



The Influence of Nurse's Therapeutic Approach on the Patient Healing Process

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ABSTRACT

Background: The patient's healing process is influenced not only by physical medical and nursing procedures, but also by psychological and emotional factors. A therapeutic approach by nurses, which includes empathetic communication, emotional support, and a trusting relationship, is believed to help improve the patient's response to treatment and accelerate the healing process.

Objective: This study aims to analyze the influence of nurses' therapeutic approaches on the patient's healing process.

Method: This study used a quantitative design with a descriptive analytical approach and cross-sectional method. The study sample consisted of 80 inpatients at Hospital X selected using purposive sampling technique. Data were collected using a nurse therapeutic approach questionnaire and patient healing process indicators, then analyzed using the Chi-Square test with a significance level of $\alpha = 0.05$.

Results: The results showed that most respondents rated the nurse therapeutic approach in the good category (67.5%) and most patients experienced a good healing process (70.0%). The results of statistical tests showed a significant influence between the nurse therapeutic approach on the patient healing process ($p = 0.001$).

Conclusion: The nurse therapeutic approach has a significant influence on the patient healing process. Therefore, the application of the therapeutic approach needs to be improved as an integral part of nursing care to support patient healing holistically.

Keywords: Therapeutic Approach, Nurses, Healing Process, Nursing Care

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1. Introduction

Nursing care is an integral part of the healthcare system and plays a vital role in the patient's healing process. Nurses are not only responsible for providing physical care but also play a significant role in meeting the psychological, emotional, and social needs of patients. One way this role manifests itself is through the application of a therapeutic approach to nursing care.

The therapeutic approach of nursing is a form of professional relationship consciously established between nurse and patient with the goal of helping the patient overcome their health problems. This approach includes empathetic communication, mutual trust, openness, honesty, and ongoing emotional support. A good therapeutic relationship is believed to create a sense of safety and comfort for the patient, thereby increasing their motivation and participation in the healing process.

The patient's healing process is influenced not only by medical treatment and physical nursing care, but also by their psychological state. Patients experiencing anxiety, fear, or prolonged stress tend to have a slower healing response. Conversely, patients who feel cared for, understood, and emotionally supported are more likely to cooperate with therapy, have positive expectations, and show better healing progress.

In healthcare practice, nurses still find that therapeutic approaches are not optimally implemented. High workloads, time constraints, and a focus on technical aspects often lead to a lack of attention to communication and interpersonal relationships. Yet, a therapeutic approach is one of the fundamental competencies nurses must possess to provide holistic nursing care.

Several previous studies have shown that nurses' therapeutic approaches are associated with increased patient satisfaction, decreased anxiety levels, and improved clinical conditions. However, studies specifically assessing the impact of nurses' therapeutic approaches on patient healing require further development.

Based on this background, this study was conducted to analyze the influence of nurses' therapeutic approaches on the patient healing process. The results are expected to provide a scientific basis for improving the quality of nursing care and encourage the consistent application of therapeutic approaches in nursing practice.

2. Research Methods

a. Research Design

This study used a quantitative design with a descriptive analytical approach and cross-sectional methods. This design was chosen to determine the effect of nurses' therapeutic approaches on the patient's healing process at a single measurement point.

b. Location and Time of Research

The research was conducted in the inpatient ward of Hospital X in January-March 2025.

c. Population and Sample





- Population: all inpatients at Hospital X.
 - Sample: 80 inpatients selected using purposive sampling.
- d. Inclusion criteria**
- 1) Inpatients aged ≥ 18 years
 - 2) Patients are treated for a minimum of 3 days
 - 3) Can communicate well
 - 4) Willing to be a respondent
- e. Exclusion criteria**
- 1) Patients with impaired consciousness
 - 2) Patients with severe psychiatric disorders
- f. Research Variables**
- Independent variable: Nurse's therapeutic approach
 - Dependent variable: Patient healing process
- g. Therapeutic Approach Indicators**
- 1) Empathetic communication
 - 2) Friendly and respectful attitude
 - 3) Clarity of information
 - 4) Emotional support
 - 5) Openness and trust
- h. Healing Process Indicators**
- 1) Improvement of physical condition
 - 2) Compliance with treatment
 - 3) Decrease in complaints
 - 4) Length of stay
 - 5) Patient perception of recovery
- i. Research Instruments**
- The research instrument was a structured questionnaire with a Likert scale (1–5). The instrument was tested for validity and reliability using Cronbach's α values. $\alpha > 0.70$.
- j. Data collection technique**
- Data is collected through:
- 1) Completion of questionnaire by respondents
 - 2) Observation of patient condition
 - 3) Study of medical record documentation (length of stay)
- k. Data analysis**
- Univariate analysis: frequency distribution and percentage
 - Bivariate analysis: Chi- Square test





