The Lived Experiences of War Affected Bereaved Children and Attachment Under Orphanage Care in Pakistan

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Abstract
This paper examined the lived experience of bereaved children in orphanage care settings. War affected children under residential care are prevalence to the experience of bereavement and neglect. In the occurrence of psychosocial issues, bereavement endures a variety of factors that negatively influence child mental health. In this article, attachment theory showed the significance between the culture of bereavement and public care, which supported the evidence that bereavement enacted to the vulnerable population at high risk for social deterioration. Thirteen war-affected children selected as purposive samples from three orphanages in Peshawar. Focus group discussions, semi-structured interview and child participatory observation used as a qualitative methodological approach. The descriptive phenomenological research examined the multiple war trauma factors, responsible for certain symptoms in normal grief and bereavement. These factors including the loneliness, sleeping disturbance, sadness, and bereavement may occur over the loss of loved one. Such children remain inevitably associated with their parents and family, therefore, responses of the parental lost is intimated in every culture differently. This article explores the implications of the relationship between attachment, and bereavement of specific loss. The description of literature and findings concluded that parental loss caused the significant risks of mental health with the most prevalent impact of psychological issues to all over the world. To cope with the consequences, implementation of prolonged effective mechanism with psychosocial support and primary attachment within child socio-ecological system should have to be encouraged.
Keywords: Children, Bereavement, Culture, War, Attachment, Care

1. Introduction

This study examines the lived experience of culturally bereaved war-affected children from FATA (Federal Administrative Tribal Area) and Khyber Pakhtunkhwa, Pakistan. Research revealed the influence of parental loss on the mental health of children, which is more associated with environmental factors. Such complications developing in response of the family conflicts, parental psychopathology, separation, parental divorce, sexual/physical abuse and especially the parental death bereavement (Bhat, Rahman, & Bhat, 2015; Fox & Jones, 2013). Separation determines an instant precipitating stress in adults that leads to depression if loss occurred during childhood. However, it has been evident too that disaster affected children in residential treatment with experience of bereavement consistently reported PTSD (Dopp & Cain, 2012; Fairbank & Fairbank, 2009).

We need to understand that children are the subjects of their own issues and they are interacting in a critical reflective manner with each other to express their marginalized voices. Through participatory and storytelling approach is effective in an understanding of their adverse lived experiences (D'Amico, Denov, Khan, Linds, & Akesson, 2016). Discontinuation of caregiving and separation from selective attachments left the detrimental stressful experience for children under public care (Nader, 2007). According to Stillion & Thomas (2014, p.10) "Losing an irreplaceable loved one through death (bereavement); reacting to a loss in brokenness and sorrow (suffering); and responding to loss and suffering in a process". The phenomenology of war and terrorism determined the multiple physical and psychological effects in prevalence of mass persecution of the civilians and military persons through directly and indirectly invasions of the state and non-state actors in war-torn countries. While sometimes the role of culture limits the violence from prolonged devastations, but children and women have already been suffered on large scale. In Pashtun culture, children have limited prestige to reshape their lives, they are depended on the ideological and organizational framework organized by caregivers/peers. Living in the adult world, children issues are raised on the interests of the state and budgetary constraints. This study explored the war experience phenomena through interviews and focus groups, render the preventive therapeutic benefits to the survivors. The significant outcomes are expected of the in-depth meaning and understanding of war in view of the affected children, as this will highlight the problems with ongoing terrorism scenario and indicated the areas for additional research.

What are the lived experiences of war-affected children under orphanage care in Khyber Pakhtunkhwa, Pakistan?

This study examined the lived experience of war affected bereaved children under orphanage care. In normal situations, parents encouraged children to manipulate objects, investigate a world and understand the relationships, which helped children in a physical and emotional development. But their war predictors in terms of psychosocial implications within their culture are completely adverse (Ali, 2014). According to Sarah Helton "Children aren't born with a fear of death. It is something that is passed on to them by adults and society as they

