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RESEARCH ARTICLE

COLAIZZI'S ANALYSIS METHOD: DESCRIPTIVE PHENOMENOLOGICAL RESEARCH IN NURSING

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ABSTRACT

Phenomenological research is the researches done upon the experiences faced by individuals during some specific events which have some impact on them. As nursing is a holistic care, experiences of events from people will help to provide holistic care to the individual. For analysis of the descriptive phenomenological research, Colaizzi's method is used. This seven steps method can give reliable and feasible analysis to the experience studied. Phenomenological studies done by the nurses are very few because qualitative descriptive phenomenological studies are time consuming, required more man power in analysis. Phenomenological studies focuses on psychological aspect of which can be used to give holistic care to people.

INTRODUCTION

Nursing is an art and science of holistic care, includes care from the experiences of the one's life and supporting them for well being of their health and daily life. Phenomenology plays a vital role in nursing profession since it values the individual's life experiences as well as the principles and modalities of their holistic healing into daily life and nursing practice (Llamas, 2018)¹. Husserl said the life experiences is not totally overlooked during day to day life. The "lived experience" needs to be examined through three phenomenological philosophical stances: intentionality, essences, and phenomenological reduction (Husserl, 2017). Intentionality is the consciousness of directing one's mind toward the objects or content. In other words, intentionality describes reality that occurs through conscious awareness. Essences describe the relationship with something real, in memory, or in imagination. Phenomenological reduction is the suspension of beliefs about the experience, and occurs through bracketing, or the process of disregarding past beliefs and assumptions, so the phenomena may be fully understood without preconceptions (Husserl). The word phenomenology came from greek word *phainomenon* meaning to appear, become visible and logos- to study. A phenomenon is something that is observed to happen or exist (Collins, 2021).

Definition: Phenomenology is a philosophy and method of enquiry that enables the researchers to understand the fundamental structures of experiences (Welch, 201). Phenomenology research is a qualitative research method, which allows the meaning that people

attribute to illness to be revealed from the perspective of the people who are having the experiences. (Cohen, 2000). Descriptive phenomenology is the detailed account of daily life experiences through mindful awareness (Husserl, 1970).

Phenomenological research in nursing: Phenomenology is a popular approach in health sciences, particularly nursing research, as its philosophical underpinnings enable researchers to understand and value people's unique experiences and so demonstrate empathy, which is a vital element of patient centered care (Welch, 2021; Whitehead, 2013). Nurse researchers can use phenomenology to understand the fundamental structure of an experience for the patient and therefore inform best practice (Whitehead, 2013).

Colaizzi's method using as statistical analysis: Colaizzi's (1978) distinctive seven steps method or process which can give correct analysis to the experiences studied. Colaizzi's said that researchers should be flexible with these steps- a deep and thorough exploration of meaning of the experiences observed. Data can be collected from face to face interview, written narratives, blogs, research diaries, online interview (example- circulating Google sheet) (Morrow, 2015; Ganapathy, 2021).

Familiarization: Understanding the meaning conveyed by the participants by reading and rereading several times of the scripts to obtain global sense of phenomenon. This will help to be focused on participants statements.

Identifying significant statements: Identifying and extracting phrases that are related to the phenomenon is investigated. A significant statement is a view and expression of the participant directly related to the experience.

Formulating meaning: Remarketing particular meaning or issue from the significant statement is the formulating meaning. If a participant provide a statement like – “The people on the satellite campuses often have a very different experience to those on the main campus”. The statement is the significant statement and formulated meaning will be – “different experience”. Another participants said “very different from teaching in a large metropolitan university”- here the formulated meaning is “different teaching experience (Wirihana, 2018)”

Clustering themes and creating themes/ validating meaning: Similar kind of formulated meaning were cluster together to form theme clusters, then related clusters were grouped together to form themes. From the previous step of formulating meaning cluster theme was “we are different” and theme from similar cluster theme was-“A different place creates different experiences” (Wirihana, 2018)

Developing an exhaustive description: Repeated re-examination of the statements, cluster themes, themes to study from the different perspective and to make sure that the exhaustive description were thorough then researchers and participants validate the description to be examined.

Producing the fundamental structure: The descriptions were concised to identify the fundamental structure by removing redundant and extra information from the script.

Seeking verification of the fundamental structure/ credibility check: Credibility check was done through checking with similar studies on the phenomena for similarities by using participant validation. The exhaustive description and fundamental structure is revised to make it confirm the accurately depict of the individuals experience of the phenomena.

