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Jean Watson: Caring Science as Sacred Science

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Abstract

Jean Watson's theory is considered from the recent publication, it is also called the Science of Caring in Nursing. In the following pages, we will be able to recognize this theory in greater depth. Starting with an overview of the theorists, theory assumptions, conceptual framework, theory testability, parsimony, logical adequacy, usefulness, strengths, and weaknesses. And finally, comprehending the various applications of this Theory in Nursing Education, Nursing Administration and Nursing Research.

Key words Watson's theory , Science of Caring, Watson's theory concepts ,jean's theory assumption.

Introduction

This theory is considered a new one of grand theories related to nursing, and having only been completely codified in 1979, it has been revised in 1985, while it has been advanced more recently. This theory considered mainly how the nurses provide nursing care for the clients, and how this nursing care cause and promote better progress toward the issue of health promotion and disease prevention as well as restoration of health(McEwen & Wills, 2014).

Also, this theory is considered from the majority of the recent grand in nursing, which has been issued in 1979 and it was revised in 1985. Jean Watson stated that this theory is considered the only theory which considered the domain of spiritual issue in nursing; which is considered a major topic in nursing science (theory and practice) in order to achieve health promotion (McEwen & Wills, 2014).



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Overview of Theorist's

The author of this theory is "Jean Watson" who was born and raised in West Virginia, and she earned a nursing master degree in " mental / psychiatric health nursing.". Also, she had the degree of doctor of philosophy in counseling and educational psychology. Watson has been considered as an internationally author and participate within several publications, books, and articles (McEwen & Wills, 2014).

Overview of Theory

- **Philosophical Underpinnings of the Theory**

Theory of Watson considered how the nurses provide their nursing care for the patients. The theory concentrate on the application of humanistic domain on the clients in order to incorporate this aspect within nursing practice. According to her nursing model, " the nursing profession is associated with promoting wellness, avoiding illnesses, illness care, and health restoration." As a result, it emphasized health promotion and disease prevention. (Meleis, 2018).

- **Theory Assumptions**

There are several assumptions for this theory known as unity, relatedness, wholeness, and connectedness. These assumptions include: the issue of knowing has different methods, various issues of knowing assumes all, and different types of evidence which can be incorporated. Science of caring model describe and analyses these different points of view directly and in explicit manner. Moreover, spirit is included in the integration of moral-metaphysical and



science. This perspective is considered important and necessary for our science of humanity, nursing, and sociology. Additionally, this theory has new and novel assumptions, which make an explicit an expanding unitary, and make the worldview as much as energetic incorporating good relational caring of human being which is considered the starting point of it (Meleis, 2018).

- **Watson's ten carative factors**

The Science and Philosophy of Caring examined how nurses provide nursing care to their patients. According to this viewpoint, the topic of caring is essential in nursing practice because it promotes health and prevents illness.. She also advocated that the holistic approach be used in all aspects of nursing care for patients. As a result, the ten carative components were developed, which include: 1) development of humanistic-altruistic systems of values, 2) faith-hope instillation, and 3) building a feeling of sensitivity for self and others; 4) building and maintaining a helping-trust relationship between nurse and patients, 5) promoting a sense of expression, 6) the application of problem-solving techniques for the issue of decision-making, 7) the advancement of teaching and learning, 8) creating and promoting a positive environment, 9) aiding in the achievement of humanistic needs, and 10) The dilemma of permitting existential-phenomenological forces to exist (McEwen & Wills, 2014).

Significance of Theory

With its 10 carative variables, this theory plays an important role in patient care. This theory incorporates many goals of theories linked to unitary processes, as well as many aspects of a human interaction model. This theory was chosen because it first portrayed the human as a



comprehensive, engaging entity and has since become more precise in recognizing the human as a field of energy while clarifying both wellness and disease as expressions of the human pattern.