grow up". In this study we approached only to war-affected children from FATA and Khyber Pakhtunkhwa experienced an extremely adverse situation. As their whole life has been hampered physically and psychologically by war (Shakoor, 2013). The structural changes in social values after war led negative effects on the children, who lost the sense of security even being with family but perceive themselves insecure and helpless. Children lost the peace of mind and become frustrated in post-conflict settings. Armed conflict crippled the child health and make them suffered by anxiety, depression, PTSD and other psychological problems. Children are abandoned in getting of education during armed conflict, which is the basic right and future development of children and society as well. Most of the war-affected orphan children are living in Khyber Pakhtunkhwa orphanages. Study shown that FATA youth are being witness and victims of conflicts, make them as stereotyped and roguish instigators, but under orphanage care, they are more resilient and have excellent creative potential to move forward on themselves (Shakoor, 2013). Children generally associated with crisis and forced to grow up faster than usual, which resulted in their psychological damage. Young children might become heads of households or elder orphans have a responsibility to look after the siblings and family members. Such conditions create a disparity between the real responsibilities of adults within the socio-cultural and economic restraints.

Study on children's emotions has little focused in post-conflict settings. According to Bowlby's (1989) that parental death may express the symptoms of separation anxiety in orphaned children due to the secure attachment formed with their parents. As there is no vital difference between in anxiety score and neglected and double orphaned children. Trauma theorists inferred that violent or complicated bereavement may tend to PTSD (Post Traumatic Stress Disorder). Children always suffered negatively from bereavement and not to relish the grown-ups, even they could never understand about death (Kazim & Mohamed, 2016). "Loss of a parent can lead to adverse consequences. A positive relationship between the parents prior to the death and a strong surviving parent to keep the family intact have been identified as protective against elevated risk of mental health problem. Among the predictors of complicated bereavement are prior child emotional difficulties, emotional lability and poor impulse control" (Rutter et al., 2008: 952). Bowlby observed that grief reaction is a distinctive example of separation anxiety and bereavement comprised of the constant form of separation (Homes, 1993). Child safety is comprehended and assured as the positive enduring bond expressions focused on parental bereavement. Negative bond expressions occupied by the children that blaming the parents for their protection, experiencing the profound guilt having seen in inadequate caregiver (Field, Gao, & Paderna, 2005).

Studies about the death of the loved one found the dominant depressive symptoms in adolescents from 11-16 years children (Akerman & Statham, 2014; Cacciatore & Flint, 2012). The implications of acute and chronic bereavement in children faced complications by peers' attachment in institutions. Orphan & vulnerable children needs psychosocial support to adequately deal with the status of attachment and mental health within a developmental framework inside institutions (Trickey & Nugus, 2011; Blower, Addo, Hodgson, Lamington, & Towlson, 2004). Beside negative outcomes, some studies derived the positive psychological alteration through the ethnographic study on child bereavement service through the experiences of their parental bereavement. Including gratitude, appreciation, altruism and desire to gain pleasure by interpersonal coping improved the development of interests and personal strengths after some years of parental death (Balk, 1996; Sameroff, Lewis, & Miller, 2000; Akerman & Statham, 2014).

2. Methodology

Qualitative investigations in the context of war seem to have addressed a remarkable degree of methodological and conceptual weaknesses of the quantitative method (Karadzhov, 2015). Phenomenological analysis is particularly designed to examine the participant's beliefs and thoughts in an association of incident that has been happened to them. The strategy of phenomenological philosophy, endeavors to elaborate the sense and understanding of participants experiences validated for them (Paton, Crouch, & Camic, 2009). This paper is the part of the author Ph.D. research and the study sampling were war orphaned children from three orphanage care centers under NGOs. No female respondents were found in orphanage with war-affected background. The current research focused on the lived experience of war-affected bereaved children under the orphanage care in Pakistan. Access to schools & other institutions was restricted due to ongoing military operation inside FATA (Geographical Location shown in Figure 1). Therefore, the researcher selected purposive samples from orphanages/residential centers in Peshawar. It is not only in FATA, but people are drastically affected in KP as well in a decade-long war against terrorism. Millions of people displaced for the sake of life during the military operation. According to War Child Holland report by (Lith, Graaff, Jansveld, & Jager, 2007) preventive approach is the most recommended strategy of undertaking research on war-affected population. As the young participants have the adverse experienced of their survival during the conflicts, so do not harm strategy proposed a smaller number of participants is worthwhile in descriptive phenomenological research (Phillips, Montague, & Archer, 2016). For ethical consideration, a written consent was signed by each child and caregivers/management of each center. All the discussions were audio recorded and field notes were written as well, which later transcribed and translated from Pashto (local language) to English.

