

## The Theory- Practice Gap and Nursing Research

1. Using one of the articles provided in this week's course announcement, identify the nursing theory used to frame the nursing research.
2. Analyze the selected nursing theory used to guide the research article you selected for the assignment and describe how the nursing theory that was used applies to nursing's metaparadigm, including each of the following:
  - Person
  - Health
  - Environment
  - Nursing
3. Support your summary using one quotation, cited in the APA format for a quote as outlined in the academic integrity presentation in lesson 1.
4. Support your summary using one summary or synthesis statement, cited in the APA format for a summary/synthesis as outlined in the academic integrity presentation in lesson 1.

The anxiety level of nursing students is highly prevalent even in normal circumstances. Often, nursing students experience feelings of hopelessness and agony in the clinical learning experience that has a direct impact on their academic performance. Watson's Human Caring Theory continues to change and guide the discipline in nursing. The main idea of Watson Theory is the transpersonal relationships and the human-to-human caring moments. In the article "The effects of clinical education program based on Watson's theory of human caring on coping and anxiety levels of nursing students: A randomized control trial", (Durgun Ozan et. al, 2020), the concept of the instructor versus the student in the clinical practice is utilized. In Jean Watson's theory of metaparadigm, he uses the concept of nursing by observing a person, health, environment, and nursing.

- Person focuses on the patient. This may encompass the person's culture, family, spirituality, etc.
- Health focuses on the quality and wellness of that person (overall physical, mental, social functioning, etc.)
- Environment can be external or internal factors related to that person (interaction with other individuals and surroundings)
- Nursing focus on applying knowledge and skills when providing care (holistically)

Purpose of this study is to observe the outcome of the provided clinical education based on the Watson Theory of Human Caring. This theory also focuses on coping and the anxiety levels of nursing students within the clinical setting. Nursing students experience a higher level of stress