Original Conceptual Framework of Theory

- **Theory concepts**

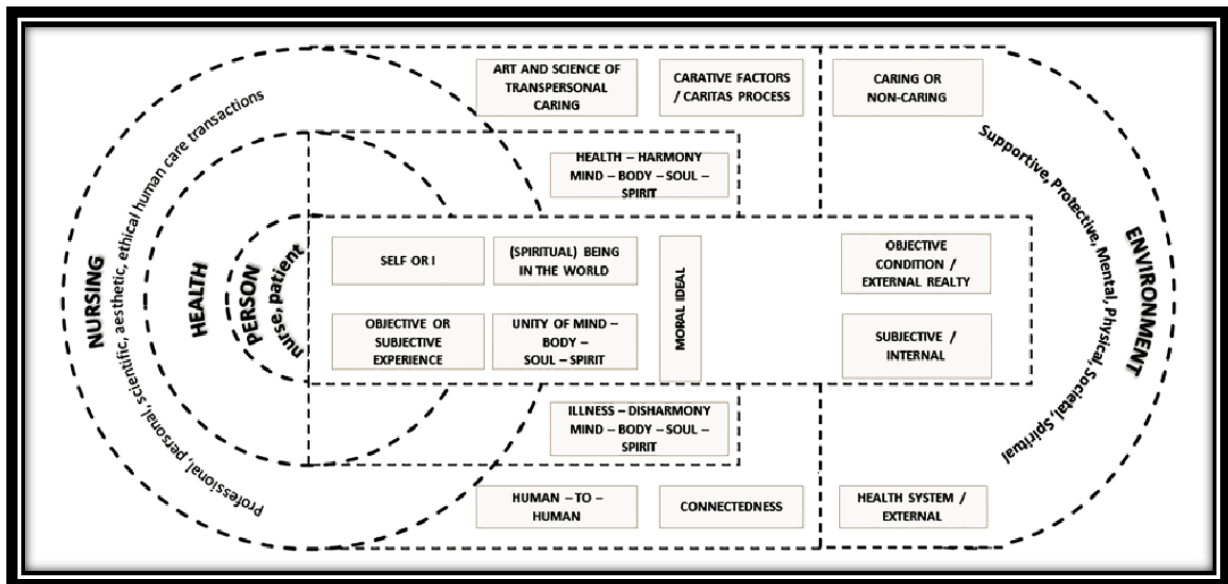
This theory has several concepts in nursing. The human being as a concept is known as an important person to be respected, nurtured, cared for, understood, and being assisted. There are other concepts like the concept of health which has been defined as the harmony and the unity within the human mind, body, and spirit. Also, the concept of health is related to the issue of congruence within the human self as the human experiences. The profession of nursing on the other hand, is a science that is concerned with illness-wellness encounters which are mediated through different kinds of interactions, such as personal, esthetic professional, scientific, and ethical transactions (McEwen & Wills, 2014).

Other concepts include the actual caring occasion, involving individuals decisions and behaviors which the nurse and the individual take into account. A person-to-person relationship whereby the nurse is impacted and influenced by the outside environment was defined as transpersonal. They are both present and feel as union with each other; moreover, they share a phenomenal field which becomes as a part of the history of life. Phenomenal concept is reference related to individual's frame which can be known as a person (McEwen & Wills, 2014).

Theory of Jean Watson is defined as the conceptual gestalt that are organized and consisted of human perceptions related to the characteristics of the "I" or "ME" as well as the

human perceptions related to the relationship of the “I” or “ME” to other humans as well as to different kinds of life. She also has defined the time; in which the present state is considered as subjective and the past experience is considered as objective one, she stated that the past and present can not be clearly clarified or distinguished (McEwen & Wills, 2014). Look at Figure

Figure 1: Conceptual Framework of Theory



- **Watson’s hierarchy of needs**

Watson's hierarchy of requirements identifies four levels of survival needs for humans, with the lower order needs being considered biophysical and include [need for nourishment, water, elimination, and ventilation]. The need for activity and sexuality are examples of lower order psychophysical needs. On the other hand, integrative needs which are considered as higher



order include different needs of person in order to make an achievement. Intrapersonal and interpersonal needs are considered as growth needs; these are considered self-actualization (McEwen & Wills, 2014).

- **Relationships of the theory**

Within this theory, the status of transpersonal caring resides in the field of unitary consciousness and energy which make the transcend of space and time. The issue of relationship related to transpersonal caring for patients go beyond the level of nurse's and patient's ego, thus the creation of new possibilities is conducted (Gemmill et al., 2011).

Moreover, the nurse's caring authentic consciousness has a lot of energy filled with more frequency than non-caring consciousness, which opens the door to the major connections to different field of consciousness as well as more access to one's inner healer. Also, the issue of transpersonal caring is communicated through the energetic patterns of the nurses of consciousness within a caring relationship. Also, the issue of modalities related to caring and healing are often considered nonintrusive, noninvasive, energetic environmental, and natural-human (Fredrickson, 2011).

Furthermore, the issue of transpersonal caring enhance self-control and knowledge; it promotes the patterns of self-healing as well. The modern modalities related to transpersonal caring has multiple ways of being and knowing; it has caring issues with a full of ethical and relational aspects, along with modalities related to intentional consciousness which are considered energetic in its aspects such as light, sound, touch, vision, color, well-being as well as scent (Gemmill et al., 2011).



- **Testability of theory**

Theory of Watson has been and still applicable in quantitative and qualitative research studies. Its framework has been utilized previously within multiple research studies such as the study of Perry (2009), which utilized this theory as an effective role model. Furthermore, numerous nurses within the globe have investigated and utilized this theory in the discipline of nursing in both research and practice (Meleis, 2018).