Figure 1: Demographic Location
https://www.mapsofworld.com/pakistan/pakistan-political-map.html

3. Data analysis

All the collected data including transcripts of focus group discussions, interviews, observation and relevant documents on war and militancy analyzed through CAQDAS (computer-assisted qualitative data analysis software) NVivo 11 Plus. Which developed multiple themes during the continues attempting of the series open coding, auto-coding and axial coding. I tried to maintain the core-concept of research questions and dyed to stratify the data according to emerging themes. It is cultivated in the prescribed manner for further interpretations. In the phenomenological study, the lived experience is the main concern of the participant's experiential phenomena. Phenomenology is not looking to the essence of young participants world but exposes the meanings of uncovered phenomenologist experience. It is the rearticulated anecdotes and auto-biographical reflections of the childhood memories and experiences. Phenomenology is not leniency in subjective bias but to deliberate way to emerge the awareness of childhood. This awakening can make conscious our observations of the children living like similar to the one and different to other. It's not a method of inquiry to assume an empirical world resulted in theoretical explanation but intends to the disclosure of significance and meaning of thematic formal description. The real distinction is made between the searching for truths and meanings. (Greene & Hogan, 2005). Selected quotes relevant to this article were translated from Pashto to English by the researcher. Processes and factors that promoted the participant's experiences were coded.

4. Findings

The most extreme loss can suffer the society is the failure of value system. Even values matter in the time of war and conflict. Besides with the notions of child protection, normative systems and values are also important to be investigated in respect of the orphan's children during armed conflict. Such conflict created consequences of child protection issues inside societies, where multiple aspects of attachment with parent-child and family relationships are attempted during the crisis. Child narrative about conflict rendered the effects of violence on their survival. The young participants shared their lived experiences about their fatherlessness and time spend in war zones. They were bereaved related to their vulnerable experience in post-war settings. They had dealt with social neglect after their father death. In findings, the first experience of parental bereavement shared by the children under orphanage care and then define the role of attachment in the life of bereaved children. These

children are suffered from extreme toxic stress and have an instant need for alternative care and love. In this research, we defined attachment as the core intervention for war-affected children.

4.1 Bereavement

Bereavement is a particular type of life stress and has been given a distinctive recognition of stress reaction. Bereavement is excluded from DSM-IV psychiatric disorders as these are normal reactions against death. Pathological grief reactions considered as disorders are more related to adults than children. Bereavement reactions have different forms and included in ICD-10 (Rutter et al., 2008). A war-affected child *Abdullah* displaced so many times due to the conflicts and threats of Taliban. It has the worst experience for children in displacements that occurred anywhere in the war zones, where militant terrorized the people and haven't any idea that what they should do. They are leaving their households and belongings in a rush, where everyone is in self-care condition. Sometimes they left pet animals like cow, donkeys, and dogs. They just only want to shift to a safe place. The current volatile scenario widened a gap between young generation and parents to utmost.

[We are displaced so many times due to the conflicts and threats of Taliban. I remembered every moment. I was cried a lot on my father died. It was a bad time in my life. Then our neighbors helped us in the funeral of my father. I came back along with my uncle after the ceremony. One of my uncles disappeared for a month from our village. He joined the rivals and threatening the area]

Bowlby's studies have already proved the long-lasting negative effects of bereavement and separation in childhood. His approach convinced him about the psychiatric disability of adult ascertained back to trauma history (Homes, 1993). When someone grieved silently, he is ultimately lead to bereavement. Like in the case of *Ahsan*: [When my father martyred, my mother told me that I cried and grieved for father]. The young generation lost association with parents in political violence and conflicts, rather blaming them on their null contributions for their career. Children expressed their aggressive behavior, experimenting in their own way and intended to suppress their feelings in a careless way against anyone. *Hashim* and *Khalid* revealed that his academic life was affected by his father died.

