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ASPECTS OF NEAR-DEATH EXPERIENCES THAT BRING ABOUT LIFE CHANGE

A Thesis presented in partial fulfillment of the requirements for the degree of
Master of Arts at Massey University, Manawatū, New Zealand

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2015

Abstract

The literature on near-death experiences (NDEs) and its aftereffects is steadily growing. Common elements of a NDE have been widely documented, as well as a large body of common aftereffects. These aftereffects leave long lasting and dramatic impressions on the experiencers, yet no relationship between the content and features of a NDE and its aftereffects has been identified. The current study aims to investigate the relationship between NDE-related factors and their aftereffects in an Aotearoa New Zealand sample. Both quantitative and qualitative methods were used to obtain data in order to thoroughly investigate how NDEs manifest, how they are interpreted, and how they affect the people of Aotearoa New Zealand. Results showed that several situational factors and depth of participants NDEs were able to predict the degree of life changes they experienced as a result. Some evidence was provided to suggest that the type of NDE experienced also affected participants life changes. The current studies sample consisted of mostly New Zealand European/ Pākehā which limited ethnic interpretation of the findings. It is recommended that future studies include a culturally diverse sample of people from Aotearoa New Zealand to complement the culturally diverse nation. It is also recommended that further investigation in made into the direct relationship between NDE features and aftereffects in order to better understand what spurs such dramatic life changes.

Acknowledgements

Firstly I would like to acknowledge the extensive support and encouragement I received from my supervisor, Natasha Tassell-Matamua. She provided great direction to me on a topic only twelve months ago I knew nothing about, and for that I am truly grateful. I would also like to extend my regards to my new friends in Palmerston North who were kind enough to take the time to show me around Massey University and make sure I had everything I needed while I was adapting to a new environment. I would like to express warm regards to the media management team at Massey University for making sure my research and myself were represented appropriately during the data collection and recruitment phase of my research. Lastly, I would like to express immense appreciation and gratefulness toward my Mother, Karen. She was my backbone at times when I was struggling and I truly believe she has the strength to emotionally support an Army. I am forever in debt to her for the stress and strain I have put her under, and I only hope that one day I can return the favour.

Table of Contents

Abstract	2
Acknowledgements	3
Table of Contents	4
List of Tables	7
Introduction	8
Overview of NDEs	11
1.1 Definition, Incidence, and Demographics	11
1.2 Content of Pleasant Near-Death Experiences	13
1.2.1 Cognitive Features	14
1.2.2 Affective Features	16
1.2.3 Paranormal Features	17
1.2.4 Transcendental Features	18
1.3 Content of Unpleasant Near-Death Experiences	20
Phenomenology similar to peaceful near-death experiences but interpreted as unpleasant	20
A sense of nonexistence or eternal void	20
Graphic hellish landscapes and entities	21
1.4 Aftereffects of Pleasurable Near-Death Experiences	21
Loss of fear of death.	22
An increase in tolerance, love and compassion.	23
Appreciation for life.	23
Change in spiritual / religious beliefs.	23
Belief in the afterlife.	24
Increase in paranormal perception.	24
Integrating the experience into existing relationships and telling others.	24
1.5 Aftereffects of Unpleasant Near-Death Experiences	25
The turnaround.	25
Reductionism.	26
The long haul.	26
1.6 Empirically Measuring NDE Aftereffects	26
1.7 Relationships between content and aftereffects of Near-Death Experiences	27
1.8 Research Aims	29
Quantitative Method	30
2.1 Participants	30
2.2 Procedure	30

2.3	Measures	31
Qualitative Method		37
3.1	Participants	37
3.2	Procedure	37
3.3	Materials	39
Quantitative Results		40
4.1	Overview of Developed Measures	40
4.2	Participant Demographics	42
4.3	Characteristics of Participant NDEs	44
4.4	Relationship between NDEs and Aftereffects	45
	Correlations between NDES and developed measures.	45
	ANOVAs between NDE characteristics and aftereffects.	47
	Multiple Regression to determine what aspects of NDEs predict aftereffects.	51
Qualitative Results		53
5.1	Content of NDE	54
	Paranormal subtheme.	54
	Affective subtheme.	55
	Transcendental subtheme.	56
	Cognitive subtheme.	59
5.2	Aftereffects of NDE	60
	Loss of the fear of death.	60
	Beliefs in an afterlife.	61
	Changes in religious perspectives and spirituality.	62
	Changes in attitudes and values.	63
	Others reactions to disclosure.	65
	Psychic abilities.	66
Discussion		68
6.1	Relationship Between NDE Depth and NDE Aftereffects	68
6.2	Relationship Between NDE Circumstantial Factors and NDE Aftereffects	71
6.3	Relationship Between NDE Features and NDE Aftereffects	74
6.4	Limitations of the Current Study	76
6.5	Implications of the Present Study's Findings	77
6.6	Future Research and Conclusion	78
References		80
Appendix A		89
Appendix B		92

Appendix C	117
Appendix D	120
Appendix E	121
Appendix F	122

List of Tables

<i>Table 1.1</i>	
<i>Features of NDEs Identified by Moody (1975), Ring (1980), and Greyson (1983)</i>	14
<i>Table 1.2</i>	
<i>Common Aftereffects of Pleasant and Unpleasant NDEs</i>	22
<i>Table 4.1</i>	
<i>Means (M), Standard Deviations (SD), and Alpha for All Developed Measures</i>	41
<i>Table 4.2</i>	
<i>Mann-Whitney U Results Showing Significant Differences According to Age on PANAS-Negative, SIWB-Total, and SIWB-Life Scheme.....</i>	43
<i>Table 4.3</i>	
<i>Depth of Participants NDE Based on NDES Score</i>	44
<i>Table 4.4</i>	
<i>Frequency Statistics for Time Since, Time of, Location, and Circumstance, of NDE</i>	45
<i>Table 4.5</i>	
<i>Kendal’s tau-B Correlation Matrix of Developed Measures Assessing Aftereffects against NDES-Total and All NDES-Subscales</i>	46
<i>Table 4.6</i>	
<i>Mann-Whitney U Results Showing Significant Differences According to Date of NDE on LCI-Total and LCI-Appreciation for Death</i>	48
<i>Table 4.7</i>	
<i>Mann-Whitney U Results Showing Significant Differences According to Circumstance of NDE on LCI-Appreciation for Death, SWLS-Total, MLQ-Total, and MLQ-Search for Meaning</i>	49
<i>Table 4.8</i>	
<i>Mann-Whitney U Results Showing Significant Differences According to NDE Depth Across Relevant Measures</i>	50
<i>Table 4.9</i>	
<i>Standard Multiple Regression Coefficients for Depth of NDE, Circumstance of NDE, and Date of NDE on the Life Changes.....</i>	52
<i>Table 4.10</i>	
<i>Standard Multiple Regression Coefficients for Depth of NDE, Circumstance of NDE, and Location of NDE on the Meaning in Life Questionnaire</i>	52