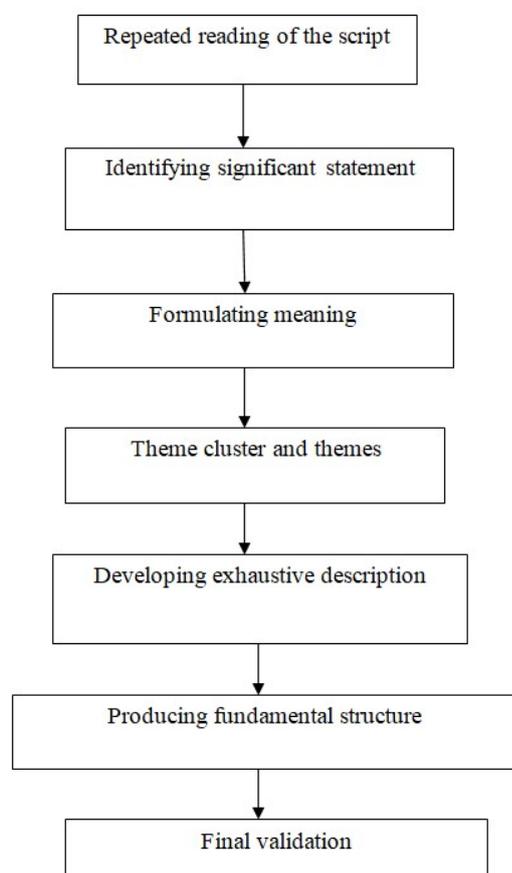


Fig 1. Flowchart of the seven steps colaizzi's method

Examples of phenomenological Studies done in India by nurses in various field: In India phenomenological research studies are not so common as quantitative studies among nurses especially in the student nurses. Huge amount of studies are done by student nurses (diploma, graduate, postgraduate and doctoral). Due to easy analysis and suitable sampling many of the nurses opt for the descriptive and experimental studies (True, pre or quasi). And lack of knowledge in analysis many of the nurses choose for quantitative studies over qualitative studies. Some of the studies which has been done by nurses of various field in India is listed below-

Deol R, conducted a study on A Phenomenological Study To Assess The Nursing Students' Opinion On Clinical Nursing Experiences At Aiiims, Rishikesh, Uttarakhand (India). Qualitative exploratory design using phenomenological method to explore the lived experiences of student nurses during their clinical nursing practice was used. Total of 18 students were enrolled from 2nd, 3rd and 4th year B.Sc. Nursing student. Systematic purposive sampling technique was adopted to collect data from the participants. Total of 8 semi structured questions were given to the participants where the first 2 questions were general questions which were used as ice-breakers or to make the students comfortable. The remaining questions focused on assessing their opinion about clinical nursing experiences. The interviews were video recorded and transcriptions were made. Colaizzi's method was used to analysed the data. Themes and subthemes were created. Major themes were- Supportive clinical environment facilitates effective learning, Reality is very different from what is expected, too much written assignments hinder learning in the clinical area, Bedside clinical teaching enhances better learning. Overall, findings indicated the importance of clinical learning as an integral part of nursing education and nursing practice; therefore nurse educators and registered nurses in the health services should strive to create and provide an environment that is conducive to learning in order to maximize and enhance the clinical learning experiences of student nurses during their placement in clinical learning environment (Deol).

Ganapathy M, Mathews SMJ, Bhambid N, Jadhav U, Awate D, Sutar A conducted a study on lived experiences of nurses with covid-19 care in india: a phenomenological study in Maharastra. Objective was to explore the lived experiences of nurse with Covid-19 patient care. Using a phenomenological approach, 25 nurses were selected as samples. The lived experience of nurses caring for Covid-19 were summarized into 4 themes. The second theme was the negative emotions experienced by them with five subthemes in the third themes. Gaining control were found among the nurses with this experience with their perseverance and dedication, slowly gained control of the situation and emerged with the meaning of this experience and insight. In the conclusion, coping styles, new teams and psychological growth played an important role in providing meaning to their new role of warrior (Ganapathy, 2021).

CONCLUSION

In the philosophical perspective of the world, phenomenology has gained importance in the nursing profession. By getting a deeper understanding of the phenomenological research, with the important clinical decisions, nurses will be able to make innovative and progressive approaches important to improving patient care processes in the clinical field and other sectors of the field.

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