> [I felt hurt when I remember about my father and in the meantime never concentrated on the study. What I have learned is forgotten after thinking too much about my father, that makes me very stressed and upset] [I lost my father during this bloody war. I am missing too much my parents. Even both are not alive now. But I haven't any other choice just to make myself acceptable with this environment. When I visited my home. I am very sad]

4.2 Effects of Fatherlessness on children life

In the discussion with the war-affected children expressed their fatherlessness concern on their life. A child *Abdullah* from Afghanistan under orphanage care revealed his father death story: [My father was killed in front of me. I am missing my father always. I lost my caregiver in my life. My mother already dies. But my father died before her. So, I am missing my father and mother too much. Everyone has love with parents. I hate war, fighting, and terrorism. This is complete stupidity and worthless approach. You cannot become a happy society in a war situation. Our schools, hospitals, government institutions, and army bases are targeted every time. God knows my situation well. I have faced the darkness of violence in my life. Even the residential staff never allowed me to go outside. I am very much frightened here]

Children are dreaming of their future destinations, but in case of war-affected children are stressed for their fatherlessness. Like a child *Ahsan* from FATA shared about his father died that how his father death affects his dreams: [My father was martyred in fighting against Taliban. I am very scaring when he is coming in my dream. Like he is inviting me to somewhere. But he advised me for taking interests in the study. Always missing him in my dreams]

Children experience numbness, shock, and may feel upset to deviate from nervousness and sadness to apparent distress. It's likely to encounter of bereavement for deceased of loved one, possessions, and safety (Williams, 2006). *Hashim* father death makes him vulnerable and affected academically: [I felt hurt when I remember about my father and in the meantime never concentrated on the study. What I have learned is forgotten after thinking too much about my father, that makes me very stressed and upset]

Parental bereavement in children rendered to psychopathology and adjustment difficulties than non-bereaved children., Children exposed to fear, aggression, somatization, depression, psychoneurotic symptoms, academic problems, and developmental delay following of parental death (Dopp & Cain, 2012). A child *Hayat* shared his story of father death: [Terrorists killed one person in front of my father property office. And my father was charged with this murder. He went to jail. But later my father triumphs the case and release from the prison. But very soon they killed my father in his own office. I don't know why they killed my father] [I was so young when my father died and always missing him in my life. The moments I spend with him will never ever forget]

In manifold of the conflicts, armed militants or semi-autonomous groups existed and fighting within state boundaries. Militants protracted for years and made defenseless the civilians vulnerable particularly women and

children. The essence and developing phenomenon of social disintegration and mass violence is the consequences of normative systems in crisis. Like the father of *Rehmat* was killed by unknown people: [My father was killed at night. So, we don't know really that who is actually responsible. Therefore, in revenge for my father death, I don't want to kill anyone. Even I am always remembering my father but can't do anything]

The situation exacerbated toward the availability of weapons and people exposed to the series of conflict and becoming habituated to continuous violence. Mental health is extremely affected by conflicts and restraint to unpredictable and complexities. While the factors of conflicts in any cultural context bring to bear, the distress experienced and trauma of individual and communities. *Salman* shared the story of his father assassination, how come the situation destroyed the child world: [My father was assassinated, and I was a young child that time. My father was assassinated for ransom. As you know in FATA the local people are involved in abduction business. The group is identified by my family members. But I don't know that the group belongs to Taliban or not but in such situation and chaos, everyone can get benefits. I was much closer to my father, and he loved me so much. Most of the time went out with him, like to visit the market and other places]

We have noticed that taking revenge is the highly concerned phenomena for war-affected children. *Ikram, Nasir,* and *Salman* shared their vulnerable feelings: [We lost our father in this war. I am feeling the importance of my father in my life. I am always in stress and depression state because of this] [I lost my father in suicide bomb blast. These terrorist wants to kill us. But we will never surrender to them] [I will take revenge on my father first. Then I will decide what can do for others. I am here in this orphanage due to this war]

Children under residential care felt that their needs are covered to great extent but it's very difficult to fulfill the vacuum of their socio-emotional needs. During observation, children looked satisfied with all the facilities in institutions, but they are still preferred village to be with their grandparents and friends in the natural environment. This may be ensured their life conjecture without uncertainties, and undebatable about their identity or existential meaning. The meaning of new culture is the new hope for war-affected children even in the insecure attachment. *Wasim* was very distressed due to his father died. He was looking like not satisfied with orphanage care: [War and terrorism made our life distressed. So, terrorists really deserve lesson through guns. If my father alive what should I have to do here? I am orphan that's why staying here. We called them Taliban which is solely behind in this act. They took thousands of innocent lives in our province]

The most serious social issue that affects children is the abandoning support of education. A child always motivated by the father and brother for schools. But when parents, siblings and other family members deceased, then there are ultimate chances for children to survive on streets. He/she can be easily vulnerable and exposed to physical, verbal, psychological or even sexual abuse. Orphan children can be victimized and radicalized by the militants, used as suicide bombers and substance abuse and laboring.

