

Christian Worldview and Postmodern Thinking

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All people, including nurses, have specific worldviews that influence their perceptions about different aspects of life. There are different types of worldviews and each attempt to explain the nature and existence of human beings and the universe. Therefore, a person's worldview determines his or her understanding of the nature of the universe, its constituents, and human existence. Christianity and postmodernism are some of the most prevalent worldviews in the 21st century. The Christian worldview is derived from biblical doctrines while the postmodern worldview focuses more on the instability of every and the creation of realities in the absence of specific beliefs. Despite having different explanations about the source and nature of human life, both worldviews can be applied in a healthcare setting to influence decision-making and patients' health outcome.

Christian Worldview

The term "worldview" refers to a well-reasoned framework of beliefs and convictions that help individuals see the big picture as well as a unified perspective on the meaning of human existence. According to the Christian worldview, nursing borrows heavily from the principles of the Bible (Rieg et al., 2018). Christian nurses view God as the main "source" of caring, nursing as a noble calling, and biblical faith practices as an integral part of their profession. Early Christian women were "called" to minister and care for the needs of others in society. The teachings of the Bible, especially the caring characteristics of Jesus Christ, inspired their actions and service to humanity (Mathew 25:31-46). The Christian worldview affirms the existence of the Trinitarian God, whose character, wisdom, word, and law influence life, morals, health, and all aspects of human existence. In this regard, nurses are expected to heavily rely on the biblical teachings and God's unconditional love to ensure all-inclusive care to their clients.

The Christian worldview advocates for Christ-centered patient care. In this case, nursing reflects the fruits of the Holy Spirit and the love of Christ, where prayer and spiritual nourishment are considered fundamental to the healing process (Shelly et al., 2021). The view holds that God is the creator of the universe and sanctifier of His people. From this perspective, all people should be treated as recipients of Christ-centered care, including patients, their families, colleagues, and all those who interact with nurses at individual and professional levels. Nurses are expected to provide patients with an environment whose spiritual and physical realms depict the everlasting love of Christ (Romans 12:1-2). Patients' health refers to their optimal system stability, including spiritual, emotional, relational, and physical wellbeing. As a result, nursing becomes a noble practice of providing all-inclusive care based on biblical teachings and Christian values.

In a healthcare context, the Christian worldview holds that Jesus Christ is the prime caregiver. All healthcare practitioners are required to emulate His compassion and dedication when serving fellow humankind (2 Corinthians 5:14-15). The Christian worldview advocates for a nursing lifestyle that reflects the character of Christ on both professional and personal levels. In this case, nurses should be committed to the Christian faith and be sensitive to the cultural differences and worldviews of others (Shelly et al., 2021). It is their duty to ensure that their clients achieve a certain level of spiritual empowerment as part of the healing process. The Christian faith promotes excellence in nursing practices by helping nurses fulfill the spiritual needs of patients and providing care to all humankind, revealing the presence and character of Christ.

Postmodernism

Postmodernism is among the main worldviews that attempt to explain the nature of human beings and their relationship with various components of the universe. It is a worldview that emerged after modernism and has a great influence on people's thinking and perceptions in various areas including healthcare. According to the postmodern movement, the existence, wellbeing, and fate of humankind highly depend on the creation of our realities and the instability of everything (Zardosht, 2020). Postmodernists attempt to deconstruct most modernist elements such as certainty, necessity, and meta-narratives. The proponents of this view assert that there are no absolute values, beliefs, or meta-narratives that can influence the nature and fate of individuals, including their health and care. Based on the concepts of pluralism and relativism, postmodernism suggests the absence of a distinct, constant, or universal theoretical foundation for explaining various healthcare aspects, including morality, ethics, spirituality, values, and humanity.

The principles of postmodernism serve as the basis for several contemporary nursing practices, including spirituality, multiculturalism, humanism, and continued learning. According to postmodernists, a person is a collection of the mind, body, and soul, whose health is subject to continuous interaction with the environment (Salladay, 2011). They reject the narrative that human life, including health, is under the control of a distinct supreme being or absolute supernatural power. Postmodernism illustrates a transition from inflexible and logical positivism citing that human beings are spiritual beings and the physical body is illusory. As a result, humans can easily bond with the energy derived from their immediate environment, which is characterized by unsystematic, chaotic, and unpredictable interactions. The ability to achieve balance and harmony between the internal and external environmental factors creates a state of the inner power of self-healing and health.

Postmodernism attempts to collectively address all the key factors in healthcare aiming to eliminate ill-health and to improve the physical, mental, and socioemotional wellbeing of the people. It focuses on resolving healthcare challenges associated with various social determinants of health, including poverty, ethnic and cultural diversity, demographic changes, and technological developments (Salladay, 2011). Postmodernism views the person as a whole rather than a sum of his or her integral parts. Its holistic approach to care provides the basis for developing nursing and patient care programs that emphasize respect for cultural differences, plurality, and the conception of different perspectives to ensure the diverse needs of patients are fully addressed. Each person has a unique and unpredictable set of needs that must be recognized and honored regardless of a person's wishes, customs, or beliefs. The postmodern holistic approach is applied in contemporary healthcare settings to ensure maximum healing by addressing the distinct needs of the body, mind, and soul.

According to postmodernists, health is a state of a high level of overall physical, mental, and social functioning or the effort required to eliminate ill-health. They suggest that healing is more than just curing an illness because the patient's physical, cognitive, and spiritual needs must be fully addressed (Zardosht, 2020). Nurses are required to always apply the holistic approach to supplement their clients' metaphysical potential and ability to self-heal for optimal health outcomes. Each patient should be assessed and provided with appropriate care services based on individual needs. Due to the continuous interaction between the individual and the environment, nurses are encouraged to create an environment that favors patients' care and healing process. A postmodern nurse understands the importance of empathy, love, and trust when caring for all patients, regardless of their perspectives, worldviews, and backgrounds.

Comparison

In a healthcare context, both the Christian and postmodern worldviews attempt to ensure quality care services and improved patient health outcomes. However, the postmodern accounts for the principles of care are relatively different from that of the Bible. The main difference between the two arises from their varied opinion about the significance of metanarratives (Rieg et al., 2018). While the Christian worldview is largely based on a set of specific, organized beliefs that form a metanarrative, postmodernism denies the existence of a single universal supreme source with the ability to influence human destiny (Salladay, 2011). Religion and spirituality are critical components in the Christian approach to nursing but the postmodern approach focuses more on holistic therapies and self-healing techniques. Contrary to Christ-centered care of the Christian worldview, postmodernism advocates for patient-centered and holistic care that takes into account the important role of the healing environment. Regardless, both agree about the concept of healing by attending to the physical, spiritual, and socioemotional needs of patients.

Conclusion

Worldviews influence individuals' understanding and approach to different aspects of life. In a healthcare context, nurses' worldviews can potentially affect their approaches to practice and essentially patient health outcome. Both the Christian and postmodern thinking can be applied in the practice to ensure quality care services and improved patient outcomes. Despite having different principles, both worldviews encourage nurses to empower and assist patients to escalate their healing. The Christian worldview considers prayers, God's unconditional love, and faith are critical elements in the healing process but the postmodern worldview uses a variety of interventions that do not involve metanarratives. Although every person is entitled to his or her

worldviews, postmodernism allows advanced modern nursing practices while addressing the various social and environmental determinants of health for diverse populations.

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