

Using Socially Engaged Buddhism Concept in Woman Health Nursing

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ABSTRACT

Women health is an important issue in nursing. How to apply the philosophy concern in management of women health is interesting. In this short article, the author discusses on the usage of socially engaged Buddhism concept in women health nursing. The socially engaged Buddhism is the new approach based on the use of Buddhism principle, Dhamma, to adapt to the daily practice. The specific application for general nursing can be seen and the concept also supports the promotion of woman health.

Keywords: Buddhism, concept, engage, nurse, women health

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INTRODUCTION

Women health is an important issue in nursing. How to apply the philosophy concern in management of women health is interesting. In this article, the author specifically discusses on the application of socially engaged Buddhism for use in nursing with special focus on woman health nursing. Basically, the socially engaged Buddhism is the new approach based on the use of Buddhism principle, Dhamma, to adapt to the daily practice. The main advantages of the application are the good individual life and good community [1]. The basis of Buddhist ideas, values and spirituality are the core principle for the socially engaged Buddhism. The application of Dhamma to cope with the problem is the main advantage. The way to promote self-actualization and optimistic management of the problem is the main activity. In this short article, the author discusses on usage of socially engaged Buddhism concept in women health nursing.

HOW TO APPLY SOCIALLY ENGAGED BUDDHISM CONCEPT IN WOMEN HEALTH NURSING

The socially engaged Buddhism is the new philosophy concept of applied Buddhist principle in management of things. This concept is worldwide and has proven effective in several countries such as China [2]. The application of Buddhist principles or Dhamma to nursing is very interesting. Focusing on managing woman health, the specific main rule of Buddhism relating to the cause and reason can be applied. This principle is called “The Four Noble Truths” in Buddhism. It is noted in Buddhism that a thing must be the result from another previous thing. This is a basic concept in nursing and medicine; a disorder has to have a clear etiology. Also, the Buddhist suggests finding a rooted cause to stop the problem. As noted by McCaffrey G et al., Buddhist concepts “lead to a dynamic and open way of understanding reality and responding in the world” [3]. This is also the practice in clinical nursing. In addition, the rule of

love to the other also supports the social care principle in clinical nursing to the suffering patients [4].

Focusing on the specific application in woman health nursing, there are some interesting reports on this issue (Table 1). In fact, in Buddhism, the concept of love is well mentioned. Hoping for goodness to the other and hoping the others to free from suffer are the key points. This is the way that can promote the reduction of

violence to the women. The concept also promotes the strong family system. In addition, the main five precepts in Buddhism also has the specific regulation, precept No. 3, that mentioned for avoidance of having sexual contact with anyone who is not your spouse. The rule that one should have honesty to the spouse can promote the good family relationship and it can help reduce the problem of sexually transmitted diseases that usually relates to multi-partner sexual contact.

Table 1. Some reports on Buddhism and women health.

Authors	Details
Eisenbruch [5]	Eisenbruch discussed on violence against women in Cambodia. He noted that Buddhist principles play important protective roles against violence against women [5].
Charoenwong et al. [6]	Charoenwong et al. reported on emotional well-being following religious conversion among women in Northeast Thailand [6]. Charoenwong et al. concluded that "To provide appropriate care to and prevent mental health problems among Isan women who convert from Buddhism to Islam, and other women in similar contexts, health providers need to enhance their understanding of conversion and to be aware of life experiences that impact on their emotional well-being" [6].
Jacobs et al. [7]	Jacobs et al. found that Buddhist section in the community played a role in supporting the ambulance service for the local people [7].

IMPORTANT CONCEPTS THAT PROMOTES THE WOMEN HEALTH NURSING

In fact, Buddhism promotes for doing good, avoiding doing bad and maintain the mind. The concept of think good thing to the others is concordant with the nursing concept to give care for all without discrepancies. The social engagement by Buddhist is an interesting consideration at present. Many Buddhist philosophers propose this concept as an effective tool for social developing. In nursing, social engagement based on Buddhist principle can support the work of nurse in the community. The Buddhist people might contribute to support the lack of infrastructure of the health center. The good example is the observation in Cambodia [6].

In addition, based on the Buddhist principle on reason and result, the nurse can use this for explanation of the disease pathogenesis. This might make the patient better understand the necessary of behavioral adjustment and has

psychological stabilizing during a suffer from serious disease (such as HIV [8].

CONCLUSION

Application of socially engaged Buddhism for women health nursing is interesting and might be useful in the modern clinical nursing. The socially engaged Buddhism is the new approach based on the use of Buddhism principle, Dhamma, to adapt to the daily practice. The specific application for general nursing can be seen and the concept also supports the promotion of woman health. The good examples are the use of concept on love and honesty to the spouse that can be the way to promote the family structure and prevention of sexually transmitted disease.

CONFLICT OF INTEREST

None.

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