

CARING: SEBUAH ANALISIS KONSEP

Caring: A Concept Analysis

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ABSTRACT

Concept of caring is central in nursing profession. This concept is widely used in nursing education and service, but its understanding is various among nurses in Indonesia. This concept analysis aims to explore and clarify meaning of caring in nursing and its use and how this implemented in nursing practice. By using Walker and Avant method to explicate the meaning of caring, four critical attributes of caring were found: (1) deliberate attention, (2) empathic concern, (3) reciprocal, and (4) providing for. It is recommended that every nurse has appropriate understanding about caring so that they can implement it correctly into their daily practice.

Keyword: caring, concept analysis

ABSTRAK

Konsep caring sangat penting dalam profesi keperawatan. Konsep ini dipakai secara luas dalam pendidikan dan pelayanan keperawatan, namun pemahaman tentang caring masih bervariasi antara perawat di Indonesia. Konsep analisis ini bertujuan untuk menggali dan mengklarifikasi makna caring dalam keperawatan dan penggunaannya serta bagaimana caring diterapkan dalam praktik keperawatan. Dengan menggunakan metode Walker dan Avant untuk mengungkap makna caring, ditemukan empat atribut penting caring: (1) perhatian yang sengaja (2) sikap empati, (3) resiprokal, dan (4) menyediakan sesuatu bagi orang lain. Studi ini merekomendasikan agar setiap perawat memiliki pemahaman yang tepat tentang caring sehingga mereka dapat mengimplementasikan caring secara tepat dalam praktek mereka sehari-hari.

Kata kunci: caring, analisis konsep

INTRODUCTION

A concept analysis is a rigorous process whereby a concept is examined using published written sources. There is limited article discussing concept analysis that has been in Indonesia. In addition, caring concept is widely used in Indonesia both in nursing education and practice. Considering the fundamental benefits of caring concept in term of use of it in application in education and practice, elaborating this concept is crucial for practicing nurses and nurse educators in Indonesia.

Walker and Evan (1995) stated that concept analysis is a strategy that allows the analyst to examine the attributes or characteristics of a concept. The purpose of concept analysis is to clarify its uses and the meaning. This helps nurses to identify the

presence of phenomena and to investigate their properties.

This concept analysis will cover the reason of selecting caring concept, definition, use of the concept, determining the critical attributes, constructing model, antecedents and consequences, and empirical referents.

Selecting a concept. The concept of caring has been addressed in a variety of ways. Concept of caring is selected to be analyzed based on the two reasons. First, concept of caring is a central concept in nursing. The second, in the context of Indonesia, this concept is not widely known among nurses and there is no synonym word in Indonesia. Therefore, for most nurses in Indonesia, this concept is quite complicate and difficult concept to understand even

though they already implemented it in their daily nursing practice.

Aims of the analysis. The aim of this concept analysis is to clarify the concept of caring and its use and how this implemented in nursing practice.

Dictionary definitions. The term of caring is derived from English word "care". The following are the definition of care and caring based on few dictionaries. Care as a noun can be defined as (1) serious attention or though, symphatic concern (Oxford's advanced learners' dictionary, 1989); (2) process of looking after someone or something (Longman active study dictionary, 1998); (3) solitude, anxiety, serious attention (Oxford illustrated dictionary, 1962); (4) pay attention, be on the watch (Progressive English dictionary, 1965).

Meanwhile care as a verb can be defined as (1) be concerned (Oxford's advanced learners' dictionary, 1989); (2) concerned about or interested in someone or something (Longman active study dictionary, 1998); (3) feel concern or interest for, about (Progressive English dictionary, 1965); (4) feel concern or interest, provide food or attendant (www.worldreference.com); and provide care for (www.hyperdictionary.com). Finally, caring as an adjective can be defined as

(1) feeling and exhibiting concern and empathy for others;

having or displaying warmth or affection; showing a care; (www.hyperdictionary.com) and (2) feeling and exhibiting concern and empathy to others (www.worldreference.com).

Use of concept. The word care and caring therefore has many uses in the English language. It can be used as both a noun and a verb. Caring concept has been widely used for example in daily life, in the context of medicine and public health, in religion context, and in nursing world.

The usage in daily life (family caring).

This word is usually used to express someone concern or attention to others especially to someone who has very close relationship such as mother and her children. Families have traditionally provided care for their members during life related experiences (giving birth, taking care of the sick, or death). Bowlby, Gregory, and McKie (1997) stated that the private domain of the household is where caring is seen as most appropriately taking place and contrasts with the competitive uncaring world of the labour market.

