



## Using Theory to Nursing Research

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**Abstract:** In recent years, the interest in the use of models in nursing research is gradually increasing. Nursing theories are important in the synthesis of the relationship between research process and nursing knowledge. In addition, improving and testing nursing knowledge and initiatives make it possible to present study results within a scientific framework. In this review, there are some doctoral theses made using theory.

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### 1. Introduction

The use of models and theory in research directs practices, provides systematic thinking, guides the researcher in the selection of research design, identification of appropriate measurement tools, analysis and interpretation of data. It also determines the factors that will be used to reach the goal by providing the factors that affect the behavior as a whole. All these save nursing from being a work-oriented profession and make it possible to focus on nursing role and practice, rather than medical applications. Today, there is an increase in the studies conducted using the model in nursing research in Turkey frequently used theories/models; Health Promotion Model, Health Belief Model, Roy Adaptation Model, Social Cognitive Theory, Diffusion of Innovation Theory, Neuman Systems Model, Piaget's Theory of Cognitive Development, Watson's Theory of Human Caring and Self-Care Deficit Nursing Theory.

If the study examples using the theory/model are examined, the most commonly used one is Health Promotion Model and Health Belief Model. When we consider the Health Promotion Model in general, variables represented as "Individual Characteristics and Experiences" are 'prior related behavior' and 'personal factors'. "Behavior-specific cognitive factors" in the model are 'perceived benefit and barriers', 'perceived self-efficacy', 'activity-related effect', 'interpersonal influences', and 'situational influences', which are major motivational mechanisms of gaining and maintaining health promotion behavior. There are also concepts

of 'commitment to a plan of action' and 'meeting immediate demands and preferences'. Also The Health Belief Model consists of three components: individual characteristics, perceptions and cues to action. In this model, individual variables show socio-demographic and psychological characteristics, whereas the perception component consists of susceptibility, severity, barriers, self-efficacy, and health motivation.

In the study titled "The Impact of Nursing Interventions with Health Promotion Models on Early Diagnosis Behaviors of Poor Women for Breast and Cervical Cancer" (Aydoğdu, 2012), in which Health Promotion Model and Health Belief Model are used together; with the nursing interventions planned using the model, it was aimed to improve the early diagnosis behaviors of breast and cervical cancer of poor women. It is stated that the use of model concepts together in the study will be effective in planning initiatives for behavioral change in poor women.

Roy Adaptation Model is one of the most frequently used theories in studies. When we look at the model briefly, four adaptive modes have been identified within the model. Each adaptive mode interacts with others. Any stimulus that affects one of the adaptive modes, affects other three modes as well. This complex relationship between adaptive modes demonstrates the holistic nature of human. For this reason, nurses must assess how each of these modes affects others. Roy Adaptation Model was used in the study titled "An Investigation of the Effect of Support Group Intervention After Liver Transplant on Patients' Knowledge, Symptoms and Life Quality Level" (Ordin, 2013). This study consists of 3 stages. The purpose of the first stage is to explain patients' experience and adaptation period after liver transplantation, second stage is to adapt "the 59-Item Transplant Symptom Occurrence and Symptom Distress Scale" into Turkish for patients who underwent liver and kidney transplantation and test its validity and reliability and aim of last stage is to examine the effect of "support group" intervention based on Roy Adaptation Model on physical, psychological and social adaptation level of patients who underwent liver transplantation. In the first phase of the study, the data were collected according to adaptive modes of Roy Adaptation Model. In this research, focal stimulus is having undergone liver transplantation. The contextual stimuli are patient's socio-demographical characteristics (age, gender, marital status, education, employment status) and liver disease status (etiology, date of LT, donor type, immunosuppressive drugs used). The aim of the support group intervention applied in the 3rd phase of the study was to influence physiological, self concept and interdependence adaptive modes of patients who underwent liver transplantation.

Another dissertation conducted with infertile women based on Watson's Theory of Human Caring is titled "The Effects of Nursing Care Based on Watson's Theory of Human Caring on Anxiety, Coping and Distress of Women Who Receive Infertility Treatment" (Ozan, 2013). The purpose of the study is to investigate the effects of nursing care based on Watson's theory of human caring on anxiety, coping and distress of women whose infertility treatment failed. In this dissertation, the theory was used in order to understand infertile women, create a framework for their nursing care and form appropriate nursing interventions.

Another doctoral dissertation based on the Social Cognitive Theory is titled "Investigation of the Effectiveness of the Program Developed for Bullying in Primary Schools" (Karataş, 2011). Bullying, accepted to be an aggressive behavior, is tried to explain with different theories and models in the literature. The Social Cognitive Theory is one of the most commonly used among these theories. The aims of the study are testing validity and reliability of the Parent Monitoring Scale in a Turkish sample, identifying the relationship

between bullying and parent monitoring status and identifying the relationship between bullying and health issues and evaluating the effectiveness of the program developed for bullying in primary schools. Model's concepts of interdependence, self-efficacy, self-regulation, and vicarious learning capacity were decisive in planning of interventions to be used in the study. In addition, individuals to be included in the training program, topics to be addressed in the training program, and methods and techniques to be used to explain these topics throughout the program were determined in accordance with the principles of the theory.

The Self-Care Deficit Nursing Theory was used in a dissertation study titled "Effects of Web-Based Diabetes Training on Care Outcomes: A Randomized Controlled Study" (Avdal 2010). The Self-Care Deficit Nursing Theory consists of six core concepts and one peripheral concept. The six core concepts are self-care, therapeutic self-care demand, self-care agency, self-care deficit, nursing agency, and nursing system. The seventh concept is basic situational factors that affect individual's self-care agency. The purpose of the dissertation is to investigate the effects of web-based diabetes training given to individuals with Type 2 diabetes on their A1c levels and check-up attendance behavior. The researcher states that the use of Self-Care Deficit Nursing Theory in this dissertation allows for a systematical study, a diabetes patient-centered thinking and makes it possible for diabetes patients to set their own goals.

Betty Neuman's System Model is one of the most commonly used theories in studies. According to the model, a person is a dynamic combination of relationships between physiological, psychological, sociocultural, developmental and spiritual variables. A system approach is adopted in the model in order to explain how the system remains its balance against stressors. Neuman's System Model was used in the dissertation titled "Effects of Coping Group and Social Support Group on Nurses' Level of Burnout" (Günüşen, 2009). The purpose of the thesis is to investigation of effects of increasing the coping skills and social support levels of nurses with medium or high burnout scores through coping and social support groups on their level of burnout; and determination of opinions of nurses who fully attended, fully skipped and partly attended the interventions regarding the program. Individuals included in the study were given coping training and a social support group was held in order to strengthen their lines of resistance. This is called secondary prevention in the Neuman Systems Model. The characteristic of secondary prevention is that it is applied after the occurrence of reaction against stress. The intervention is considered to be secondary prevention in Neuman Systems Model, since nurses with high levels of burnout were included in this study. The aim is to strengthen lines of resistance and reduce the reaction level. In this study, an attempt was made to strengthen psychological and sociocultural variables in nurses' lines of resistance through coping and social support groups and reduce their levels of burnout.

Working examples using the model have recently gained momentum. The use of theory is important in creating a universal language as well as providing generalizability of study results. The use of theory also provides an insight to the researcher, helps to see the whole, provides systematic thinking in a wide range from defining the problem to research design and interpretation of the findings. In this context, the use of models in nursing researches, as well as theses, will contribute to the development of the nursing profession.

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