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Nursing Theory

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## Nursing Theory

Nursing theories define, develop, distribute, and apply existing information in nursing (Noh et al., 2017). Jean Watson is a nursing philosopher who proposed the <sup>[1]▶</sup>“Theory of Human Caring” and the Caritas procedures (Gonzalo, 2021, 1). Watson has an experience in psychology and nursing. In her work, she has recognized the impact of genuine caring on cases and the resultant wellness outcomes. She has written many texts on the theory and principles of human caring and craftsmanship of nursing care (Watson, 2006). Watson's theory emphasizes the humanistic nursing features as they merge with practical information and their practice. In this context, the paper analyzes Jean Watson's Theory of Human Caring.

### Development of the Theory

Watson's inspiration to develop her concept was obtained through her own individual views, education, expertise, and engagement in the educational nursing curriculum. Jean Watson underwent an unexpected injury that ended in her left eye loss in 1977 (Gonzalo, 2021). Jean Watson's husband passed on in 1998 (Gonzalo, 2021). The husband was her spiritual and physical companion and her best friend (Gonzalo, 2021). Watson declares that "attempting to integrate these wounds into her life and work. One of the gifts through the suffering was the privilege of experiencing and receiving her own theory through the care from her husband and loving nurse friends and colleagues." (Gonzalo, 2021, 1).<sup>[1]▶</sup>

Watson invented the Theory of Human Caring between 1975 and 1979 (Gonzalo, 2021). Her goal was to separate nursing science as an independent and vital entity from medical science. Jean's teaching practice inspired her work. The main objective of developing the theory was to find shared interest among nursing practitioners globally. Watson began detailing her approach as an assistant registrar of the degree curriculum at the University of Colorado (Gonzalo, 2021).

The publishing of Watson's concept took place in 1988 (Gonzalo, 2021). Watson (2006) outlines the primary concerns of what it implies to be human, to be helpless, to be unhealthy, to be healed, to be healthful, and to be treated.

#### Synopsis of the theory

According to the caring theory, people are not objects, and individuals are inseparable from self, energy, others, and the broader workforce. Jean's idea encompasses the whole nursing system, emphasizing the interpersonal procedure between the attendant and patient. The thesis concentrates on human care, caring-to-caring transpersonal connection and its therapeutic potential for the patient and the nurse. Nursing helps attendants welcome a positive force that moves from a collective subconscious, body, and soul and is satisfying to both the patient and the caregiver. The perception of Florence Nightingale forges this theory. Florence outlined that the nurse must make sure that the patient is in the appropriate condition to self-heal (Karimi & Alavi, 2015). By actively attending through genuine occupancy and intentionality, the attendant can maximize the patient's capacity to heal from the inside.

#### Major Concepts within the Theory

Watson's theory involves four significant ideas: human beings, wellness, nursing, and society. The human being is esteemed and should be cared for, appreciated, nourished, understood, and supported. Generally, a philosophical aspect of an individual is an entirely operative integrated self. The environment, or society presents the values that define work and what objectives one should accomplish.

Health is the unity and balance within the brain, heart, and spirit. Therefore, a person's health involves an outstanding level of overall bodily, subjective, and human function, a comprehensive adaptive-sustenance level of everyday performance, and the lack of illness or the

procedural applications that will result in disease deficiency. Nursing is a social art of individuals and personal health-illness encounters mediated by the expert, confidential, precise, esthetic, and moral human care activities.

Caring is the most significant concept in nursing. Also, it involves being considerate of patients' needs. The first domain entails mental and spiritual care for patients, while the second domain encircles holistic nursing associated with expert information and expertise.

One method to guarantee that caring is fundamental to the patients' involvement is to apply Watson's Theory of Human Caring as the foundation or a model for nursing training. Therefore, to perform a caring act, nurses require sophisticated and experimental information and expertise.

#### Application of the Theory to Practice

Watson highlighted that caring is a moralistic criterion of nursing whereby the result is safety, improvement, and maintenance of human decency (Pajnkihar et al., 2017). Trustful and courteous interpersonal relations are remarkably essential for protecting human dignity (Pajnkihar et al., 2017). Applying Watson's approach in nursing involves Carative determinants or carats procedures (Watson, 2011).

Nursing practitioners should employ the factors in nursing practice. Some of the processes that nurses should apply include the exercise of loving-kindness, patience, and authenticity. Moreover, nurses should empower, develop advanced training, form a helping-trusting connection, and facilitate the expression of positive and adverse reactions, and possess a caring-healing system (Pajnkihar et al., 2017). Additionally, practitioners should have the zeal to study for the nursing practice and be able to engage in an instructing-learning activity that is candid (Pajnkihar et al., 2017). Also, nurses should create suitable conditions for healing; regard necessities, both religious and material, and embrace spirituality (Pajnkihar et al., 2017). In

work, this indicates that a nursing practitioner engages emotional sensations in the caring connection, not being tied to new religious and heartfelt encounters while considering the physical and health requirements of the patient.

Jean Watson outlines that caring reduces life tensions and enhances nurses' skills (Gonzalo, 2021). Additionally, the model has several advantages which include supporting self-actualization of an individual and expert level in nursing practice. Patients, nurses, and the medical group teams benefit from caring activities. Also, Watson insists that nurses should pay attention to personal care to attend to patients. Besides, self-healing is crucial for reinvigorating the nurse's energy and refreshing their spiritual nourishment during practice. Carative determinants and Caritas procedures accelerate healing, increase confidence, wholeness and subscribe to the development of humanity in nursing practice.

#### Use of Theory in Research

Ozan and Okumuş (2017) utilize Watson's theory to examine the impacts of nursing care on stress, anxiety, and coping when impotence treatment fails. The study results showed a decline in the women's anxiety levels following the unproductiveness therapy; the nursing care was designed based on these critical stages. This variation is expected to emerge from the caring procedure applied to the project group. It was also discovered that creating the affectionate moments during the critical stages in the therapy process was important in reducing the tension level and increasing the interpersonal nursing association.<sup>[1]▶</sup>

Consequently, the Theory of Human Caring was crucial in decreasing anxiety rates, and this control prevailed after treatment and during the first-month reviews (Ozan & Okumuş, 2017). Generally, the research shows the effectiveness of Watson's caring model in improving patient outcomes, thereby increasing satisfaction in the patient and the nurse. Patient satisfaction

is one of the main outcome determinants that impact the effectiveness of healthcare operations. Additionally, nursing systems significantly affect nursing-sensitive patient results. Therefore, in the research mentioned above, patient gratification is a reaction to nurse caring model used by the researchers. The model advocates for interpersonal associations between the patient and the nurse. Also, the theory fosters compassionate caring, which enhances the patient's health results by reducing anxiety levels.

### Conclusion

Conclusively, the paper evaluates Jean Watson's nursing Theory of Human Caring. Jean's views, education, profession, and engagement in the educational curriculum aided in developing the theory. The nursing theory outlines that nursing improves health, prevents disease, attends to the sick, and revives health. The major concepts of the theory involve society, human beings, nursing, and health. Jean Watson's philosophy of caring fosters the conventional applications of caring and compassion and promotes a more sensitive and straightforward approach to caring for patients. Nurses should apply the Carative factors in the nursing practice to care for patients effectively. Nurses should engage spiritually and authentically with their clients and their patient's relatives to support a more positive encounter of the healthcare context for all individuals. The theory is essential in research as it acts as a guideline in nursing interventions.

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