4.3 Sleep Disturbance

Fear & threats make life difficult to survive, confronting with family isolation and improbable to accept the new culture. The research examined the situation of childhood bereavement and reported that children get extensive experience towards grief. Hence directed by behavioral and emotional response is classified as nonspecific disruption. These responses included depressive symptoms, angry outbursts, regression, fears, and anxiety regarding developmental breakthrough self-esteem and eminent outer locus of somatization and control (Haine, Ayers, Sandler, & Wolchik, 2008). Children are exhausted in fear and tensions in terms of sleeping. *Abdullah, Hayat,* and *Ikram* screamed due to bad memories.

[I am sleeping in sharing with other children. But truly say you that not sleeping well. If anything comes instantly to my mind, make wake-up. Some memories never let me for sleeping well] [Sometimes I am not sleeping well and scared about my father killers] [I am not sleeping well]

The two children *Rehmat* and *Saud* shared the meanings of violence and conflict, which takes their father lives. But they are literally sensitive to the situation they faced in their hometown.

[My father hasn't any interaction with Taliban. So, he never said anything about them. Taliban intentions were totally different. Sometimes even poor farmers were abducted for ransom. They were making public speeches in gathering inside mosques and playing grounds. One day a crowd was gathered by them to announce the death sentence to a guilted person. That night I was never slept due to fear] [I heard canon fires during the military operation, it is like a huge explosion. During the operation against Taliban in our area. We never slept well because of the heavy shellings from both sides]

Sometimes bereavement complications are re-labeling as the conventional psychiatric type of critical stressor in children that triggered the mental and physical disorders i.e. posttraumatic stress disorder, major depression, sleep disorders, and anxiety. These co-morbidities demand the clinical attention, identification, and treatment (Hall, 2014). A child *Kamal* went through dreaming about his father, that's altering children memories towards their attachment to the father.

[I am, dreaming a lot about my father. But nowadays he is not coming at night in my dreams. I don't know why? Sometime before he came in my dreams advised me every time for getting an education and

invited to close to him. But I refused to close with him. I was scared about that dream]

4.4 Meaning of Loss

Young children face the bereavement at an immense range of severe life events. Usually, the children between 5 to 16 has a drastic experienced the parental and sibling death (Akerman & Statham, 2014). Bereavement, mourning, and grief may be influenced by culture, religion, personality, and the essence of a relationship with the dead person. It is defined as bereavement is the response of loss, that triggering the reaction of grief recognized as mourning (Buglass, 2010). A child *Ahsan* remember the father died.

> [My father was martyred in fighting against Taliban. When first time they start attacks on our area. My father joined the rivals against them. I am very scaring when he is coming in my dream. Like he is inviting me to somewhere. But he advised me for taking interests in the study. Always missing him in my dreams. He was a very humble man and I want to be like him]

The traumatized children in a post-conflict situation have not only the short-term effects of trauma but extremely suffered the overall personality development, self-esteem, coping ability and interpersonal functioning throughout of their lifespan. *Hashim* was in armed forces and killed by the terrorists. He experienced with worst academic position and always stressed for his father death.

> [My father was near to the pension. He spends a great time in forces. He was fighting against Taliban. My father and other soldier were based in FATA. The war has been recently started there and, in the meantime, terrorists attacked the army base, where so many soldiers died there along with my father] [I felt hurt when I remember about my father and in the meantime never concentrated on the study. What I have learned is forgotten after thinking too much about my father, that makes me very stressed and upset]

The bereavement of accidents and illness is the sequelae deriving from unexpected, sudden, mutilating or violent deaths, especially witnessed by the child of their family members produced graver psychopathology (Rutter et al., 2008). The child *Hayat* is witnessed of his father death. Even he was a young child. But still, he is remembering that what happened to his father.

