

THE HEALING POWER OF NATURE PLAYS AN CRUCIAL ROLE IN THE DEVELOPMENT OF HEALTHY AGING

自癒力是健康老化過程中的關鍵角色

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Background: The Healing Power of Nature is essential in the healthy aging process among adults, which helps them maintain a better quality of life. However, long-term studies are lacking on the healing power of nature in the aging population.

Purpose: The objective of this study is to identify attributes of the concepts of the healing power of nature in the geriatric field.

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: The main focus in gerontology has expanded from the age-related concerns to the promotion of healthy aging. The consequences analysis of the healing power of nature could be useful to promote health and well-being, and helps understand the overall health of our mind and body.