

BÖLÜM 7

PSİKİYATRİ HEMŞİRELİĞİ İLE İLGİLİ BİR KAVRAM: AFFETME

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GİRİŞ

“Zayıflar asla affedemez, bağışlama gücünün niteliğidir”

Gandhi

Affetmek, insanlık için uzlaşma fırsatı doğuran ve bir arada yaşamayı kolaylaştıran, kültürel, sosyal ve dini öğretilerle desteklenen bir olgudur. Son yıllarda affetme kavramına yönelik ilgi artmış, affetme sonucunda ızdıraptan kurtulma, özgürleşme, fiziksel ve ruhsal iyileşme gibi sağladığı yararlar üzerine odaklanılmıştır. Affetme süreci; acı, küskünlük veya düşmanlık duygularını azaltmaya odaklanan karmaşık bir süreçtir. Enright (1996) affetmeyi; birinin, kendini haksız yere inciten başka birine karşı, sevgi, cömertlik ve merhamet gibi hak edilmeyen hislerin teşvik edilmesiyle, kızma, olumsuz yargılama ve ilgisiz davranma gibi hisleri isteyerek terk etmesi, bu olumsuz hislerden arınması ve kendini kurtarması olarak açıklamaktadır.¹ Affetmenin tanımlarında ortak noktalar; öz sorumlulukla ilgili bilişsel süreçleri, duruma ilişkin farklı perspektiflerden yeniden çerçeveleme yaparak başka bir anlayış geliştirmeyi, empati gibi diğerlerine duyarlılıkla odaklanmayı ve duygusal kaynaklardan yararlanmayı kapsar.² Kişinin bir durumdan incinmesi çoğu zaman bir başkasının davranışları tarafından hızlandırılmış olsa da affetme süreci, kişinin kendisiyle ilgilidir ve incitenin olay sonrası eylemlerinden bağımsız olarak gerçekleşir.

Affetmenin ruhsal sıkıntıdan kurtulma ile sağlığı koruyucu ve geliştirici etkileri kadar, hastalıkların sağaltımında da yararlar sağladığı görülmektedir. Bu bağlamda, affetmenin ruhsal sıkıntı ve ızdırabı azaltarak öfke, stres yönetimin-

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yükten kurtulmasına ve özgürleşmesine katkı sağlayacaktır. Bu doğrultuda affetmenin hemşirelik bakımına entegrasyonu ve bir müdahale aracı olarak koruyucu ruh sağlığı açısından önemli olan ruhsal iyileşmede kullanımına yönelik uygulamaların yapılması önerilmektedir.

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