Toward a Middle Range Theory of Courage

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Knowledge

The more present and awake you are to your experience, the more likely the experience will be one of truth.
Courage is much more complex than spontaneous reactions to traumatic events. Everyday people can embrace their courage and pass it on to others through their cultures (Waltson, 2006).
Findings of the analysis

Previous studies indicate courage as having a different meaning for Mexican’s than for those in the USA. (Whetsell, Frederickson 2006-2007)

Mexicans see courage as a part of their identity, an awareness which is not conscious, but one that makes them feel complete and creates a positive energy within themselves, and in the end leads to the healing of self.

Mexican elders make different choices based on their strength of their self concept and not from reactivity of their situation.
Based on previous study findings we reviewed and conceptualized the role of courage, and placed it into the Roy Adaptation Model schema as a component of the cognator.
I think I learned what courage meant when I was 5 years old. My mother’s boss had given me a brand new car toy for my birthday. A playmate, a child who had polio when he was two years old would occasionally come to play at my house. He could not walk. He seemed to want my car, every time he came. The first thing he wanted to play with was my car and I was not happy that he liked my car, but I decided to give him the car anyway. It was very neat when he said thank you, but he did not accept my present. He asked me to let him play with the car toy when he came to see me again.
Strategies for theory development

• Review of the literature
• Qualitative research: sought to discover the structure of courage and its meaning for Mexican elders
• Roy Adaptation Model (RAM): provided valuable information since the RAM adheres to the concept of culture (Whetsell, Fredrickson 2005, 2006)
Assumptions reflect the assumptions in RAM

Figure 1. Diagram of Roy’s Adaptation Model
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Analysis of the Roy Adaptation Model

- The Roy Adaptation Model Roy (1999)
- Uses an adaptive, holistic systems approach:
  - interdependent parts function as a whole for a purpose
- People and organizations are:
  - holistic, adaptive systems
- RAM is both a process and outcome
- Thinking and feeling persons:
  - as individuals or in groups
- Use conscious awareness and choice to create human and environmental integration
Development of the Courage Adaptation Model

• Derived from RAM:
  – Scientific, Philosophical and Cultural assumptions and Propositions were derived from the RAM

• Courage:
  – is a mediator between the focal stimulus and the response

• Multidimensional concept that has specific meaning in the Mexican culture

• Central to the Mexican culture and will have an influence in all elements of the RAM

• Means for coping and to create human integrity
Adaptation to Life Challenges

There is a crack in everything, that is how light gets in. (Leonard Cohen)
Theoretical Substruction Model

- Stimuli
  - Contextual
  - Focal
- Compensatory Life process
- Cognator
- Role Function
- Self-Concept mode
- Interdependence
- Functional ability
- Psychological Well-being
- Social Support Familial relations
- Quality of Life
- Quality of Life
- Quality of Life

Theoretical Substruction Model

Operational
- Age
- Gender
- Economic status

Background Contextual Variables
- Challenges Of Life

Courage

Figure 2: Pictorial Representation of Substruction Model
Building the Courage Adaptation Model

As suggested by Merton (1968) theoretical substruction was used to deduce the theoretical concepts of the CAM from the RAM.

The theoretical concepts were linked to empirical indicators to provide a logical and consistent connection between the theoretical and operational systems.
The elderly confronts the focal stimuli. The elderly responds by activating coping strategies in order to alleviate the negative effect of the problem, which is influenced by the non linear relationships among self concept, role function and interdependence.

The model posits that the presence of courage reduces the perceived stress through changing or modifying the cognitive appraisal of the stress.
The Roy Adaptation Modes

Functional Ability is the expression of cognator viewed in all the modes.

*Role Function Mode*
Set of expectations about instrumental and expressive behaviors

*The Physiologic Mode*
The physical and chemical processes that comprise a living organism

*Self-Concept Mode*
beliefs and feelings about the physical and personal self
Coping subsystem of the CAM

The Cognator responds through four cognitive-emotive channels:
- perceptual & information processing
- learning
- judgment
- emotion
Physiological Mode for the CAM

One way that the Mexicans use the courage in their daily lives is by daily learning. An early childhood practice that involves interaction with the environment; and sometimes overcoming their physiological limitations and regarding confidence in their ability to direct their own learning. "Behavior" is the manifestation of physiologic activities, therefore, their focus is not in frustration nor anger, but is in change which produces growth. Adaptation occurs from the inside out.
Self concept

Self concept is a composite of beliefs and feelings that one holds about oneself about the physical self; and the personal self directs one’s behavior.

Courage plays a role in the development of their learning. They enter the learning situation with a cultural perception already formed and some judgment already made. Because of their courage, they are more open to accept certain kinds of truths; and more inclined to organize that information in a positive way.
Interdependence

Relational integrity, Significant Others and Support Groups

Very early in their life they learn that they are born to share; and that sharing is how they grow and develop; and some kinds of sharing are harder than others. This is how they become and triumph in life. They find the source of their development of interdependence in their belief in God and in their religion.

Courage is love and sacrifice rather than power or determination.
For Mexicans Courage dictates to them their principal role as in their home and in their society. When these truths are learned, results in a fulfilling life. Role is defined as how they enter society and how they contribute to the betterment of their home and their society.
Stimuli
Focal Stress of Life
Contextual Age Gender Economic Status

Compensatory Life Process
Levels of Coping and Courage
Courageousness

Adaptive Modes
Interdependence
Self Concept
Psychological Well-Being

Figure 3 Courage Adaptation Model and Hypothesized relational statements
Hypothesis

1. The presence of courage will be synergistically significantly associated with higher levels of coping strategies.

2. Contextual variables (age, gender, and economic status) will be significantly correlated with the presence of courage.

3. The presence of courage will be significantly positive associated with higher self concept.

4. The presence of courage will be significantly associated with interdependent behaviors.

5. The presence of courage enhance the adaptation ability of elderly.
THE STRUCTURE OF COURAGE

HUMAN BIENGS HAVE A HOLISTIC ADAPTATIVE SYSTEM

COGNATOR

COPING PROCESS

Input: Perceived Stress Coping courage

Central Process

Output

Coping Strategies

1. Integrated
2. Compensatory. Compromised

Adaptation Levels

REGULATOR

Feedback In the culture

Courage mediator of coping

Focal Estimuli Stress of Life Age Socioeconomic status

HUMAN BIENGS HAVE A HOLISTIC ADAPTATIVE SYSTEM

In the culture
Middle Range theory

The CAM presents courage as a process and outcome that promotes human and environmental integrity and growth; and is an essential component of the Mexican population.

CAM tests the proposition “that nature and the magnitude of all inputs into the person, alter the nature and the magnitude of the output behaviors” (Boston Based Research in Nursing Society, 1999. pp 341-342.)

CAM also tests the proposition that “the pooled effect of the contextual stimuli (age, gender and economic status), in addition to the focal stimulus and residual stimuli determine the adaption level the variable of perception can affect human behavioral response” (Boston Based Research Nursing Society, 1999. pp341-342)
Courage is related to the devotion to their families and their country, their clarity and wisdom, and is evident to us, from their love of God, in their moment to moment experience and is devoted to their movement of their mind.

They show a person's preference and belief are not a measure of what they are, but is how spacious-non judgmental and inclusive they are.