

## Chapter 7

# SPIRITUALITY, THEOLOGY AND WOMEN'S HEALTH IN NURSING

Nazlı BALTACI<sup>1</sup>

### INTRODUCTION

The human being is a unique individual with biological, psychological, social, cultural and spiritual aspects (Okuroğlu et al., 2014). All these aspects interact with each other. Within this context, a problem occurring in physical issues may affect the social and psychological area negatively while a problem occurring in spiritual matters affect the physical area (Velioğlu, 1999; Öz, 2010).

The American Holistic Nurses Association specify that health balances the harmony among the body, brain and spirit while they also state that total health of an individual might be possible by adopting all the forms of care including spirituality. The International Nurses Association emphasize that caring for the individual's moral aspects has an important role in nursing practices (ANHA, 2019; ICN, 2019).

As spirituality and religious doctrines have affected the beliefs of life, death and health values of individuals, they have contributed the formation of moral basics of nursing (Okuroğlu et al., 2014). Spiritual care has been viewed determinately by adapting beliefs and religious prosecutions especially in Muslim and Christian societies. In fact, spirituality is a wide aspect also comprising religion without limitations. While spirituality involves seeking the meaning and purpose of life, religion involves the beliefs and practices of god (Baldacchino, 2006).

Women and their families face many problems in gynaecology, oncology and obstetrics such as maturity, becoming or non-becoming a parent, hysterectomy, menopause and diagnosis of cancer. Therefore, nurses who work in this field have to consider the sentimental needs while treating women and their families (Gönenç et al., 2016). In order for nurses to carry out treatment regarding these needs, they have to know the matter of spirituality, its reflection on individuals and its spiritual needs. Thus, while nurses carry out treatments, they can provide

---

<sup>1</sup> Lecturer Dr. Ondokuz Mayıs University, Faculty of Health Sciences, nazli\_soylu05@hotmail.com

care, 70.3% and 93.4% defined truly the spirituality and spiritual care respectively. In these studies it was found out that nurses were tended to see the spirituality as religious requirements. Gönenç et al. (2016) stated in the study that 51.3% of nurses and 48.7% of midwives working at the maternity service had previously heard of spiritual care concept and 31.3% of them stated that patients might need spiritual care. It was underlined that spiritual care knowledge and practices of nurses and midwives working in the field of women health should be improved.

## **CONCLUSION**

Women face with various crisis concerning their health in the whole life and are in need of meeting their spiritual necessities in the course of crisis period. They try to cope with difficult situations through the assistance of practices relating to religious belief and spirituality. Meeting of an individual's spiritual needs is of importance in providing a holistic care and recovery of the disease.

While meeting patients' spiritual needs, nurses should be aware of their responsibility and own spiritual aspects, be relaxed whilst discussing spiritual instances and be able to assess the state of the patients and families from the viewpoint of them. A nurse should determine the meaning attributed by the patient and family to the disease, evaluate the effectiveness of means of struggle that are used, support effective struggle methods and contribute to development of new ones.

In the protection and development of women's health, improving the spiritual care knowledge and practices of nurses working in these fields is important. Therefore, including spiritual care subjects into the nursery curriculum, their receiving of in-service training aiming at raising awareness of nurses about spiritual aspect of holistic care and improving their knowledge and practices, and eliminating the negative factors are necessary. The prevention of perception of an individual's spiritual care only in terms of religious point of view, conduction of academic studies concerning spirituality and theology in the field of nursery, and the reflection of their results into the practical field should be ensured.

## **REFERENCES**

- Albayrak, A. & Kurt, E. (2016). Meme kanserli hastalarda ağrı ve uzuv kaybına (mastektomi) bağlı depresyon düzeylerinin yaşam kalitesi ve dindarlık ile ilişkisi, *Dokuz Eylül Üniversitesi İlahiyat Fakültesi Dergisi, Din Psikolojisi Özel Sayısı*, ss. 41-81.
- American Holistic Nurses Association (AHNA) (2019). What is holistic nursing? Retrieved from <https://www.ahna.org/About-Us/What-is-Holistic-Nursing>
- Andrews, M.M. & Boyle, J.S. (2008). *Transcultural perspectives in childbearing, transcultural concepts in nursing care* (Fifth edit). London: Wolter Kluwer Health, pp. 85-115.

