A Humanbecoming Living Experience of Suffering: A Parse Method Study
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Background
In 2013, the province of Tacloban, was hit by Yolanda, one of the most dreadful typhoons and in the archipelago of the Philippines. Thousands of people experienced suffering.

Introduction: Suffering is a universal human experience. The phenomenon of interest for this study was the living experience of suffering. This study was anchored in nursing science, specifically in the humanbecoming (HB) paradigm (Parse, 2014).

Purpose of the Study
a) to expand nursing knowledge on the living experience of suffering as a universal living experience
b) to contribute to the evolution of the nursing science.

Significance of the Study: This understanding of suffering as a universal experience can inspire nurses and other healthcare professionals to choose to be with persons, families and communities who suffer diverse situations.

Participants: Ten individuals who did experience one of the most dreadful typhoons in the archipelago of the Philippines.

Research Question: What is the structure of the living experience of suffering?

The Theoretical Framework
The HB paradigm (Parse, 2014) guided this phenomenological study.

Methods
The Parse research method (Parse, 2001), a phenomenological-hermeneutic method, which was used to discover the meaning of lived experiences of person’s descriptions of experiences has three processes: a) Dialogical engagement, b) Extraction-synthesis, and c) Heuristic Interpretation

The Central Finding of the Study
Suffering is penetrating disheartenment amid resoluteness, as pondering with diverse alliances surfaces with lingering glimmers of destruction.

Penetrating disheartenment amid resoluteness is portrayed as the wind's strength, a blast of air with piercing water’s rays pushing-resisting, as a tree bends but does not break, yet debris strewn over. A group of figures clings with tenacity, to the erected structure of a split wreck of ships, being swept up by black muddy water, while another group struggles to escape the rising rolling wave.

Pondering with diverse alliances is shown as figures attend-distance with others, moving in various directions and even propelling in the tourbillon while dawns enlightens helplessness and desperation of innocents' figures.

Lingering glimmers of destruction is explicated as the painting depicts the ravages of the becoming visible-invisible becoming with the emerging now and reveals the shifting familiar-unfamiliar of the living experience of suffering.

Conclusions
The findings of this study, as evolved and interpreted in light of the Parse research method contribute new knowledge and understanding about the living experience of suffering. Further study could be on feeling listened to, feeling respected, feeling understood, and feeling unburdened.

The new knowledge uncovered from this study
1. Suffering is penetrating disheartenment amid resoluteness, as pondering with diverse alliances arises with lingering glimmers of destruction.
2. Penetrating disheartenment amid resoluteness as living the hardship of being-nonbeing arising with unsubstitutable turbulences upheaval emerged as essential to suffering.
3. Irreplaceable pondering with diverse alliances is core to suffering.
4. Lingering glimmers of destruction as shivering lull emerge with the wavering of oscillating opportunities amid disconcertment.
5. A deeper understanding emerged from this study on suffering as a living experience substantial for living quality. (Parse, 2013).

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References: