close relationships also make a less fear of death. These findings are pretty natural in his study context.

The Survey of American Fears, (2017) [5] conducted by Chapman University shows that 20.3% of Americans are "afraid" or "very afraid" of dying. It is worth noting that this survey includes other responses that involve more specific death. There were murders by a stranger (18.3%), and murders by someone you know (11.6%) are also included.

In reviewing the previous literature, death is the actual and the last part of the life of human beings as well. However, Human beings are scared of death; in this context, is it happening in Nepal or not? It is necessary to do further research.

3. The objective of the study

Death is a universal truth, and it is the usual case in every human life and movement. However, people are scared of death. In this context, people are scared of death or not. It is a research question, and based on this following objective are set as follows:

- To identify the relationship between Individual characteristics and fear of death in Nepal.
- To find the relationship between the physical health condition and fear of death in Nepal.
- To find the relationship between the level of education status and fear of death in Nepal.
- To find the relationship between the Nepali economic situation and fear of death.

4. Theoretical framework

In the conceptual framework, as shown in fig 1, the Relationship between Independent and dependent variables have been analysed. The relationship between the dependent and independent variables effect framework goes from the cercal of the figure to the centre, just like peeling away the layers of covering to find out what is at the core. To the immediate Centre of the figure, causes are listed for analysis as Individual Characteristics (X1), Education (X2), Economic condition (X3), Health condition (X4), and effects or Depended variable as Scared of Death (Y).

Based on this framework, this study has been done to identify the above setting goal, which is the centre part of this study.

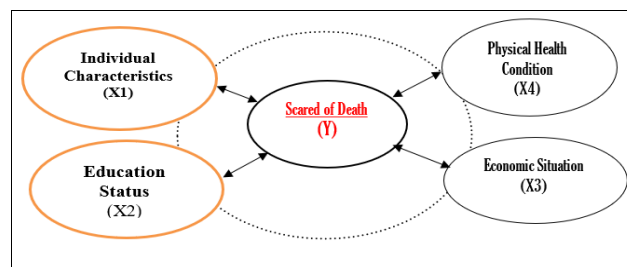


Fig 1: The Relationship among Independent Variables (X₁₋₄), and the Dependent Variable of Scared of Death (Y)

5. Methodology of this study

It has used the primary data collected through the questionnaire from a different society in Nepal. Mainly, 225 respondents are involved in the interview based on the questionnaire; it might be quite enough for analysis. It has

used Survey monkey software for collecting and analysis of data.

Qualitative and quantitative analysis methods have been used to achieve the results. In the quantitative method, we used descriptive analysis to find the relationship between the two variables.

6. Result and discussion

This study is discussed using the three independent variables individual characteristics, level of education, Health condition, Economic condition, and one dependent variable used as Scared of Death for achieving the set goals.

6.1 The relationship between the Individual Characteristics and Scared of Death

Fig 2: shows that less than 40 years of people are, only 39% participated in the survey, and among those respondents, 61% have a fear of death. Similarly, over the 40 years, people are 150, and among them, 70% have a fear of death. It means that higher age with higher fear and lower age have lower fear of death. It has a positive association with each other. It is a normal situation in Nepalese society. If we observe the society, we can see that most of the old aged people are afraid of death.

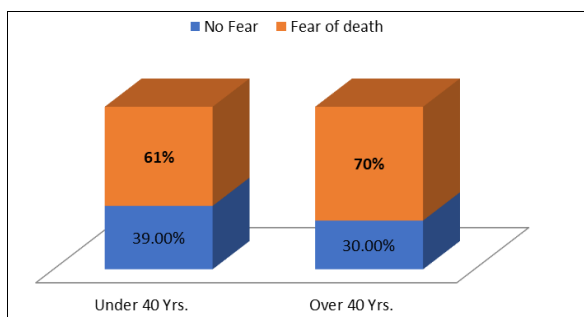


Fig 2: Age & Fear of Death

Fig 3 shows that within the Gender, women have higher fear of death compared to Man. If we see the overall figure survey, 186 men were involved in the survey, and many men replied that they do not fear death, and the rest of the women had a fear of death within 224 respondents. This is as usual in the context of Nepalese society; in most of the cases we observe in the community, women feel fear of death; it might be because of the patrimonial society in Nepal.

