University of Pretoria – etd – Mabitsela, L

EXPLORATORY STUDY OF PSYCHOLOGICAL DISTRESS AS UNDERSTOOD BY PENTECOSTAL PASTORS

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DECLARATION

I declare that the work on which this dissertation is based, is original, except where acknowledgement indicate otherwise and neither the whole work nor any part of it has been, is being, or is to be submitted for another degree at this or any other University or any other tertiary education institution of examination body.

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L. Mabitsela

February 2003

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ABSTRACT

The study is an exploratory investigation of Pentecostal pastors' perceptions of psychological distress, using grounded theory. Semi-structured interviews were conducted with five senior pastors, of Pentecostal churches in Soshanguve township located near Pretoria in South Africa. Data was analysed using open, axial and selective qualitative research methods. Verification of the results by the participants enhanced the validity and reliability of the research. Results indicate that there seems to be certain similarities between the established frameworks in psychology and the worldview of pastors with regard to psychological distress. It seems as if the pastors share common views about psychological distress with the medical, interpersonal and cognitive schools of thought. Therefore, psychological distress would be regarded as impairment in the social and occupational life spheres. The pastors' referral patterns and strategies to deal with religious clients' psychological distress are discussed, as well as their limitations as mental health care workers for their communities. It is suggested that, to bring psychological services to the black community, psychologists form collaborative relationships with Pentecostal pastors.

KEY TERMINOLOGY

Psychological distress

Community psychology

Qualitative research methods

Interdisciplinary-collaboration

Worldview

Grounded theory

Referral systems

Mental health

Pentecostal pastors

Christian religion

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SAMEVATTING

Die studie is ‘n verkennende ondersoek na die persepsies van pastore van die Pinksterkerk ten opsigte van sielkundige nood deur die gebruik van die Begrondingsteorie. Semi-gestruktureerde onderhoude is gevoer met vyf senior pastore, verbonde aan Pinksterkerke in die stedelike woongebied van Soshanguve naby Pretoria in Suid Afrika. Die data is geanaliseer aan die hand van oop-, aksiale- en selektiewe kwalitatiewe navorsingsmetodes. Verifiëring van die resultate deur die deelnemers het die geldigheid en betroubaarheid van die navorsing verhoog. Resultate dui daarop dat daar sekere ooreenkomste is tussen gevestigde sielkundige benaderings en die wêreldbeskouing van die pastore ten opsigte van sielkundige nood. Dit blyk dat pastore menings ten opsigte van sielkundige nood huldig, wat ook in die mediese-, interpersoonlike- en kognitiewe denkskole aangetref word. Daarvolgens word sielkundige nood as ‘n ingekorte fuksionering van die sosiale- en beroepslewensfere, beskou. Die pastore se verwysingsraamwerk en hanteringstrategieë, waardeur godsdienstige kliënte se sielkundige nood hanteer word, asook die beperkings in hulself om as geestesgesondheidswerkers binne gemeenskappe op te tree, is in die navorsing bespreek. Daar word voorgestel dat sielkundiges met en Pinksterkerkpastore saamwerk om sielkundige dienste in die swart gemeenskap te vestig.

SLEUTELTERME

Sielkundige nood

Gemeenskapsielkunde

Kwalitatiewe navorsingsmetode

Interdissiplinêre samewerking

Wêreldbeskouing

Begrondingsteorie

Verwysingsisteme

Geestesgesondheid

Pinksterkerkpastore

Christelike godsdiens

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