



UNIVERSITI PUTRA MALAYSIA

**LEARNING EXPERIENCES OF BREAST CANCER SURVIVORS
PRACTISING GUOLIN QIGONG**

NADIAH DIYANA TAN BINTI ABDULLAH

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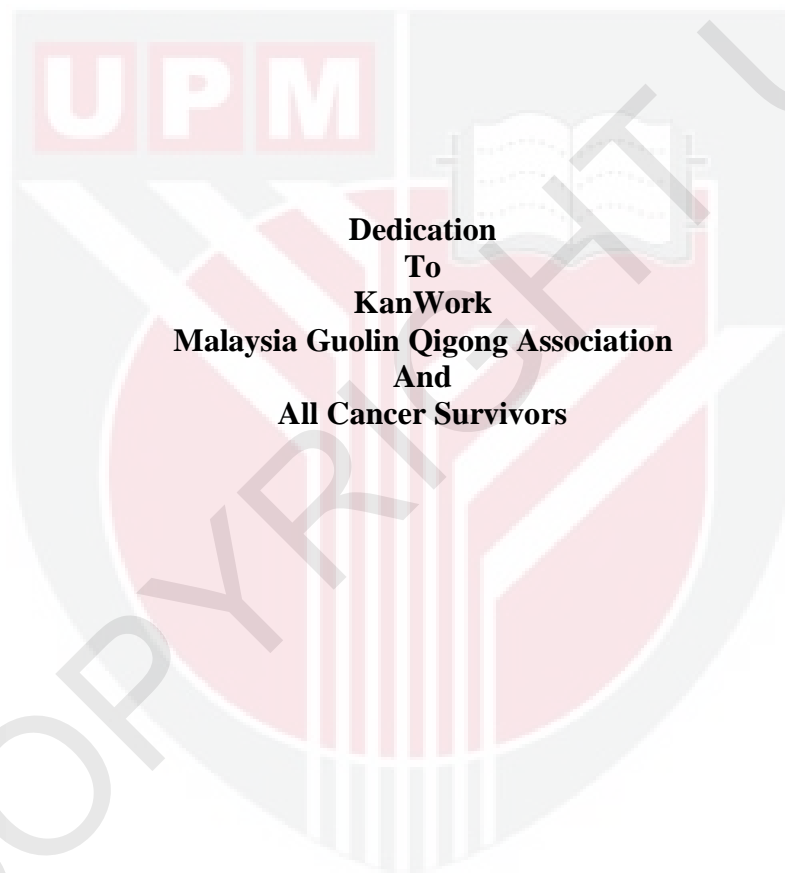
**LEARNING EXPERIENCES OF BREAST CANCER SURVIVORS
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By

NADIAH DIYANA TAN BINTI ABDULLAH

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfilment of the Requirements for the Degree of Doctor of Philosophy**

November 2012



**Dedication
To
KanWork
Malaysia Guolin Qigong Association
And
All Cancer Survivors**

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Abstract of thesis presented to the Senate of the Universiti Putra Malaysia
in fulfillment of the requirement for the degree of Doctor of Philosophy

**LEARNING EXPERIENCES OF BREAST CANCER SURVIVORS
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November 2012

Chair: Mazanah Muhamad, PhD

Faculty: Educational Studies

The purpose of this study was to explore the learning experience embedded in breast cancer survivors through the adoption and maintenance of Guolin Qigong exercise. The study was guided by the following research questions: (1) why did the selected breast cancer survivors adopt Guolin Qigong? (2) how did learning occur among the selected breast cancer survivors? (3) what influenced the selected breast cancer survivors to engage in long term maintenance in Guolin Qigong and lastly (4) what are the learning outcomes gained from practising Guolin Qigong?

A qualitative approach was carried out and 22 participants of breast cancer survivors from the Malaysia Guolin Qigong Association of five regions in Malaysia namely Central region, South region, East region, Upper north region and North region were interviewed. The participants were selected using purposive and snowball sampling techniques based on the following criteria: (1) adult female breast cancer survivors known to have adopted Guolin Qigong for more than six

months; (2) capable and willing to share their experience in long term maintenance of Guolin Qigong (3) English, Malay or Chinese speaking participants.

The primary data collection technique used in this qualitative study was in-depth interview. The interviews were taped and conducted in a mixture of languages - English, Bahasa Malaysia and Chinese. The taped interviews were transcribed verbatim for both English, Bahasa Malaysia, and Chinese by language expert. Ethical issues were addressed and the credibility of this study was ensured through prolonged engagement, member checks and peer examination.

The findings indicated that the reasons for adopting Guolin Qigong exercise were: (i) the need to survive; (ii) the belief in Qigong; (iii) gained support from spouse and family members and (4) Qigong is an adaptable form of exercise. It was found that their learning process began from their cancer experience which led them to locate information for survivorship. To ensure that they gained the benefits from practising Guolin Qigong, they learned the exercise by active participation.

They improved exercise performance by learning and understanding their body through daily practice. The feeling of discomfort and pain during practice signalled either the overdoing of an exercise or insufficient rest in between exercises. Most of these women related that they gained the physical benefits, psychosocial gains and spiritual shift through the reinforcement of feedback given by the master and practises.

Three conclusions were drawn from this study. First, one has to develop self-determination, perseverance and a positive belief towards this exercise. Second, the best learning experience comes through learning by doing; learning and understanding one's own body and through receiving positive learning experiences. Thirdly, the learning experiences from exercise need to have elements of enjoyment.