The usage in medicine and public health. This word is usually used as general term for the application of knowledge to benefit of a community or individual (Stedman's concise medical and allied health dictionary, 1997). It also means the service rendered by members of the profession for the benefit of a patient (Dorland's illustrated medical dictionary, 2003).

Blustein (1991, cited by Scott, 1995) suggested that there are at least four uses of the word care in the health care context: to care for, to have care of, to care about, and to care that. *To care for* refers to having affection or a liking for; *to have care of* refers to a responsibility to manage, provide for or attend to the needs of; *caring about* means something like having one's own welfare linked with that of the person one cares about.

The usage in religion context. Islam emphasizes the importance of caring for house and family for both parents. Islam is also honoring parents and caring for the family and caring for the poor and the stranger. Jalil (2005) stated that one who committed to Islam entails striving for peace through a struggle for justice, equality of opportunity, mutual caring and consideration for others' rights, and continuous research and acquisition of knowledge for the better protection and utilization of the resources of the universe.

Caring is also used in Buddhist teaching. One of the sublime states of the Brahma Vihara is *maitrithat* means caring, loving kindness displayed to all people meet (Boeree, 2005). The Buddhist emphasis on compassion finds natural expression in the care of the sick (Zysk, 1991 cited by Hughes & Keown, 1995).

Concept of caring is also used by Christianity. Caring is one of the foundations of the Christian faith. Christian belief that those who practice the Christian religion are those who dedicate their lives to feeding the hungry, caring for the sick, helping the poor, and otherwise being of service to their fellow human beings.

The usage in nursing context. Caring, right now, become a central concept used by many nurses around the world. Several nurse scholars examined the common usage of the term of caring. Leininger (1981, cited by Kyle, 1995) attempted to describe the professional usage of the term caring by nurses. She define care/caring as those assistive, supportive, or facilitative acts toward or for another individual or group with evident or anticipated need to ameliorate or improve a human condition or lifeway.

Watson (1979) used term caring in nursing practice as a therapeutic interpersonal process. She lists 10 carative factors that constitute caring. Carative factors aim at the caring process that helps the person attain (or maintain) health or peacefully death. She also proposes that the first three carative factors (the formation of a humanistic-altruistic system of values, the instillation of faith-hope, and the cultivation of sensitivity to one's self and to other) interact to establish a philosophical foundation for the science of nursing.

Orem (2001) holds the view that one should perceive the normal state of human experience as being related to providing sufficient care for oneself. Any self-care requirements which cannot be met by the individual is then the legitimate

responsibility of a caregiver either a lay carer (mother, relative, or friend) or a professional care giver (nurses). Five main caring functions of the nurse are (1) acting and doing for the patient, (2) guiding, (3) providing physical and psychological supports, (4) providing an environment that promotes personal development, and (5) teaching people how to care more effectively for themselves.

Boykin and Schoenhofer (2001) stated that the unique focus of nursing is posited as nurturing persons living caring and growing in caring. They believe that the idea of persons as caring involves a commitment to know self and other as caring. They define caring as the intentional and authentic presence of the nurse with another who is recognized as person living caring and growing in caring. Here, the nurse endeavors to come to know the other as caring person and seeks to understand how that person might be supported, sustained, and strengthened in the his or her unique process of living caring and growing in caring.

Roach (1984, cited by Parker, 2002) discussed the uniqueness of caring, arguing that caring is not unique to nursing but it is unique in nursing. she presented the five attributes of caring (five Cs) that are compassion, competence, confidence, conscience, and commitment.

Smith (1999) identified five constitutive meanings of caring in the science of unitary human beings (SUHB). They were manifesting intentions, appreciating pattern, attuning to dynamic flow, experiencing the infinite, and inviting creative emergence. Manifesting intentions is creating, holding, and expressing thoughts, image, feelings, beliefs, desires, will (purpose) and action that affirm possibilities for human betterment or well-being. Appreciating pattern include placing value on the other as lovable or being loved, cherishing the wholeness of the human person, valuing and celebrating human wholeness,

Determining the critical attributes. In this analysis the meaning of caring most relevant to nursing has been the focus. The following are the characteristics cited to illustrate the concept of caring:

Deliberate attention

Deliberate attention means that attention given to other by purpose or by intention. The carer pay his/her attention to the receiver of care and take this into account in order to help them.

Empathic Concern

Empathic concern means that the sense of concern to others through engagement by feeling. The carer put their interest to other by trying to feel what the receiver feel.