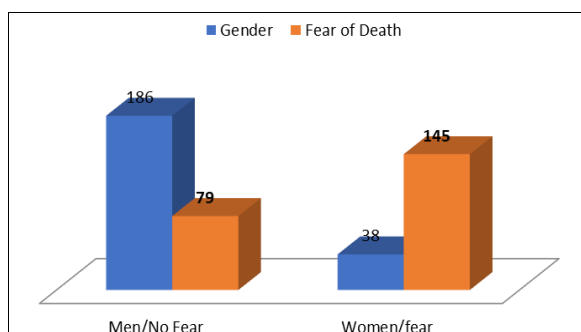


Fig 3: Gender & Fear of Death

The following Fig 4 shows an association between marital status and fear of death. The figure shows a small number of unmarried people in this survey; however, in most cases,

they do not fear death, whereas married people; feel the fear of death. It might be because of higher age, and they have to take more responsibility with their family and society.

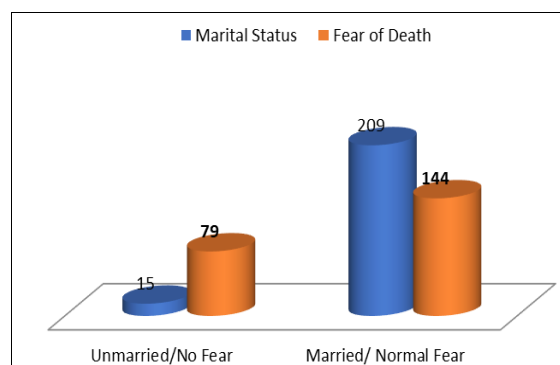


Fig 4: Marital Status & Fear of Death

6.1.1 The relationship between the Level of Education Status and Fear of Death

Fig 5 shows that the level of education and fear of death is associated with both variables. If those people have higher education, they have more fear compared to those who have only a literate level of education. Out of 224 participants, 65% of respondents have a fear of death, and only 40% have no fear of death and have more than secondary level education. It concludes that educated people have more fear of death compared to the literate people in the community of Nepal.

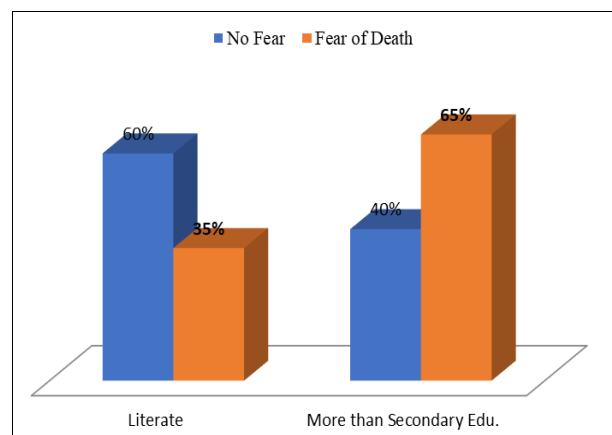


Fig 5: Level of Education & Fear of Death

6.1.2 The relationship between the Physical Health Condition and fear of Death

Table 1: The Association of Health condition and Fear of Death

| Question | No Fear of Death | Fear of Death | Total |
|-----------|------------------|---------------|------------|
| Healthy | 54(37%) | 93(63%) | 147(72%) |
| Unhealthy | 18(31%) | 39(69%) | 57(28%) |
| Total | 72 (35%) | 132(65%) | 204 (100%) |

Table 1 shows some associations between health conditions and fear of death. Out of 205 respondents, there are 147 people in healthy condition within the healthy people, 37% of people have no fear of death, and 63% fear death. Similarly, 57 found it unhealthy, and within the 69% feared death and only 31% had no fear of death. It shows that unhealthy people have more fear of death than healthy people and healthy people have less fear of death.

6.2 The relationship between the Economic Situation and Fear of Death

6.2.1 The relation with Occupation & Fear of Death

Fig 6 shows that within the 205 respondents; only 16 people are involved in agriculture as a profession, and among them, 56% feel fear of death. There is a total of 142 respondents in the employment sector, and among them, 65% feel fear of death. Similarly, 60% of respondents in the trade and industry sector feel the fear of death. It concludes that agriculture and, trade & industry sectors involving people are less fearful than those who engaged in the employment sector.