- The significance level was set at $\alpha = 0.05$

1. Research Ethics

This research has obtained permission from the relevant institutions. Respondents were given informed consent, and data confidentiality is fully guaranteed.

3. Research Result

a. Research Result

This study involved 80 inpatients at Hospital X who met the inclusion criteria. Univariate and bivariate analyses were conducted to describe the nurses' therapeutic approach, the patient's healing process, and the interaction between the two variables.

1) Respondent Characteristics

Table 1. Respondent Characteristics

Characteristics	Frequency (n)	Percentage (%)
Age		
18–40 years	34	42.5
>40 years	46	57.5
Gender		
Man	38	47.5
Woman	42	52.5
Length of Hospitalization		
3–5 days	49	61.3
>5 days	31	38.7

2) Nursing Therapeutic Approach

Table 2. Nurses' Therapeutic Approach Levels

Category	n	%
Good	54	67.5
Enough	18	22.5
Not enough	8	10.0
Total	80	100

The majority of respondents assessed that the nurses' therapeutic approach was in the good category.

3) Patient Healing Process





Table 3. Patient Healing Process

Category	n	%
Good	56	70.0
Enough	16	20.0
Not enough	8	10.0
Total	80	100

Most patients showed good healing process.

4) The Influence of Therapeutic Approaches on the Healing Process

Table 4.

Relationship between Nurses' Therapeutic Approach and the Patient Healing Process

Therapeutic Approach	Good Healing	Less Healing	Total
Good	46	8	54
Enough/Insufficient	10	16	26
Total	56	24	80

The Chi- Square test showed a p value = 0.001 ($p < 0.05$), which means there is a significant influence between the nurse's therapeutic approach and the patient's healing process.

b. Discussion

The study results showed that nurses' therapeutic approaches significantly influenced patients' healing processes. Patients who received a good therapeutic approach tended to experience more optimal healing than those who received an adequate or inadequate therapeutic approach.

1) Therapeutic Approach in Nursing Theory Perspective

Interpersonal theory of nursing, a therapeutic relationship built through empathetic communication, openness, and emotional support can foster a sense of security and trust in the patient toward the nurse. This encourages the patient to be more cooperative in treatment and care, thereby accelerating the healing process.

2) Psychological Influence on Healing

Therapeutic approaches help reduce patient anxiety and stress. Physiologically, low stress can enhance the body's immune response, accelerate





tissue regeneration, and improve patient compliance with therapy. This explains why patients who feel cared for and supported show faster improvement.

3) Consistency with Previous Research

The results of this study align with previous research that suggests that therapeutic communication by nurses is associated with increased patient satisfaction, decreased anxiety, and improved clinical outcomes. A consistent therapeutic approach has been shown to be an essential component of holistic nursing care.

4) Implications for Nursing Practice

These findings confirm that nurses play a role not only as implementers of clinical procedures but also as companions to patients in the healing process. Therefore, a therapeutic approach needs to be a core competency in nursing practice across all healthcare settings.

4. Conclusion And Suggestions

a. Conclusion

- 1) Most nurses have implemented therapeutic approaches in the good category.
- 2) The majority of patients showed good healing process.
- 3) There is a significant influence between the nurse's therapeutic approach and the patient's healing process.
- 4) The nurse's therapeutic approach plays an important role in supporting the patient's healing process holistically.

b. Suggestion

1) For Nurses

Nurses are expected to enhance the implementation of therapeutic approaches through empathetic communication, emotional support, and active patient involvement in care.

2) For Hospitals

Hospital management is advised to provide regular therapeutic communication training to improve the quality of nursing care.

3) For Further Researchers

Further research is recommended to use a longitudinal or experimental design and add objective clinical indicators as healing outcomes.

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