- Apaydın, H. (2010). Ruh sağlığı-din ilişkisi araştırmalarına bir bakış, *Din Bilimleri Akademik Araştırma Dergisi*, 10 (2): 59-77.
- Ayten, A. (2013). Din ve sağlık: Bireysel dindarlık, sağlık davranışları ve hayat memnuniyeti ilişkisi üzerine bir araştırma, *Din Bilimleri Akademik Araştırma Dergisi*, 13(3): 7-31.
- Babacan, G.A. (2006). Meme kanserinde psikososyal sorunlar ve destekleyici girişimler, *Meme Sağlığı Dergisi*, 2 (3), 129-135.
- Baldacchino, D. (2006). Nursing competencies for spiritual care, *Journal of Clinical Nursing*, 15:885-896. Doi: 10.1111/j.1365-2702.2006.01643.x
- Boscaglia, N., Clarke, D.M., Jobling, T.W. & Quinn, M.A. (2005). The contribution of spirituality and spiritual coping to anxiety and depression in women with a recent diagnosis of gynecological cancer, *Int J Gynecol Cancer*, 15 (5): 755-761. Doi:10.1111/j.1525-1438.2005.00248.x
- Carpenito-Moyet, L.J. (2012). Hemşirelik tanımlar el kitabı. (Firdevs Erdemir, Çev. ed.). Ankara: Nobel Tıp Kitabevleri.
- Choumanova, I., Wanat, S., Barrett, R. & Kopman, C. (2006). Religion and spirituality in coping with breast cancer: Perspective of Chilean women, *The Breast Journal*, 12 (4): 349-352. Doi:10.1111/j.1075-122X.2006.00274.x
- Como, J.M. (2007). Spiritual practice: A literature review related to spiritual health and health outcomes, *Holistic Nursing Practice*, 21(5): 224-236. Doi:10.1097/01.HNP.0000287986.17344.02
- Cox, T. (2003). Theory and exemplars of advanced practice spiritual intervention, *Complementary Therapies In Nursing and Midwifery*, 9(1): 30-34. Doi:10.1016/S1353-6117(02)00103-8
- Çetinkaya, B., Altundağ, S. & Azak, A. (2007). Spiritüel bakım ve hemşirelik, *Adnan Menderes Üniversitesi Tıp Fakültesi Dergisi*, 8(1): 47-50.
- Daştan, N.B. & Buzlu, S. (2010). Meme kanseri hastalarında maneviyatın etkileri ve manevi bakım, *Maltepe Üniversitesi Hemşirelik Bilim ve Sanatı Dergisi*, 3 (1), 73-78.
- Ergül, Ş. & Bayık, A. (2004). Hemşirelik ve manevi bakım, *Cumhuriyet Üniversitesi Hemşirelik Yüksekokulu Dergisi*, 8 (1): 37-45.
- Erişen, M. & Sivrikaya, S.K. (2017). Manevi bakım ve hemşirelik, *Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi*, 6 (3): 184-190.
- Eroğlu, K. & Koç, G. (2014). Jinekolojik kanser kontrolü ve hemşirelik. *Hacettepe Üniversitesi Hemşirelik Fakültesi Dergisi*, 1 (2): 77-90.
- Fışkın, G., Şahin, N.H. & Kaya, İ.G. (2017). Menopozal dönemdeki kadınların bu yaşam dönemine ilişkin bakış açılarının kalitatif analizi, *JAREN*, 3 (3): 122-128.
- Evcili, F. & Bekar, M. (2013). Jinekolojik kanser tanısı almanın psikososyal boyutu ve hemşirelik yaklaşımları, *Türk Jinekolojik Onkoloji Dergisi*, 1: 21-28.
- Gönenç, İ.M., Akkuzu, G., Altın, R.D. & Möroy, P. (2016). Hemşirelerin ve ebelerin manevi bakıma ilişkin görüşleri, *Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi*, 5(3): 34-38.
- Hasta Hakları Yönetmeliği (Patient Rights Regulation) - 01.08.1998 tarih ve 23420 sayılı m.5, m.38. (06.01.2019 tarihinde <http://www.mevzuat.gov.tr/Metin.aspx?MevzuatKod=7.5.4847&sourceXmlSearch=&MevzuatIliski=0> adresinden ulaşılmıştır).
- Horozcu, Ü. (2010). Tecrübi araştırmalar ışığında dindarlık ve maneviyat ile ruhsal ve bedensel sağlık arasındaki ilişki. *Milel ve Nihal İnanç, Kültür ve Mitoloji Araştırmaları Dergisi*, 7 (1): 209-240.
- International Council of Nursing (ICN) (2019). Definition of nursing. Retrieved from <http://www.icn.ch/who-we-are/icndefinition-of-nursing/>
- Kostak, M.A. (2007). Hemşirelik bakımının spiritüel boyutu, *Fırat Sağlık Hizmetleri Dergisi*, 2(6): 105-115.

