

THEORY OF TRANSPERSONAL HUMAN CARING JEAN WATSON

THE POWER OF CARING: THE POWER TO MAKE A DIFFERENCE

* Achamma Varghese, **Shreeja Vijayan, ***Rakhi Chandel

“The goal of nursing is to help a person gain a higher degree of harmony with the mind, body and soul.”

Jean Watson's theory

Watson's model of caring was developed originally in the 1970's and amended many times to the postmodern transpersonal caring-healing paradigm which is applicable to the practice of nursing and other disciplines. Her theories are influenced by the Eastern Philosophy viewpoint, seeing the body as a whole unit, not a sum of parts. This idea links to previous theories to her time, including those of Nightingale and Leininger's. It include, the view of the human as a valued person in and of him-or herself to be cared for, respected, nurtured, understood and assisted as well as, an emphasis on human-to-human care transaction between the nurse and person.

Watson's view elicits the finest of nursing as the art, science and spiritual practice it is meant to be, as it is the highest form of compassionate services to society and humanity.

Watson defined nursing as a human science of persons and human health illness experiences that are mediated by professional, personal, scientific, esthetic, and ethical human care transactions (Watson, 1988, p. 54). According to Watson, if caring is considered core to nursing then nurses will have to make a conscious effort to preserve human caring in their clinical, administrative, educational and research practice.

Major conceptual elements of the theory-

- Carative Factors/ Clinical Caritas Processes
- The Transpersonal Caring Relationship
- Caring Occasion/ Caring Moment

- Caritas caring healing modalities

Caritas-

- Caritas has a greater spiritual dimension. In Greek, caritas means to cherish and to give special loving attention

Transpersonal Caring Relationship-

- Transpersonal means to go beyond one's own ego and reach a deeper spiritual connection while comforting a patient.
- The transpersonal relationship depends on:
- A commitment from the nurse to enhance and protect human dignity
- An awareness in the nurse that she/he has the ability to heal
- The nurse must go beyond the objective role

Caring Occasion/Caring Moment-

- Watson stated that when human caring is created the nurse and patient come together to create a moment, this is known as the caring occasion/caring moment.

Ten Carative Factors-

- 1 Formation of Humanistic-altruistic system of value.
- 2 Instillation of faith-Hope.
- 3 Cultivation of Sensitivity to self and others.
- 4 Development of Helping-trusting, human caring relationship.
- 5 Promotion and acceptance of expressing positive and negative feelings.

* Vice Principal/ Professor, Choithram College of Nursing, Indore

** Asso. Professor, Dept. of Paediatrics Nursing, Choithram College of Nursing, Indore

*** Lecturer, Dept. of Paediatrics Nursing, Choithram College of Nursing, Indore