> [I am the eyewitness to my father death. My father did not die on the spot. People took him to the hospital but before providing the oxygen, he was no more alive. He told me to go home. That was evening time, I ran to my home and my mother asked me in shocking about my father. My grandmother was busy in praying and in that moment, one of my father friends came to my home and told everyone about my father assassination. On that night, Police came to my father office for investigation. But my father already died]

War-affected children understand the meaning of lost in terms of conflict and have a reason in mind that war or terrorism greatly affected their lives. The phenomenology of their feelings is quite difficult to understand. One can see how their life relating to people & environment. The Micro & Macro ecological sphere of war-affected children started from the parents to global politics. Every policy related to the human rights accounted for the child protection. The father of *Kamal* and *Khalid* died by the unknown assaulters. But they are familiar the consequences happened to their family due to their father death.

> [Taliban assassinated my father. He was the member of peace rivals. It was horrible days of my life. Everyday heavy gunfire there on terrorist's hideouts]

> [I lost my father during this bloody war. I am missing too much my parents. Even both are not alive now. But I haven't any other choice just to make myself acceptable with this environment. When I visited my home. I am very sad]

Psychiatrists reported that young brain in process of psychological mechanisms is leaning to vulnerable in emotional reactions. Children stop caring about any consequences and get dominated above their emotions and assumed that they pushed against the wall. Psychological trauma is evident in disturbance and antisocial behavior i.e. aggression to others and family conflict. It is unacceptable for *Nasir* to free the militants. Because he can't forget his father death.

> [Along with the government we should not waste time, just to kill them all at once, no further delay. No apology is accepted at all. They are the beasts who killed our father and left us orphans. What I do here if my father alive]

It has been observed that adult complicated grief in contrast to the children's traumatic grief results in the trauma symptoms. Youth are unable to accomplish the uncomplicated bereavement. In addition, death witnessing, or body discovering, recognition of traumatic death may be adequately episode of traumatic grief (Nader, 2007). Similarly, *Rehmat* and *Salman* lost their father in FATA, where Taliban occupied for a very long time.

> [We were informed that someone killed in farms and that was my Father killed by Taliban in the farm. I changed residence and school because of the war. When they killed my father and after some time army started heavy operation against Taliban. I take admission into Peshawar school] [My father was assassinated when I was a young child that time. My father was assassinated for ransom. I was much

closer to my father, and he loved me so much. Most of the time went out with him, like to visit the market and other places]

We can see in *Saud* case, he is physically weak because of the parental loss. How loss has affected a child both psychological and physically:

[My father was martyred in the suicide blast. He always comes in my dreams. But I got fever due to that and felt weakness in my body]

What loss means to war-affected children, a child *Wasim* completely distressed over the challenges and adversities he faced against the war.

[If my father alive what should I have to do here? I am orphan that's why staying here. We called them Taliban which is solely behind in this act. They take thousands of innocent lives in our province. I lost my father in the suicide blast. It is very difficult for every child to see his father scattered body. Not only even my father but others innocent people have been targeted by the blast]

The young generations growing up in conflicts have the greater concern in their lives with the perception of acceptance of the violence in resolving of religious, ethnic and political differences. Displacement during and post-conflict situations disturbed the cohesion of community, friends and family networks. Which can be visible and observed in children narratives.

5. Discussion

Limited research conducted on the life of institutionalized bereaved children, particularly from the war-affected background. Childhood bereavement has short and long-term repercussions on the wellbeing of children's, including their educational achievements and psychological health, very little clarity about the variety of support the children needs and already provided (Akerman & Statham, 2014). Children are bound by sensitive emotions, feelings, the experience of close relationships and familial circumstances when questioning about their well-being. They feel embarrassed, upset and intrusive due to these questions and bring them to abuse, neglect, bereavement, and exploitation (Arieh, Ferran, Frønes, & Korbin, 2014).

