



## Psychological aspects of Holistic nursing positive approach and future perspective in India

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### ABSTRACT

Holistic therapy is applied to the totality which includes the whole person – body, mind, and spirit. From a holistic perspective psychological health is directly related to the health of the body and the vibrancy of the spirit. The whole person experiences psychological symptoms and those symptoms are both created and sustained in the body and spirit, and brought to life as mental and emotional experiences. Certain psychological disorders are related to neurotransmitter levels, diet, harmony, flow, and aliveness of one's life force or vital energy – all spiritual dimensions of the whole, along with belief patterns, thoughts and feelings, all aspects of the mind. Holistic nursing is a nursing speciality concerned with the integration of a person's mind, body, and spirit with their environment. A primary focus of holistic nursing is to bring "caring" and "healing" back into our health care system. The first step in this process is for nurses to learn to love and care for themselves. While this may seem a selfish pursuit, learning to care deeply for ourselves by taking the time to nurture ourselves physically, emotionally, mentally and spiritually is absolutely essential. Another characteristic of holistic practice is the depth and profound quality of presence that the nurse has with his patients. This study emphasis on significance of holistic nursing and future prospects in India. This study is non hypothesis based using five point scale for "Holistic therapy measurement scale for patient's satisfaction (HTMS)". The another scale used is to understand the pattern of nurses' approach towards the treatment the questionnaire which is five point scale based "Holistic nursing approach"(HNA).

### KEYWORDS

Holistic therapy, psychological health, holistic nursing, psychological disorders.

### Introduction:

The term holistic refers to a therapy that addresses the whole person – body, mind, and spirit. From a holistic perspective psychological health is directly related to the health of the body and the vibrancy of the spirit. The whole person experiences psychological symptoms and those symptoms are both created and sustained in the body and spirit, and brought to life as mental and emotional experiences. Depression, for example, is related to neurotransmitter levels, and diet – all physical aspects of the whole, and depression is also related to the harmony, flow, and aliveness of one's life force or vital energy – all spiritual dimensions of the whole, along with belief patterns, thoughts and feelings, all aspects of the mind. Addressing the whole person, thus allows for a fuller approach to treating depression.

From a holistic perspective, the whole person is seen as being part of a larger whole and is connected to deep sources of inner wellness that are continually nurtured and supported by the earth and the field of spiritual life around us. Thus, the whole person is in relationship to an even greater whole that is wise and creative. A holistic approach allows us to come in touch with that relationship, as a source of health, well-being, and deep meaning. In fact the word "heal" originates from the word "whole". Healing thus means becoming alive in ones wholeness, from which health radiates.

Holistic psychology offers treatment that includes talk therapy, self-awareness, insight into psychological patterns, verbal and emotional expression, and also includes healing that addresses the body, such as nutritional awareness, herbal, homeopathic knowledge, body awareness, yoga and qi gong movement, integrated with meditation and deep relaxation to bring awareness of one's spiritual life energy, aliveness and essence. Emotional and mental experiences are thus understood as integral to physical and spiritual functioning, just as a wave is not separate from essence of holistic water.

Holistic psychology is, thus, an integrated approach that addresses psychological wellness through connecting to and promoting the health of the body and spirit, while integrating traditional psychological therapies. Tapping into the healthy

resources of the body and spirit opens a pathway to discovery of a vibrant inner medicine that can heal, balance, and transform psychological suffering.

With consciousness coming within the purview of modern psychology, yoga and Buddhist psychology are getting more than a look in. getting rid of psychological problems and blocks is not enough here, growing into perfection and self-realisation is

The problem reported were emptiness from within, have no meaning for the purpose of life and although surrounded by all means of luxury of life, still feel something is missing. Simultaneously, Indian psychology and India's wisdom for the life concerning the human beings, interpersonal relationship and other human issues focus and address such western problems. Indian philosophy and Indian psychology share a framework and believe the human has enormous potential hidden in its being. Indian psychology also has an endless array of techniques to raise human consciousness.

In western world, the psychology of consciousness, parapsychology, psychology of religion and transpersonal psychology and their growth in last few years is highly influenced by Indian psychology.

The western psychology is focusing on the average person. The psychotherapist's role was seen as changing the consciousness of peculiarly disturbed individuals and helps them integrate back in society. Later the psychotherapists realised that the normal state of consciousness in modern culture is both the context and the breeding ground of mental illness.

Some Indians also found parallels between Gita's "nishkama Karma" and Abraham Maslow's meta-motivation. The four motives of karma, artha, dharma and moksha are like Maslow's hierarchy of needs. Indian perspective of psychology is holistic compare to the western psychology which is more diagnostic and fragmentary by nature. Indian psychology goes to the very root of existence to the point where the person lose his identity, whereas in the western psychology, the I is always present. In western psychology, the approach of self is

rooted in the mind. The entire concept of western psychology revolves around looking at the mind from the mind.

**Objective :**

The holistic approach is integration of different facets of healing which includes the totality of healing. It is integration of body, mind, emotion, and spirit. Holism acknowledges and values: the connectedness of body, mind, and spirit; the inherent goodness of human beings; the ability to find meaning and purpose in our lives and experiences. With a holistic approach, the person is treated, rather than just their symptoms. Individuals are viewed as unique; therefore two people with the same disease may be treated differently. This study focus on the current approach of treatment to the indoor patients of three clinics suffering from chronic diseases. The objective is to identify the holistic approach among the nurses of clinic and perception of patients.

