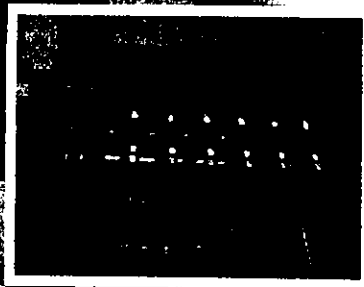


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International Conference on Qualitative Research in Nursing and Health

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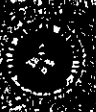
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SPIRITUALITY AS DESCRIBED BY NURSING STUDENTS: A QUALITATIVE STUDY

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Backgrounds: Spirituality is frequently described by nurses and nursing students as an important aspect of nursing practice; however, the meaning of spirituality is not often articulated in practice.

Purpose and Methods: This descriptive qualitative study explored how nursing students described the meaning and practices of spirituality. Ten third and fourth year nursing students were individually asked to articulate the meaning and practices of spirituality in their nursing practice and their own day-to-day living. Constant comparative analysis was used for data analysis.

Findings: Spirituality, according to the students, is something that can be felt but difficult to articulate as it is buried and engraved deep within the person's heart. It reflects "who you are", "who I am" or the individual person's self. The spirituality or the person's self is connected to certain beliefs, practices, people, beings and things. Despite inability to clearly distinguish psychological and spiritual states, students described spirituality as positive power. It is powerful in the sense that it gives positive energy and leads to positive actions such as motivation, inspiration, hope, happiness and strength.

Conclusion & Recommendation: Due to evidence of lacking spiritual care confidence among nursing students, nursing instructors should assist their students in establishing skills needed to explicate, recognize, express and respond to spirituality of their own and patients under their care.

Keywords: Spirituality, Nursing Students

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