5.1 Role of Attachment Theory in Child Bereavement

This research supported by Bowlby (1980) attachment theory, which asserted the healthy relationships of institutionalized children with caregivers or educators. Recent research recommends this theory serve as the counseled for children developing and children's early attachment interaction and later social development (Bettmann, Mortensen, & Akuoko, 2015). Bowlby (1982) postulated different phases in a grieving process of human life (Li et al., 2008). Bowlby's contributed the enormous impression of innovative theoretical research persisted to present day. According to the Children Act 1989, that care in foster homes granted the international enshrined and preferable than group care (home care is better than institutional care) (Homes, 1993). The preceding evidence showed that bereavement referred to psychiatric complications in parenting styles attachment patterns in childhood related attachment later in adulthood (Stroebe, Schut, & Stroebe, 2005). It is apparently accepted that the most impactful research in bereavement is Bowlby's attachment theory. His works on grief is the resolution of rearranging representations of a lost person and the important relation of the self (Schut, Margaret Stroebe, 1999).

According to Bowlby, loss of a partner in the early phase of bereavement origin, which referred as the reorganization stage. The term detachment is initially introduced in bereavement. The death of parents either one or both have a serious lifelong effect on the children psychological well-being. Due to emotional dependency and developmental vulnerability adolescents are at particular risk of complicated and unresolved bereavement (Buglass, 2010; Getachew, Ambaw, Abebe, & Kasahun, 2011). Association of avoidant attachment with persistent difficulties is expressing the grief. Whereas during bereavement by the lack of trust a disorganized attachment inhibited went together, assessing the high scores of depression, panic/anxiety, and substance used (Stroebe et al., 2005). Bowlby relied on and explain the experiences of childhood bereavement and the reactions following in adulthood. He explained attachment phenomena with the certainty of mutual relationship, transpired of long-term synergy, started from infancy between child and parents following to adults. Such association of attachments prevailed throughout life (Buglass, 2010).

Effects of fatherlessness or parent's death not only affects the child education but severely hampered his mental like. Young children understand this adverse experience, plunging them more and more into the profound level of depression following to grow older. Community guidance for such children is vital to cope with early bereavement (Sengendo & Nambi, 1997). The purpose of theoretical analysis of bereavement and attachment, enable this study to conduct further research on residential and foster care institutions children in developing countries. The experience of difficult and disastrous events left orphan children in miserable conditions, which further exposed to psychological traumas, deteriorated their living conditions. The authors anchored the research is on Bowlby attachment theory, which established the lifespan as comprising of a series of developmental stages, each with a major scope of the developmental task. The article implies to understand the institutionalized

bereaved orphan children in different challenges and it proposed the more future research on psychosocial problems associated with traumas experience of children. Psychological and sociological oriented research in Indian child care institutions concluded that prolonged institutionalization and parental deprivation damaged the mental ability and personality of children. They are less thoughtful, less ambitious, more fearful and less susceptible to shame and guilt (Stillion & Thomas, 2014; Trickey & Nugus, 2011; Blower et al., 2004). High level of anxiety disorders identified in institutionalized orphan children of Kashmir. Orphanhood itself is the host of vulnerabilities of mental health and being under-institutionalization led increased the risk of mental disorders and other psychosocial issues. The long-term negative consequences of institutional placement on orphan children leave them in severe psychopathological issues and vulnerability (Bhat et al., 2015).

6. Conclusion

It is concluded that the parental death is a traumatic childhood experience that embedded risk to various negative outcomes in children (Haine et al., 2008). This article accomplished the needs of peer attachment role in child bereavement. Furthermore, this study approach to find the imperative response of family members, teachers, wardens, social workers attachment in post conflict settings for war-affected bereaved children's. Bereavement relates to cultural norms and the values of rituals sometimes interpreted inversely in multiple ethnic backgrounds. The role of caregiver demanding the adopting preventive mechanism at the early days of loss. The deterioration of living conditions and lack of care services provoked the long-term consequences on the psychological development of bereaved children. This phenomenological research paper makes noteworthy contributions to collect information from the children and their psychological problems in post-conflict settings. Despite its exploratory nature, this article offers some insight interpretations of a comprehensive range of emotional and behavioral problems with bereaved children. Such interpretations can be used to develop targeted interventions aimed at the economic and social problems of the children. To cope with the consequences, implementation of prolonged effective mechanism with psychosocial support and ecological preventive interventions should be encouraged. More caregiver narrative research is required to provide the sound evidence-based program for parentally bereaved children. Therefore, the principal goal of this research is to address the essence of war-affected children lived experience in their own views, through in-depth examination under care.

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