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# Movement as a critical concept in model generation to attain wholeness



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## ABSTRACT

Movement is an integral aspect of daily living. Movement allows the human being to express, find meaning and reflect a part or the whole of the unfolding of the stories of their lives. The essence of the dialogue is the movement towards caring and healing between the professional nurse and the individual.

The purpose of this research is to develop, describe, evaluate and provide guidelines for the operationalisation of a model as a framework of reference for nursing to facilitate the individual faced with mental health challenges as an integral part of wholeness.

A model was generated to facilitate the engagement of self through movement, which contributes to and manifests in a mindful way of living to promote mental health as an integral part of wholeness. The findings of the study are applicable to the world of nursing practice, nursing education and research.

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## 1. Introduction

Movement is central to life and adds meaning to the multi-dimensional nature of humans. Movement is vital in the caring and healing actions in nursing and is important in rendering quality care. Movement occurs between both the nurse and the patient (Winther, Grontved, Graveson, & Ilkjaer, 2014). Individuals with mental health issues experience a wide range of obstacles in taking care of themselves and being part of a community as well as being a patient in a healthcare

system. Coping with the demands of everyday living (intra-personal, interpersonal and environmental) is taxing and impairs the functioning of the individual at various levels. The profession constantly asks the nurse to live and see patients as unique and valuable human beings (Porter, O'Halloran, & Morrow, 2011). The patient and professional nurse engagement occurs to assist patients in finding meaning and purpose in their lives, to assist patients to find and maintain meaningful relationships, and to engage in daily decision-making in such a way that it enhances their quality of life (Porter et al., 2011). Professional nurses are thus key in the promotion and

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attainment of the well-being of the people they care for (Watkins, Roos, & Van Der Walt, 2011).

According to McElligott (2010:253), healing involves and requires both the individual and the professional nurse to play an active and integrated role. The healing occurs when both the individual and the professional nurse are involved within the caring and a unity of being is present during the interaction (Fingeld-Connett, 2008). According to Maclaren (2009), the primary focus of nursing interactions is on the creation and manifestation of a space within which the patient feels understood and heard. When providing quality patient care, the professional nurse affirms the self-worth of the patient as well as validates their sense of wholeness (Maclaren, 2009).

The objectives of the research study were to develop and describe a practice-level model based on the experiences of individuals with mental health challenges. Belly dancing, a unique form of movement, was examined because belly dancing is a cultural art form with outstanding results and rewards, both internally and externally for every participating woman. Through belly dancing the dancers learn new wisdom and rituals, and are physically and emotionally aware of the culturally acquired conditioning, repression and blockages (Al-Rawi, 1999). This form of movement was used to construct guidelines for the operationalisation of a model as a frame of reference for nursing to facilitate the individual's mental health as an integral part of wholeness. The aim of the article is to describe the construction of a model for application within the practice of mental health nursing based on the single core concept of movement.

## 2. Methods used for developing the model

A theory generation strategy was used based on a qualitative, exploratory, descriptive and contextual approach. Theory development is the overall goal of theory generation designs (Walker & Avant, 2011). According to Chinn and Kramer (2011), in the theory generative approach scientific knowledge is accumulated specifically and in an orderly fashion to fulfill a goal. Theory generation as a whole is more than the isolated description of identified and related events. Theory generation contains identifiable components such as concept identification, classification and definition of concepts. Furthermore, theory generation proposes relational statements between concepts, and guides the growth and enrichment of the emergent theory. The intrinsic value of such a generated theory lies in the value-adding dimension to the body of knowledge of nursing (Walker & Avant, 2011).

Walker and Avant (2011) and Chinn and Kramer (2011) proposed four levels of theory generation: meta-theory, grand theory, middle range theory and practice theory. These levels identify the breadth and depth of the scope of theory development. The focus of this study was on the level of practice theory since the foundation of the model needed to be developed. The development of the practice theory needed to be orientated to the realities of nursing practice and show relevance to the scope of nursing care.

In the empirical phase of concept identification, a purposive sample was used which consisted of eight individuals participating in belly dancing in South Africa. Data was

collected using in-depth phenomenological, semi-structured, individual interviews until data saturation was reached. Data analysis was conducted by means of thematic coding to identify themes.

## 3. Definition of the concept of movement

The main concept of “facilitation of engagement of self through movement in a mindful way of living to promote wholeness” can be analysed by defining the individual aspects of the concept of movement.

## 4. Dictionary definitions of the word movement

The Concise Oxford Dictionary (Soanes & Stevenson, 2008) defines the word “movement” as an act of moving, a certain activity that occurs within a particular time, and which can be related to a group of people working in union to bring about a change or development (Stevenson, 2014). In various dictionaries and thesauri the relationship between music and movement is often referenced. There is thus a sense of synergy between music and movement. Synergy occurs between movement and a musical composition. The word “movement” is also used within the context of emotion, with specific reference to the phrase of “making an impression” and this can be seen, lived and felt within the movement in the internal world (Merriam-Webster, n.d).

The expression to be a “mover and shaker” describes a person who has the dynamic ability to initiate situations and influence or has the power to influence people. This phrase was coined in the movie *Music and Moonlight* by O'Shaughnessy in 1874 (Soanes & Stevenson, 2008). The relationship between movement, music and the emotions played a fundamental role in the telling or unfolding of the central storyline. Such relationship indicates a triangulation of the three components where movement is central to the enhancement of emotions and music, and can represent the “real” music heard or the “music” of life that unfolds for each person.

In summary, according to the dictionary definition, there is a close relationship between:

- the occurrence of movement;
- a change of state and/or opinion; and
- an action that initiates or advances a progress or plan.

## 5. Subject literature definitions of movement

Roux, Edward, and Hlongwe (2007) write that, “Flowing water never stagnates, and the hinges of an active door never rust. This is due to movement. The same principle applies to essence and energy. If the body does not move, essence does not flow. When the essence does not flow energy stagnates.” Movement allows the body to become one with the life of the individual. Movement allows the individual to live the experience, realise their full potential or become the beautiful picture of the display of all the emotions that are embedded within the movement, whether this

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