

Rosemary Parse - Human Becoming Theory

The **Human Becoming Theory**, developed by Rosemarie Rizzo Parse, offers a philosophical and theoretical framework for nursing, emphasizing the human experience as a dynamic and evolving interaction with the environment. Originally known as the *Man-Living-Health Theory*, this theory moves beyond traditional biomedical models, focusing instead on the lived experiences and holistic nature of individuals.

Key Paradigms in Human Becoming Theory

Parse's theory is based on two primary paradigms that define how individuals interact with their environment:

1. Totality Paradigm

- This paradigm views humans as a combination of biological, psychological, sociological, and spiritual factors.
- It reflects the multidimensional nature of human beings, where various aspects come together to create a whole person.

2. Simultaneity Paradigm

- This paradigm emphasizes that humans are unitary beings in continuous, mutual interaction with their environment.
- It rejects the notion of humans as separate entities, instead focusing on their inseparable and evolving relationship with their surroundings.

Parse's Three Principles

The Human Becoming Theory is guided by three principles that highlight the interconnectedness of meaning, rhythm, and transformation in human experiences:

1. Meaning

- Human reality is shaped and given meaning through lived experiences.
- **Key Idea:** Individuals and their environment cocreate meaning in life. This mutual creation is essential to understanding each person's unique perspective.

2. Rhythmicity

- Life involves rhythmical patterns of interaction between humans and their environment.
- **Cocreation:** This principle highlights imaging, valuing, and languaging as processes through which humans and their environment evolve together.

3. Cotranscendence

- Humans constantly strive to transcend the limits they set for themselves, reaching out and beyond.
- **Transformation:** This principle emphasizes the continuous evolution and transformation of individuals as they interact with their world.

Core Concepts in Human Becoming Theory

Person

- Described as an open being who is more than and different from the sum of their parts.
- This holistic view sees individuals as unique entities who actively engage with and transform their environment.

Environment

- Refers to everything that surrounds a person, including their experiences.
- The environment is inseparable and complementary to the individual, evolving alongside them in mutual interaction.

Health

- Defined as an open process of being and becoming, reflecting a synthesis of values and priorities.
- Health is not merely the absence of illness but an ongoing journey of personal transformation and growth.

Nursing

- Considered both a science and an art, nursing utilizes abstract knowledge to serve people.
- The goal of nursing is to support individuals in achieving their potential through meaningful and transformative interactions.

Applications of Human Becoming Theory

1. Holistic Care

- The theory guides nurses to focus on the patient's lived experiences, values, and perceptions rather than solely addressing physical ailments.

2. Patient-Centered Approach

- Emphasizes the importance of understanding the patient's unique reality and the cocreation of meaning in their care.

3. Nursing Practice and Education

- Encourages nurses to view their profession as a blend of science and art, fostering

deeper connections with patients and their environments.

4. Health Promotion

- Highlights health as a dynamic process, motivating nurses to support patients in their journey of becoming rather than striving for static outcomes.