The present findings suggest the relative contributions of exercise adoption, the importance of the learning process and the factors that enhance the maintenance of the exercise program. This could be effectively targeted to promote exercise behaviour among sedentary breast cancer patients and survivors and to reduce exercise dropout rates among cancer patients and survivors.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**PENGALAMAN PEMBELAJARAN GUOLIN QIGONG DALAM
KALANGAN PESAKIT DAN SURVIVAL KANSER PAYUDARA**

Oleh

NADIAH DIYANA TAN BINTI ABDULLAH

November 2012

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Tujuan kajian ini adalah untuk meneroka pengalaman pembelajaran bekas pesakit kanser payudara dalam pengamalan dan pengekalan senaman Qigong Guolin. Kajian ini berpandukan kepada soalan-soalan penyelidikan berikut: (1) mengapa bekas pesakit kanser payudara mengamalkan Guolin Qigong? (2) bagaimana pembelajaran berlaku dalam kalangan bekas pesakit kanser payudara ini? (3) apakah yang mempengaruhi bekas pesakit kanser payudara ini mengekalkan Guolin Qigong dan akhir sekali (4) apakah kesan pembelajaran yang diperolehi oleh bekas pesakit kanser payudara ini dari amalan Guolin Qigong?

Pendekatan penyelidikan kualitatif telah dijalankan dengan 22 pesakit kanser payudara dari Persatuan Guolin Qigong Malaysia telah ditemubual dari lima kawasan di Malaysia iaitu di rantau Tengah, rantau Selatan, rantau Timur, rantau utara atas dan rantau Utara. Para peserta telah dipilih berdasarkan kriteria tertentu menggunakan persampelan yang digunakan untuk tujuan tertentu dan teknik pensampelan pendorong: (1) wanita pesakit kanser payudara yang telah

mengamalkan Guolin Qigong lebih daripada enam bulan; (2) mampu dan sanggup berkongsi pengalaman dalam pengejalan senaman Guolin Qigong (3) kebolehan berbahasa Inggeris, Bahasa Melayu atau bahasa Cina.

Teknik pengumpulan data utama yang digunakan dalam kajian kualitatif ini adalah temu bual secara mendalam. Temu bual tersebut dirakam dan dijalankan dalam campuran bahasa seperti Bahasa Inggeris, Bahasa Malaysia dan Bahasa Cina. Temu bual yang dirakam disalin kata demi kata bagi Bahasa Inggeris, Bahasa Malaysia, dan Bahasa Cina, dan ia diterjemahkan oleh pakar Bahasa. Isu etika ditangani dan kredibiliti kajian ini dipastikan menerusi penglibatan penyelidik yang berpanjangan dengan bekas pesakit kanser payu dara, pemantauan teks dengan bekas pesakit kanser payu dara yang ditemuduga dan pemeriksaan oleh rakan sebaya.

Wanita dalam kajian ini menyatakan bahawa mereka mengamalkan senaman Guolin Qigong kerana : (i) keperluan untuk terus hidup; (ii) kepercayaan kepada Qigong; (iii) mendapat sokongan daripada pasangan dan ahli keluarga dan (4) Qigong adalah satu bentuk senaman yang mudah diadaptasikan. Proses pembelajaran mereka bermula daripada pengalaman kanser mereka yang membawa mereka untuk mencari maklumat lanjut untuk “survivorship”. Keperluan untuk terus hidup menaikkan semangat wanita ini untuk mengamalkan Guolin Qigong sebagai senaman mereka.

Wanita-wanita ini memastikan bahawa mereka mendapat manfaat daripada mengamalkan Guolin Qigong, dengan menghadiri kelas senaman Qigong serta melalui penyertaan aktif dan dengan melakukan sendiri untuk mengalami senaman itu.

Gerak laku Guolin Qigong itu bertambah lancar dari semasa ke semasa melalui pembelajaran serta memahami badan mereka sendiri dengan melakukan amalan dan senaman harian. Rasa ketidak selesaan dan kesakitan semasa latihan, memberi isyarat kepada pelaku sama ada beliau melakukan senaman yang berlebihan atau tidak mempunyai rehat yang mencukupi antara senaman. Secara tidak langsung, wanita ini mendapat maklum balas amalan pembelajaran mereka dari tubuh badan mereka di samping menerima maklum balas daripada tenaga pengajar mereka. Majoriti wanita ini akan memastikan bahawa mereka dapat melakukan gerakan yang terbaik untuk keberkesannya dengan memperkukuh apa-apa maklum balas yang diberikan oleh tenaga pengajar mereka. Sebagai hasilnya, majoriti wanita ini melaporkan bahawa selepas beberapa ketika mengamalkan Guolin Qigong mereka mendapat (i) manfaat fizikal, (ii) manfaat psikososial dan (iii) anjakan rohani.

Tiga kesimpulan daripada kajian ini: (i) untuk menghasilkan kegigihan diri, seseorang perlu ada kepercayaan terhadap program yang bakal dilalui, tabah dan gigih untuk melakukan senaman; (ii) pengalaman pembelajaran yang terbaik adalah dengan melakukannya sendiri dan belajar memahami badan sendiri serta melalui proses pengalaman pembelajaran yang positif dan (iii) pengalaman pembelajaran yang dilalui, seharusnya mempunyai unsur-unsur keseronokan.

Dapatan kajian ini menyumbangkan kepada proses pembelajaran dan meningkatkan kadar penglibatan bersenam dalam kalangan pesakit kanser payudara yang tidak aktif bersenam dan seterusnya meningkatkan pengekalan senaman dalam kalangan pesakit kanser payudara yang mempunyai potensi untuk berhenti bersenam.

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I certify that a Thesis Examination Committee has met on 05 November 2012 to conduct the final examination of Nadiah Diyana Tan binti Abdullah on her thesis entitled “Learning Experiences of Breast Cancer Survivors Practising Guolin Qigong” in accordance with the Universities and University College Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.



NADIAH DIYANA TAN BINTI ABDULLAH

Date: 05 November 2012

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