“If you want to truly understand something, try to change it.” - Kurt Lewin

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"The individual accepts the new system of values and beliefs by accepting belongingness to a group.... The chances for [successful] reeducation seem to be increased whenever a strong we-feeling is created. . . . It is basic for reeducation that this linkage between acceptance of new facts or values and acceptance of certain of certain groups or roles is very intimate and that the second frequently is a prerequisite for the first."
Lewin's Background

- Born in Mogilno, Prussia in 1890
- Immigrated to the US after Hitler took power in 1933
- Considered the "father of social psychology"
- Died from a heat attack at age 56

(Psychologist and Their Theories for Students, 2005)
Lewin's theory on human being, environment and health are interrelated.

In Lewin’s words, ‘to understand or to predict behavior, the person and his environment have to be considered as one constellation of interdependent factors’

Contemporanity-parts of the current situation that influence people and their environment result in change.

Field Theory-people in their environment are considered together when predicting or understanding their behavior.

http://www.tavinsitute.org/lectures_and_presentations/uncategorized/field-theory-rule/
Lewin and Nursing

- Lewin studied human behavior and what influences it
- Nursing is the practice of caring for individuals, groups, or communities
- How are they related?
  - Lewin's theory helps nurses to assess a patient's barriers to change, how to help the patient become more accepting to the change, and ultimately completing the change
  - Nursing is a continual effort to help maintain health in populations and change is almost always required to do so
Lewin's Motivation for Change Theory

- Lewin's theory was greatly influenced by his personal life
- Lewin immigrated to the US because of Hitler's reign
- He did not agree with Hitler's regime and his practices (Lewin's mother was sent to a concentration camp and later died there)
- A theory of change was needed to help change the beliefs and behaviors of the individuals and groups in the defeated Axis
- The Allies wished for the Axis populations to become democratic societies and never return to dictatorship

(Psychologist and Their Theories for Students, 2005)
"Unfreezing" - interventions to let go of old habits; this is similar to creating a care plan for a patient in nursing
Lewin's Change Theory

"Movement"
- Thoughts
- Feelings
- Behaviors

Facilitates actions towards a goal because they are more productive

http://currentnursing.com/nursing_theory/change_theory.html
'Refreezing' - complying with the new behavior; without this it is easy to go back to previous habits

http://currentnursing.com/nursing_theory/change_theory.html
Driving Forces - things that motivate the person to change

Restraining Forces - things that hold people back from change

Equilibrium - when driving forces and restraining forces are equal, no change occurs; a shift in either pushes the person towards change or staying the same

http://currentnursing.com/nursing_theory/change_theory.html
