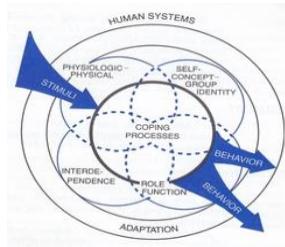


Summary of Callista Roy Adaptation Model

Joko Gunawan

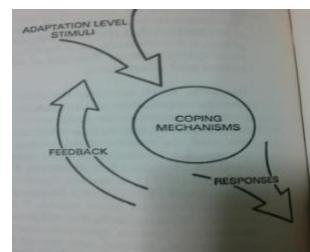
The picture below shows that Roy presents the person as a holistic adaptive system that consists of input-process-output-feedback. The adaptive system has inputs of stimuli and adaptation level, outputs as behavioral responses that serve as a feedback, and control process as known as coping mechanism. **The Input**, which consists of stimuli and adaptation level.

Stimuli are the internal and external environment. The main task of human system is to maintain integrity in the face of



environmental stimuli. There are three classes of stimuli from the environment. 1) The focal stimulus: the internal or external stimulus most immediately in the awareness of the individual or group—the object or event most present in the consciousness. 2) Contextual stimuli: all other stimuli present in the situation that contribute to the effect of the focal stimulus or all the environmental factors that present to human adaptive system from within or outside but which are not the center of attention or energy, but these factors do influence how people deal with the focal stimulus. 3) Residual stimuli: environmental factors within or outside human systems, the effects of which are unclear in the situation. The effect of these stimuli may be unclear if there is no awareness on the part of the patient that a stimulus is an influence, or it may not be clear to the observer that these stimuli are having an influence on the human system.

Adaptation level: adaptation is the process and outcome whereby thinking and feeling persons as individuals or in groups, use conscious awareness and choice to create human and environmental integration. The adaptation level is a changing point influenced by the situation and the internal resources of the person, family or group. It represents the condition of the life processes. Three levels are described by Roy: 1). Integrated life process: level at which the structures and functions of a life process are working as a whole to meet human needs, 2). Compensatory process: level at which coping mechanism (cognator and regulator) have been activated by a challenge to the person or group, 3). Compromised process: level resulting from inadequate integrated and compensatory life processes; an adaptation problem.



The Process, in Roy adaptation model, coping processes include both innate coping mechanism and acquired coping mechanism. Innate coping processes are genetically determined or common to the species; they are generally viewed as automatic processes. In contrast, acquired coping process are learned or developed through customary responses. The coping

processes are categorized as “the regulator and cognator subsystems. A basic type of adaptive process, the regulator subsystem responds through neural, chemical, and endocrine coping channels. Stimuli from the internal and external environment act as input through the senses to the nervous system, thereby affecting the fluid, electrolyte, and acid-base balance, as well as the endocrine system. It is all channeled automatically, with the body producing an automatic, unconscious response to it. The second adaptive process, the cognator subsystem, responds through four cognitive-emotional channels: perceptual and information processing, learning, judgment, and emotion. The cognator-regulator and stabilizer-innovator subsystem function to maintain integrated life processes. These life processes-whether integrated, compensatory, or compromised- are manifested in behaviors of the individual or group.

The Output, Behavior is viewed as an output of the human system and takes the form of either **adaptive responses or ineffective responses** serving as **feedback** to the system, with the human system using this information to decide whether to increase or decrease its efforts to cope with the stimuli. Although one can identify specific processes inherent in the regulator-cognator systems, it is Not possible to directly observe the functioning of these systems. The behaviors can be observed in four categories, or adaptive modes: Physiological (oxygenation, nutrition, elimination, activity and rest, protection, senses, fluid and electrolytes, neurological function, and endocrine function), Self- Concept mode (psychological and spiritual aspects), Role function mode (social interaction: primary, secondary, tertiary role), Interdependence role (human value, affection, love, and affirmation).

Conclusion. The Roy adaptation model identifies the essential concepts relevant to nursing as the human adaptive system is viewed as constantly interacting with internal and external environmental stimuli. The human adaptive system is active and reactive to these stimuli. Stimuli are defined as focal, contextual and residual. The internal coping processes of regulator and cognator for the individual and stabilizer and innovation for collective human adaptive systems are phenomena of concern to nursing. Support of coping processes may be the focus of nursing intervention. The four adaptive modes may be the first aspect of the model that the student or nurse is able to assimilate.

Reference:

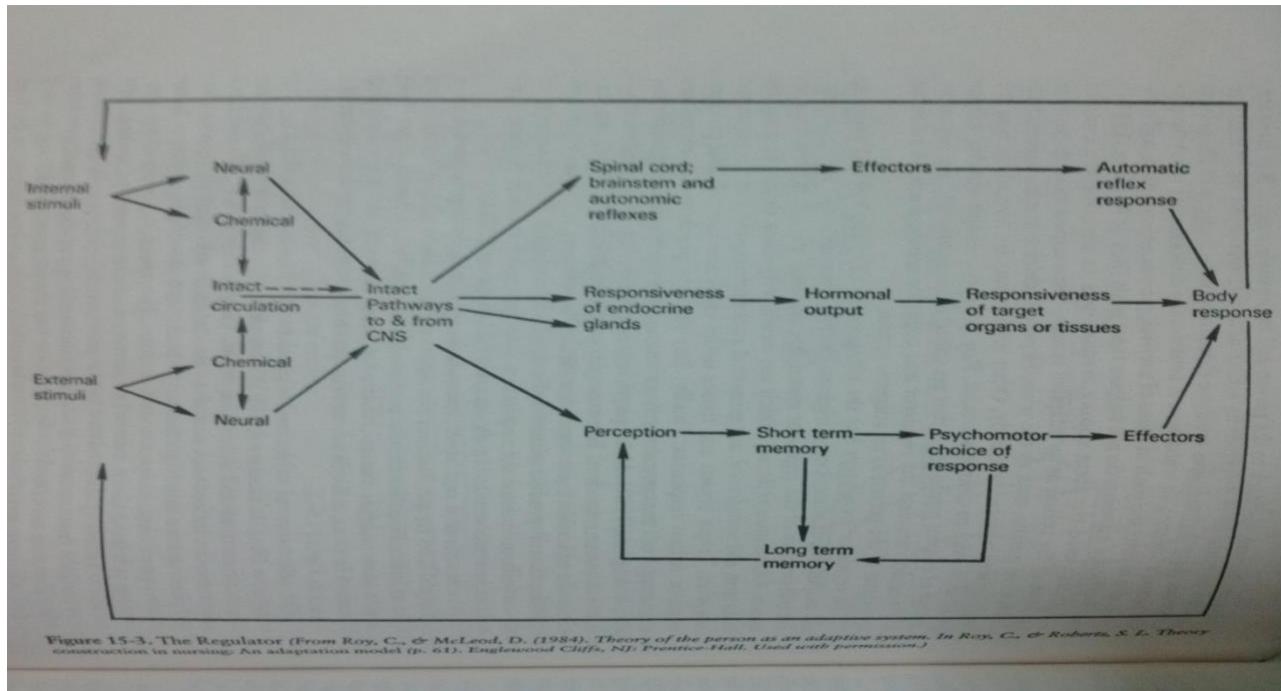
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The Regulator Subsystem



The Cognator Subsystem

