

THE HEALING POWER OF NATURE (自癒力) AND HEALTHY AGING IN TAIWAN

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Background

The Healing Power of Nature is the key of healthy aging as well as the best way to maintain good quality of life. However, lack of studies focused on the healing power of nature in geriatric population.

Purpose

The purpose of this study is to explore and to provide a description of the meaning of the healing power of nature among geriatric people.

Methods

This study used a qualitative approach, specifically phenomenology. Purposive and snowball sampling was used and data were collected in fall 2016 until saturation achieved. Participants include 9 health care related experts and 6 geriatric people without health care related professional background were interviewed in-depth individually, using a semi-structured approach. Responses were recorded, interpreted, and content analysis was used.

Results

Participants defined the healing power of nature is a natural recovery ability. Notably, this power can be used to promote healthy aging through physical and mental self-healing ability. Concerning physical aspect; regular daily activity pattern, healthy lifestyle embrace diet, exercise and sleeping quality can help chronic disease in control. On the other hand, mental aspect includes cheerfulness, positive thinking and good family relationship and friendship optimal health status. In addition, this study found social capability has profound impact on individual's mental health and oral health affect nutrition status significantly. These are critically important for active aging.

Conclusions

Everyone has the healing power of nature, as such increasing the awareness of using natural power to promote health is very important especially for geriatric with chronic illness.

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Compare the Different Perspectives of the Healing Power of Nature, Between Health Experts (N=9) and Senior Adults (N=6).