Reciprocal

Reciprocal means that caring process is taking place in both parties, the carer and the receiver of care. It will be done by each to the other in mutually interchangeable.

Providing for

Providing for means that in the caring process, the carer is taking measures beforehand in view of an expected or a possible future need.

Constructing model

Model case. According to Walker and Avant (1995), a model case is "a real life" example of the use of the concept that includes all the critical attributes and no attributes of any other concept.

Mrs. Berlian had a laparotomy to remove the abdominal tumor. She was in the first day of postoperative phase. She experienced severe pain at the suture site. She rang the bell and in the short time, a nurse approached her. The nurse asked her about her complaint and listened to her carefully. The nurse held her arm and

smiled when knowing that she was on pain. The nurse then taught her relaxation technique to relieve the pain. She felt that the pain was reduced and her face looked less tense. After that the nurse left her for a moment to take medicine from the pharmacy storage and gave it to her to help to reduce her pain.

Borderline case. Borderline case is an example which demonstrate some of the critical attributes, but not all of them.

Mr. Son was forty five years old who had cardiac attack. He was admitted to ICCU when I was on duty. He suffered from severe pain on his chest. When I met him, his condition was stable, there was no pain since he had the petidine 50 mg. I assessed his health condition and asked him whether he had any other complaint related to his disease.

Related case. A related case is an example of a similar and related concept to the one being studied, but does not contain the critical attributes. Support is closely related to caring.

Ms. Tuti admitted to the ICU with a diagnosis hip fracture. She could not move her body. She stayed at general ward almost one month with limited activities. She did not let nurses to do something that she performed it. The nurse just assist her just in case that she could not handle it by herself.

Contrary case. A contrary case present a scenario that is clearly not an

example of the concept of being investigated (Walker and Avant, 1995). This case illustrated the differences between the concept being analyzed and the contrary case and clarifies the attributes that have been identified.

Rudy called his elder sister many times. He just fell down and he had pain on his arm. His sister said she was very busy with her job assigned by their mother. Rudy approached her and showed his arm. His sister did not look at his arm at all and said you were OK. Let's go continue your play. His sister continued her job and Rudy finally moved away and looking for his mother.

Invented case. The invented case, according to Walker and Avant (1995), is an example out of our usual experience to explain a very familiar concept.

A female cat just delivered her baby at the nighttime. She brought the baby into the secure place. She kept watching her baby and she gently wraps herself around the baby keeping him warm with her body into the night and through the next day. She breastfed the baby until he was full. The baby cat was very happy and he always play with his mom. He want his mom to hug her. While the baby was sleeping, she always was alert from the danger that might happen to the baby.

Illegitimate Case. The illegitimate case, according to Walker and Avant (1995), demonstrated the improper use of the concept as viewed in this analysis.

Ms. July has a lovely vast. She is very careful when look after it. She never touch it directly and put it the glass box.

Antecedents and consequences.

Antecedents are the event or incidents that must happen before caring takes place, while consequences are those events or incidents that occur as a result of caring. The identification of antecedents and consequences helps to refine the critical attributes and elucidate the context in which the concept is generally used (Walker and Avant, 1995). In this analysis, there are three antecedents which are necessary for the occurrence of caring. Firstly, positive feeling. Secondly, amount of time can influence the extent to which caring can take place. And the third is there must be 2 parties in order the caring process take place.

The consequences of caring is that after caring behavior, both parties will feel comfort physically and mentally, promote good relationship, enhance healing process, satisfaction in both parties, and feeling of happiness.

Empirical referents. Empirical referents showed that the concept is present (Walker and Avant, 1995). Many research have been done to investigate the caring nature of the nurses. Frederiksson (1999) conducted qualitative study on modes of relating in a caring conversation. She proposed a model that provide the clinicians with concept and language for speaking about their experiences of talking with the patients.

Many empirical study have investigated the concept of caring in nursing. Larson (1981 cited by Beck, 1999) developed the CARE-Q for use with Q-methodology to identify nurse caring behaviors that are perceived as important. This instrument is widely used by nurse researcher.

CONCLUSION

Conducting a concept analysis is very helpful in investigating a concept. By using Walker and Avant (1995) method to explicate the meaning of caring, there are four critical attributes of caring: (1) deliberate attention, (2) empathic concern, (3) reciprocal, and (4) providing for. Positive feeling, two parties, and amount of time are the antecedents that are identified in this concept analysis. In addition, the consequence of caring is feeling of comfort physically and mentally. Caring also results in increased healing process, satisfaction, promote relationship, and happiness.

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