

Theorist philosopher project essay



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Theorist/Philosopher Project Continuous research is very essential in the development of any area of study. The proposal and discovery of various theories plays an important role in order to understand the different aspects of a particular field.

In relation to this, the main actors in the evolution of ideas are the philosophers or theorists that are responsible in exploring, conducting investigating, and gauging the soundness of theories in order to contribute to the body of knowledge. This kind of process is also applicable in Nursing wherein the contribution of philosophers and theorists are vital to enhance and expand this field of profession. One of the most notable contemporary theorists in the field of Nursing is Jean Watson. Jean Watson was born in West Virginia and is currently living in Boulder. She received her Bachelors degree in Nursing, Master’s Degree in Psychiatric-Mental Health, and PhD in Educational Psychology and Counseling at the University of Colorado. Dr. Jean Watson is regarded as a Distinguished Professor in Nursing. She holds an important position as the endowed Chair in Caring Science at the University of Colorado Health Sciences Center.

She is also the founder of the original Center for Human Caring in Colorado as well as a Fellow of the American Academy of Nursing. Previously, she served as the Dean of Nursing at the University Health Sciences Center. Dr. Watson is also served as the former president of the National League for Nursing (Current Nursing, n. d.

). In 1979, the foundation of Jean Watson published its theory of nursing entitled: “ The philosophy and science of caring.” In 1988, her theory

was again published in “ Nursing: Human Science and Human Care.” The main focus of Watson’s theory is on the importance of carative factors in nursing. She deems that nurses can develop their humanistic philosophies and values system by having a strong liberal arts background. This is in line with her perspective that philosophy and value system give a strong basis for the science of caring (Watson, n. d.

). The theory of Dr. Watson defines nursing as “ a human science of persons and human health – illness experiences that are mediated by professional, personal, scientific, esthetic, and ethical human care transaction” (Cara, n. d.). In line with this, she also perceived nursing as both a science and an art. Most of time, artistry together with creativity is considered as contrasting with the policies and procedures of institutions. Nevertheless, Dr.

Watson asserted that the concept of being an artist has an important role in caring for patients as well as their families. She further explains that the artistic realm of nursing has transpersonal caring-healing modalities (Cara, n. d.).

Based on the theory of Jean Watson, nurses should give attention in practicing the art of nursing wherein they give compassion to ease the suffering of their patients and their families. By doing so, they are promoting healing and the dignity of it, as well as the nurses’ self-actualization. As a result, they should focus on transpersonal caring-healing modalities such as: “ providing comfort measures, helping the cared-for to alleviate pain, stress, and suffering, as well as to promote well-being and healing” (Cara, n. d.

). Dr. Jean Watson's theory pointed out that nursing is not "merely a job" but rather it should be a gratifying profession. Focusing on the art of nursing especially on curative factors, which shifts from the traditional curative factors, tends to give dignity to the human dimension of nursing profession. In this sense, it gives due attention to the inner life of the patient and the caregiver because it takes into account the subjective experiences of the people (Cara, n. d).

The responsibilities and workloads of nurses around the world have dramatically increased. Being the case, Dr. Watson's theory is more applicable during this time more than ever. Despite the difficulties of their occupation, nurses must enhance their caring practice and further develop their interpersonal skills with the patient and their families.

Nurses should also enhance their self-actualization in order to maintain and heighten the dignity of their profession. References Cara, C. (n.

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