- Kostak, M.A., Çelikkalp, Ü. & Demir, M. (2010). Hemşire ve ebelerin maneviyat ve manevi bakıma ilişkin düşünceleri, Maltepe Üniversitesi Hemşirelik Bilim ve Sanatı Dergisi, Sempozyum Özel Sayısı, s.218-225.
- Köksal, Ö. & Duran, E.T. (2013). Doğum ağrısına kültürel yaklaşım, Dokuz Eylül Üniversitesi Hemşirelik Yüksekokulu Elektronik Dergisi, 6 (3), 144-148.
- Martsof, D.S. & Mickley, J.R. (1998). The concept of spirituality in nursing theories: Differing world views and extent of focus, Journal of Advanced Nursing, 27: 294-303. Doi: 10.1046/j.1365-2648.1998.00519.x
- Okuroğlu, G.K., Bahçecik, N. & Alpar, Ş.E. (2014). Felsefe ve hemşirelik etiği, Kilikya Felsefe Dergisi, 1: 53-61.
- Ormsby, A. & Harrington, A. (2003). The spiritual dimensions of care in military nursing practice, International Journal of Nursing Practice, 9 (5): 321- 327. Doi: 10.1046/j.1440-172X.2003.00441.x
- Öz, F. (2010). Sağlık alanında temel kavramlar (İkinci baskı.). Ankara: Mattek Matbaacılık Bas.Yay.Tic.Ltd.Şti.
- Özbek, B. (2011). Cinayet işleyen kadınlarda din algısı ankara kadın kapalı cezaevi örneği, Yayınlanmamış Yüksek Lisans Tezi, Ankara Üniversitesi Sosyal Bilimler Enstitüsü, Ankara, s.58-62.
- Romero, C., Kalidas, M., Elledge, R., Chang, J., Liscum, K.R. & Friedman, L.C. (2006). Self- forgiveness, spirituality, and psychological adjustment in women with breast cancer, J Behav Med, 29 (1): 29-36. Doi:10.1007/s10865-005-9038-z
- Sessanna, L., Finnell, D. & Jezewski, M.A. (2007). Spirituality in nursing and health-related literature: A concept analysis, Journal of Holistic Nursing, 25(4): 252-262. Doi:10.1177/0898010107303890
- Seybold, K.S. & Hill, P.C. (2001). The role of religion and spirituality in mental and physical health, American Psychological Society, 10 (1): 21-24. Doi:10.1111/1467-8721.00106
- Soyer, S. (2014). Kadın sünneti: Kültürel dayanakları ve yol açtığı sorunlar, Ekev Akademi Dergisi, 18 (60): 403-414.
- Strawbridge, W.J., Shema, S.J., Choen, R.D. & Kaplan, G.A. (2001). Religious attendance increases survival by improving and maintaining good health behaviors, mental health, and social relationships. Annals of Behavioral Medicine, 23 (1), 68-74. Doi: 10.1207/S15324796ABM2301\_1
- Şahin, İ. (2008). Göçmen kadınların dini ritüellere katılımı: Amesfort (Hollanda) ve Boğazlıyan örneğinde karşılaştırmalı bir inceleme, Doktora Tezi, Erciyes Üniversitesi Sosyal Bilimler Enstitüsü, s.338.
- Şahin, İ. (2011). İlahi, ritüel ve kadın: Boğazlıyan örneği. Millî Folklor, 23, 90: 115-133.
- Velioğlu, P. (1999). Hemşirelikte kavram ve kuramlar, İstanbul: Alaş Ofset.
- Wilson, S.M & Miles, M.S. (2001). Spirituality in African-American mothers coping with a seriously ill infant, J Soc Pediatr Nurs, 6 (3): 116-22. Doi: 10.1111/j.1744-6155.2001.tb00133.x
- Yıldırım, Ö. (2019). Teoloji ile din felsefesinin farkı nedir? (Felsefeye giriş- Açıköğretim felsefe ders kitabı, 14.01.2019 tarihinde [http://www.felsefe.gen.tr/din\\_felsefesi/teoloji\\_ile\\_din\\_felsefesinin\\_farki\\_nedir.asp](http://www.felsefe.gen.tr/din_felsefesi/teoloji_ile_din_felsefesinin_farki_nedir.asp) adresinden ulaşılmıştır).
- Yeşilyurt, T. (1999). Din nedir?, Harran Üniversitesi İlahiyat Fakültesi Dergisi, 5: 151-166.
- Yılmaz, M. (2011). Holistik bakımın bir boyutu: Spiritualite, doğası ve hemşirelikle ilişkisi, Anadolu Hemşirelik ve Sağlık Bilimleri Dergisi, 14 (2): 61-70.
- Yılmaz, M. & Okyay, N. (2009). Hemşirelerin maneviyat ve manevi bakıma ilişkin düşünceleri, Hemşirelikte Araştırma Geliştirme Dergisi, 3: 42-52.