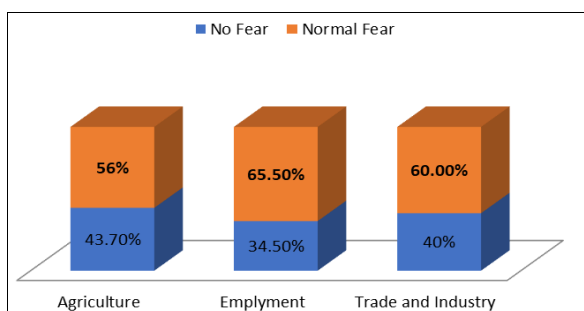


Fig 6: Occupation & Fear of Death

6.2.2 The relation with Economic Status & Fear of Death

Fig 7 shows an association between economic conditions and fear of death. Out of 225 respondents, there are 13% people with a lower level of economic condition, and among them, 42% of people have no fear of death, and 58% have a fear of death. Similarly, almost 85% of respondents are under middle-class people, 64% have a fear of death, and only 36% have no fear of death. Moreover, only 2% of respondents are under a higher level of economic condition; among them, 80% have a fear of death. It concludes that people with better economic status are more scared of death than the lower class.

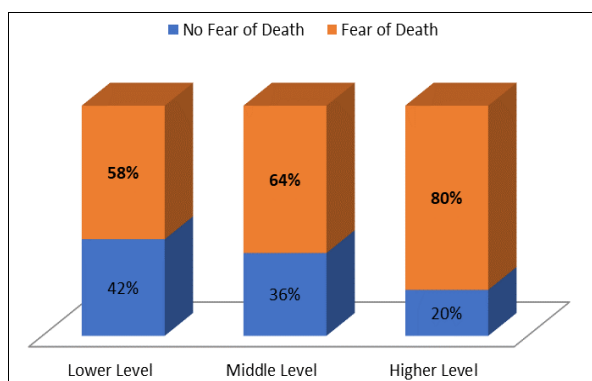


Fig 7: Economic Condition & Fear of Death

7. Conclusion and suggestion

There is a link between age and fear of death in the individual Characteristics. It demonstrates that older people are more afraid of death while younger are less afraid. It is a common occurrence in Nepalese society. If we observe society, we can see that even the elderly is afraid of death. As a result, this conclusion is also supported by observation. The study found that within the gender and fear of death, women have a greater fear of death than men. Nepal is a patrimonial society, and men typically dominate women, so women do not have the property right in practice. So, in this

case, it could be as usual.

Furthermore, we found that while there are a small number of unmarried people participating in this survey, in the majority of cases, they have no fear of death compared to those who have married. It could be because they are older and have more responsibilities with their family members.

According to the findings, the level of education and the fear of death are related. People with a higher level of education are more afraid than those who are only literate. It concludes that educated people in Nepal are more afraid of death than only literate people. It's possible because most illiterate people have not considered death due to a lack of education and awareness.

The state of one's health is critical to one's ability to live a long life. In this study, we discovered that unhealthy people are more afraid of death than healthy people, while healthy people are less afraid of death. It is natural for those who are unhealthy to be afraid of death. When we observed it, it was as usual in Nepalese society.

People's occupations are essential for their life living. Those with high-paying jobs are more likely to seek healthcare treatment if they become ill. In this context, this study found that those working in the agricultural trade and industry sectors have a lower fear of death than those who have only worked. It means that respondents in those occupations feel more assured of their income and will feel more secure about health care, allowing them to enjoy their lives more and avoid the fear of death.

The economic condition plays a vital role in people's health. This study showed that people with a lower level of economic conditions have a lower rate of fear, and middle-class people also have fear; however, the rate of fear is higher than the lower class of economic people. If you see the higher-level people, they have less fear than other levels of people. It concluded that people with better economic conditions are more scared of death than those with lower economic conditions.

In conclusion that death is a susceptible phenomenon; we should approach it openly, plainly, and regardless of age, gender, education, health, or economic situation that we used in this study. Death is a severe concept because individual differences manifest differently in each person. The result of this study showed that those people who are older, rich, married, unhealthy, and educated are fearful of death compared to others people. Those responsible for society appear to be more anxious and terrified of death. These people appear to be afraid of death due to greed; infatuation and indulgence lead to fear of losing utilize the money which they gained, fear of losing the use of the right of one's post and the social prestige. So, every individual is scarred by death in society.

To reduce the fear of death in every individual, they should have left greed, infatuation, and indulgence in their life. Moreover, they must learn techniques to overcome fear, such as 'relaxation' exercises. One of the steps that must be taken to overcome death fears is to use relaxation techniques. This basic technique could help them gain self-confidence by attempting not to run away from fear but rather to move forward. Furthermore, everyone should consider death a severe and universal phenomenon, so if we can understand that death is the reality of the people in our circle, life will become even more pleasant. People will be able to live in peace and without fear. Death is not a tremendous loss in life. The most significant loss is what

dies inside us while we live. The death of a human being should be graceful and peaceful. Moreover, the source of the fear of death is greed, love & affection. Everybody should have left those sources and lived as natural human life.

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