- **Parsimony**

Theory of Jean Watson of Caring is considered comparatively parsimonious. However, while the number of updated terms and concepts is well-defined, the number of carative factors is limited (10 only), and this number is only for nurses to use. Moreover, there are 6 assumptions and 3 considerations as a framework for the science of caring (Alligood & Tomey, 2010).

- **Usefulness**

Theory of Jean Watson of Caring illustrates the relationship between the science of nursing and practice caring. This theory has been utilized in nursing education as well as nursing practice in almost of the countries, it has been used also within nursing and healthcare research. The results reveal good and effective of the value of the theory of Watson (Fredrickson, 2011).

Nurses have applied this theory in a wide range of settings, which includes clinical trials. More importantly, the ten carative factors are explained throughout the hospital in order to



provide a framework for activities of nursing and it has been published and has multiple funded research studies.

- **Theory strengths**

This theory has several advantages: it is simple to understand, and it can be used to improve and sustain nursing practice and patient care. Moreover, the most important domains and aspects of nursing care practice can be utilized by healthcare providers. Additionally, the issue of holism and holistic approach can be provided to the patients to be fully satisfied. Moreover, the use of nontechnical and evolutionary language was helpful in illustrating the concepts of her theory, for example carative factors, caring-love, and caritas (Alligood & Tomey, 2010).

Furthermore, abstract concepts such as caring-love are considered difficult in practice, which leads to a better understanding of the theory and other key terms in nursing science. Furthermore, the theory has logic means and measures, as well as it is based on the broad assumptions which support the framework of nursing science, practice and research (Alligood & Tomey, 2010).

This theory is thought to be the finest for understanding as a moral and philosophical theoretical foundation in nursing science and practice. More importantly, theoretical framework of Watson has a broad aspect of the phenomena related to health and illness. The theory encountered also the domains as well as the aspects of promotion of health and disease preventing. It includes also the carative factors which provide guidelines for nurse-patient relationship (Alligood & Tomey, 2010).



- **Weakness**

One of the weakness points for this theory is that it does encounter the issue of detecting how to achieve authentic caring-healing relationships with patients. Moreover, the nurses might not be secured if they try to use this theory alone, in which they will need concrete guidelines. Furthermore, incorporating the notion of Caritas into nursing theory and practice takes much too long (Fredrickson, 2011).

Evidence of Utilization of Theory in Nursing Education

Nurses may face scorn, fury, discomfort, and apathy from various segments of the healthcare industry, which can be exhausting and ethically harming. To counteract this experience, it appears that establishing care in nursing practice is a requirement for the nurse practitioner's essential psychological tranquillity. This may be nurtured if the skill to cultivate caring is taught as part of the nursing program. Dyess et al. (2010) discovered that when "values and beliefs" govern practice, nurses use them as a lens to "observe how their practice interacts and creates an environment in which nursing care can be provided (Dyess et al. 2010).

In other words, nurses may choose the lens through which they will view their work. The researchers looked at the impact of a specialized education unit in a Southeast Florida setting that was "...based in a theoretical framework of caring to both nursing practice and teaching" (Dyess et al. 2010). According to the findings, the project enabled the deepening and reinforcement of a knowledge of living the philosophy of caring via practice. Another study noticed that when caring philosophy had been incorporated into nurses' daily work, they recognized their critical importance to the hospital environment. (Ryan, 2017).



Evidence of Utilization of theorist in Nursing Administration

In nursing administration, the following indications of caring-in-action have been used:

1) Integrate human care into the mission and values of the organization by Creating new language and records of care, such as posters. 2) Establish and identify new caring professionals practice examples, which will lead to new patterns of caring/care delivery (e.g., Attending Caring Nursing Project, Patient Care Facilitator Role, the 12-Bed Hospital). 3) Attach magnets to the patient's door with positive affirmations and reminders of care actions. 4) Investigate the documentation of caring language and its incorporation into electronic documentation systems.; and 5) Create healing surroundings by paying attention to the subtle environment, often known as the caritas field (Smith and Paker, 2015).

Evidence of Utilization of theorist in Nursing Research

Watson's theory provides a solid foundation for future research into the impact of interactions between individuals and surroundings on patient outcomes and non-invasive therapy success. Long-term care, post-operative care, psychiatric therapy, and any other area of nursing in which the nurse actively participates in establishing the physical and emotional environment are examples of such research (Alligood, 2017).

Conclusion and summery

Theory of jean Watson provides important aspect of caring which stressed on the needs of the clients with its all orders, also the inclusion of spiritual aspect had an effect nursing science and practice in today's nursing working environment. This theory involve several applications in nursing administration, research and education.



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