**Materials and Methods:**

This is a survey based study where the patients and nurses are approached to identify their views, perception and current approach towards the patient/nurse relationship. The patients were approached with a list of questionnaire consists of 20 questions based on five point scale. Patient's response was noted. Total 30 patients were contacted for this purpose of 3 different hospitals of Valsad city. The five point scale for "Holistic therapy measurement scale for patient's satisfaction (HTMS)" by Jean Watson(2008) was used. To understand the pattern of nurses' approach towards the treatment the questionnaire which is five point scale based "Holistic nursing approach"(HNA) was used. Fifteen nurses from three different hospitals were approached and they participated for this purpose. The scale is five point scales and consists of 20 questions. The minimum score is 20 and highest score is 100. The General Work Scale contains Likert-type scale statements aimed to assess the level of satisfaction towards the treatment at the hospital, where the respondent indicates how often they experience a certain feeling, The Holistic nursing approach Scale, contains statements referring to aspects of work and care taken by the nurses. The questionnaire is based on a five-point Likert-type scale, where the respondent indicates how often they experience towards their approach for the patient's treatment. The obtained questionnaire was analysed using SPSS software.

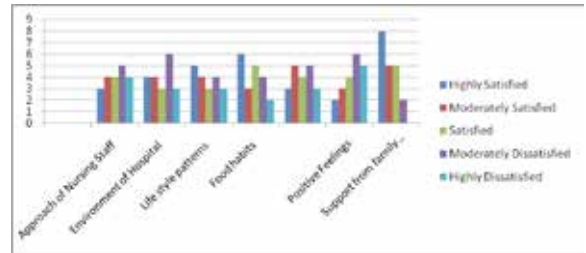
**Results:**

The approach of treatment varies from patient to patient and it is an integration of different levels and factors. The factors which are considered as integral to health are social support, health practices, family illness patterns, and personality traits, social, structural and cultural issues. Lifestyle patterns and habits that maintain healthy living are stressed, as are nutrition, stress management, rest, exercise, lifestyle choices, values and belief systems.

The sample size 30 patients were considered for the purpose of this study from three different hospitals of Valsad. The patient's age group from 16 years to 76 years were covered. The patients were indoor patients and having chronic diseases undergone surgery and admitted to hospital since at least 5 days. The participants were approached personally and the questions were explained. Based on their response on 5 point scales questionnaire, the answers were obtained and analyzed. 43% of patients have undergone surgery second time out of which, 58% of patients were admitted to the same hospital. 24% of patients were very much satisfied with the behaviour and response of the nursing staff. The average age of the respondents was 35 years.

Measure	Means	SD
Approach of Nursing Staff	42.63	4.94
Environment of Hospital	54.06	7.91
Life style patterns	53.14	4.93
Food habits	62.01	5.34
Meditation and mental Status	19.02	3.93
Positive feelings	25.89	4.97
Support from family members	77.25	6.96

**Table 1: The study of patient's means, standard deviation and reliability statics.**



**Chart-1: Holistic therapy measurement scale for patient's satisfaction (HTMS)**

Measure	Means	SD
Working environment	12.60	3.74
Formal Course of Holistic Nursing	14.05	4.71
Integration with Patients	25.25	3.43
Spiritual Approach	24.95	4.24
Wholeness with the Patient	15.05	2.72

**Table 2: The study of Nurse's means, standard deviation and reliability statics.**

The result shows that only 16% of nurses had an idea of holistic nursing concepts. Only 6% of nurses had primary concept and formal training of preliminary level. 26% nurses establish integral relation with the patients and understand their problems. Only 18% of nurses apply spiritual approach towards the treatment of the patients.

Patient's Observations	
Mean	64.3
Standard Error	3.041154
Median	66.5
Mode	68
Standard Deviation	16.65709
Sample Variance	277.4586
Kurtosis	0.698169
Skewness	-0.64203
Range	72
Minimum	20
Maximum	92
Sum	1929
Count	30
Confidence Level(95.0%)	6.219859

**Table-3: Patient's statistical analysis and response for HTMS scale.**

On analysis of statistical observation obtained for the 30 patients in response to the HTMS scale, it is observed that the minimum and maximum observed scale is 20 and 92 respectively which signify the range of 72 at the confidence level of 95%.

Mean values is observed to be 64.3 having standard error of 3.0411 having median value of 66.5 and mode value of 68.

**Conclusion:**

The study suggests that a strong value placed on cultural diversity in healing practices. Self-awareness and understanding can facilitate growth and health enhancing changes, and clients are empowered to take more control over their lives, including personal and lifestyle choices, and their relationships.

Holistic nursing integrates complementary modalities (CAM), such as relaxation, meditation, guided imagery, etc., with traditional nursing interventions. It draws on nursing knowledge, theories of wholeness, expertise, caring and intuition, as nurses and clients become therapeutic partners in a mutually evolving process toward healing, balance, and wholeness. Holistic nursing includes conduct holistic assessments and assist the patient in exploring self-awareness, spirituality, and personal transformation in healing. They work to alleviate patients' signs and symptoms, provide health counselling and education. Holistic nurses with advanced education can become advanced practice nurses, faculty members, and researchers.

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