

Martha Rogers' Science of Unitary Human Beings: Redefining Health and Healing

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Perspective

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Abstract

Martha Rogers, a prominent nursing theorist, revolutionized the field of healthcare with her Science of Unitary Human Beings (SUHB) theory. This theory challenged traditional medical models, emphasizing a holistic approach to health and healing. In this article, we will explore Rogers' SUHB theory, its implications for healthcare and how it continues to redefine our understanding of health and healing. Rogers' SUHB theory posits that humans are integral energy fields within the universe, constantly exchanging energy with their environment. Unlike conventional medical models that focus on disease and pathology, SUHB emphasizes the interconnectedness of the mind, body and spirit. According to Rogers, individuals are dynamic energy systems and their health is influenced by various environmental factors. One of the key aspects of Rogers' theory is the redefinition of health. Instead of viewing health as merely the absence of disease, SUHB considers health as a continuum of energy patterns. A person is healthy when their energy patterns are harmoniously balanced with the environment. This perspective shifts the focus from treating symptoms to promoting overall well-being, encompassing physical, emotional and spiritual aspects.

Keywords: Martha Rogers' science, Healthcare, Nurses

INTRODUCTION

In the SUHB framework, healing is viewed as a transformative process that occurs when an individual's energy patterns align with the universal energy field. Healing involves the restoration of balance and harmony, not just in the body but also in the person's relationships, emotions and spiritual life. This approach encourages healthcare professionals to consider alternative therapies and holistic interventions that support the individual's overall energy balance. Rogers' SUHB theory has profound implications for healthcare practice. Nurses and healthcare providers are encouraged to adopt a more patient-centered approach, understanding each patient as a unique energy system^[1]. This approach promotes personalized care, where treatments are tailored to the individual's specific energy patterns and needs. Integrative therapies, such as acupuncture, yoga and meditation, gain significance in this context, as they contribute to balancing the patient's energy flow. While SUHB offers a holistic perspective on health and healing, it is not without its challenges.

Critics argue that the theory lacks empirical evidence and can be difficult to apply in certain medical contexts. Moreover, integrating alternative therapies into mainstream healthcare poses challenges in terms of standardization and regulation. Addressing these concerns is crucial for the wider acceptance and implementation of SUHB principles in healthcare systems. Martha Rogers' Science of Unitary Human Beings has undeniably redefined our approach to health and healing. By emphasizing the interconnectedness of the human energy system with the universe, SUHB challenges conventional medical models and encourages a more holistic understanding of health^[2]. While there are challenges to its practical application, the theory's potential to revolutionize healthcare by embracing personalized, holistic approaches cannot be ignored. As we continue to explore the depths of human existence, Rogers' vision serves as a guiding light, illuminating the path toward a more integrative and compassionate healthcare future.

DESCRIPTION

The integration of Martha Rogers' SUHB theory into mainstream healthcare is not only a theoretical shift but also a cultural and systemic transformation. Education and training programs for healthcare professionals need to incorporate these holistic

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perspectives. This might include modules on energy medicine, mindfulness practices and communication skills that foster a deeper understanding of patients as unique energy systems. Furthermore, research into the efficacy of holistic therapies within the SUHB framework is vital. Evidence-based studies can bridge the gap between traditional medical practices and complementary therapies, providing a solid foundation for their integration. Collaborations between practitioners of conventional medicine, holistic therapies and researchers can facilitate this bridging, ensuring that the best of all worlds is available to patients^[3,4].

Rogers' theory empowers patients to take an active role in their healing process. When individuals understand themselves as dynamic energy systems, they are more likely to engage in activities that promote their well-being. This shift in mindset encourages self-care practices such as yoga, meditation and dietary adjustments that align with the individual's energy patterns. Patient support groups, guided by the principles of SUHB, can provide platforms for individuals to share their experiences and coping strategies. These groups not only offer emotional support but also foster a sense of community, reinforcing the interconnectedness that Rogers' theory emphasizes. Rogers' SUHB theory is not confined to any specific culture or region^[5]. Its universal approach means that it can be applied globally, taking into account diverse cultural beliefs and practices. However, cultural sensitivity is paramount. Integrating holistic approaches must be done in a way that respects and incorporates the cultural traditions of different societies, ensuring that these practices are not only effective but also respectful of local beliefs and customs.

CONCLUSION

Martha Rogers' Science of Unitary Human Beings has initiated a paradigm shift in healthcare. By recognizing individuals as dynamic energy systems deeply connected to the universe, SUHB transcends the limitations of traditional medical models. As the integration of this holistic approach continues, healthcare systems are poised to become more patient-centered, empowering individuals to actively participate in their healing journeys. The journey toward a truly holistic healthcare system, inspired by Rogers' vision, is not without challenges, but its transformative potential holds the promise of a healthier, more harmonious world.

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