

Exploring the Lived Experience and Meaning of Resilience for registered nurses who choose to remain in the work force. A Descriptive Phenomenological Study

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Abstract

Introduction

Nursing is a stressful job. So, Society needs mature, confident and well qualified nurses who should have critical and flexible thinking to confront all challenges appropriately. So emphasis should be placed on how to build capacity of nursing staffs to undertake skills, pursue self-development and confront challenges. Research has shown that nurses who possess the human qualities or characteristics of resilience are more readily able to survive workplace stress and even to thrive in spite of that stress. Resilience seems to be a necessary quality for surviving the negative effects of workforce challenges and stress.

Aim

This study was explore, understand and describe the lived experiences of registered nurses that choose to stay at An-Najah National University Hospital since its opening in 2013, and exhibit properties of resilience and investigate what these experiences mean to them.

Design

This study used phenomenology as the qualitative method for explore, understand and describe living experiences of resilience nurses in the clinical environment.

The descriptive approach was chosen as the best method for responding research question and achieve the purpose and purpose of the study.

Data collection

was conducted and performed by using semi-structured interview .

site

interview was conducted At Nablus. In NNUH.

Data Analysis

The data was analyzed by using Giorgi's phenomenological psychology method (1985).

Result

ten themes were identified in the study: (a) Theme 1, Professionalism; (b) Theme 2, Out of the box; (c) Theme 3, Healthy work environment; (d) Theme 4,Organizational aspect; (e) Theme 5, Bounce out of adversity; (f) Theme 6, Effective communication; (g) theme 7, psychosocial

support network; (h) theme 8, Managing self; (i) theme 9, see leadership as a shared role; (j) theme 10, Islamic spirituality.