

# Kræftramte mænd i sundhedsfremmende fællesskaber – betydningen af det uformelle fællesskab, de eksistentielle aspekter og støtten gennem humor



**Hvem er jeg?**

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**Mænd, sociale fællesskaber og kræftrehabilitering: Et etnografisk casestudie af et fællesskab for kræftramte mænd**



# DEN EMPIRISKE CASE

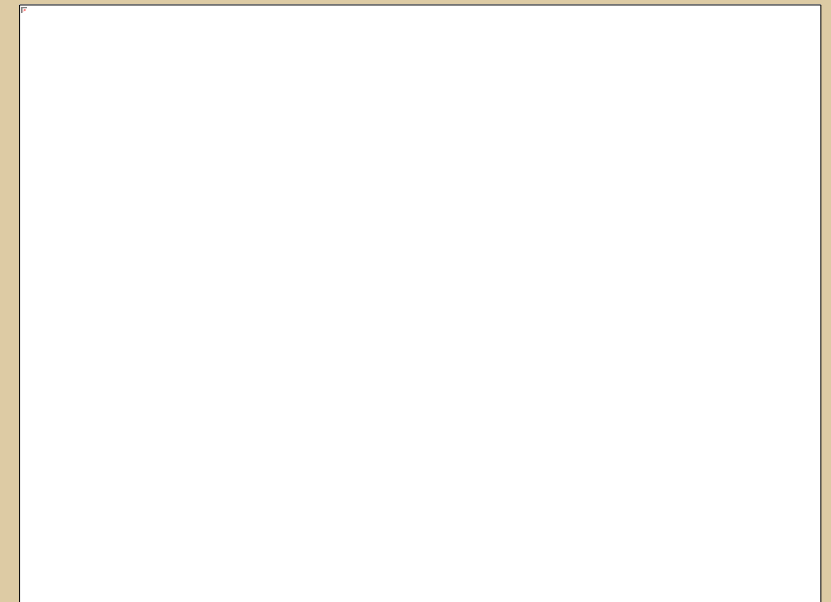
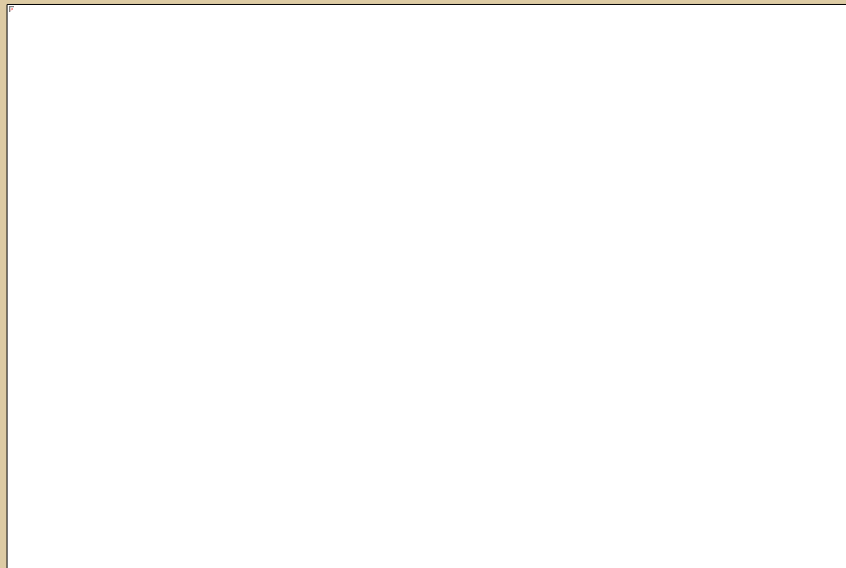
Kræftrehabiliteringscentret

Formålet med Klubben

Inspiration fra Mænds Mødesteder

Etablering af Klubben

Hvem bruger Klubben  
og hvad mødes de om?

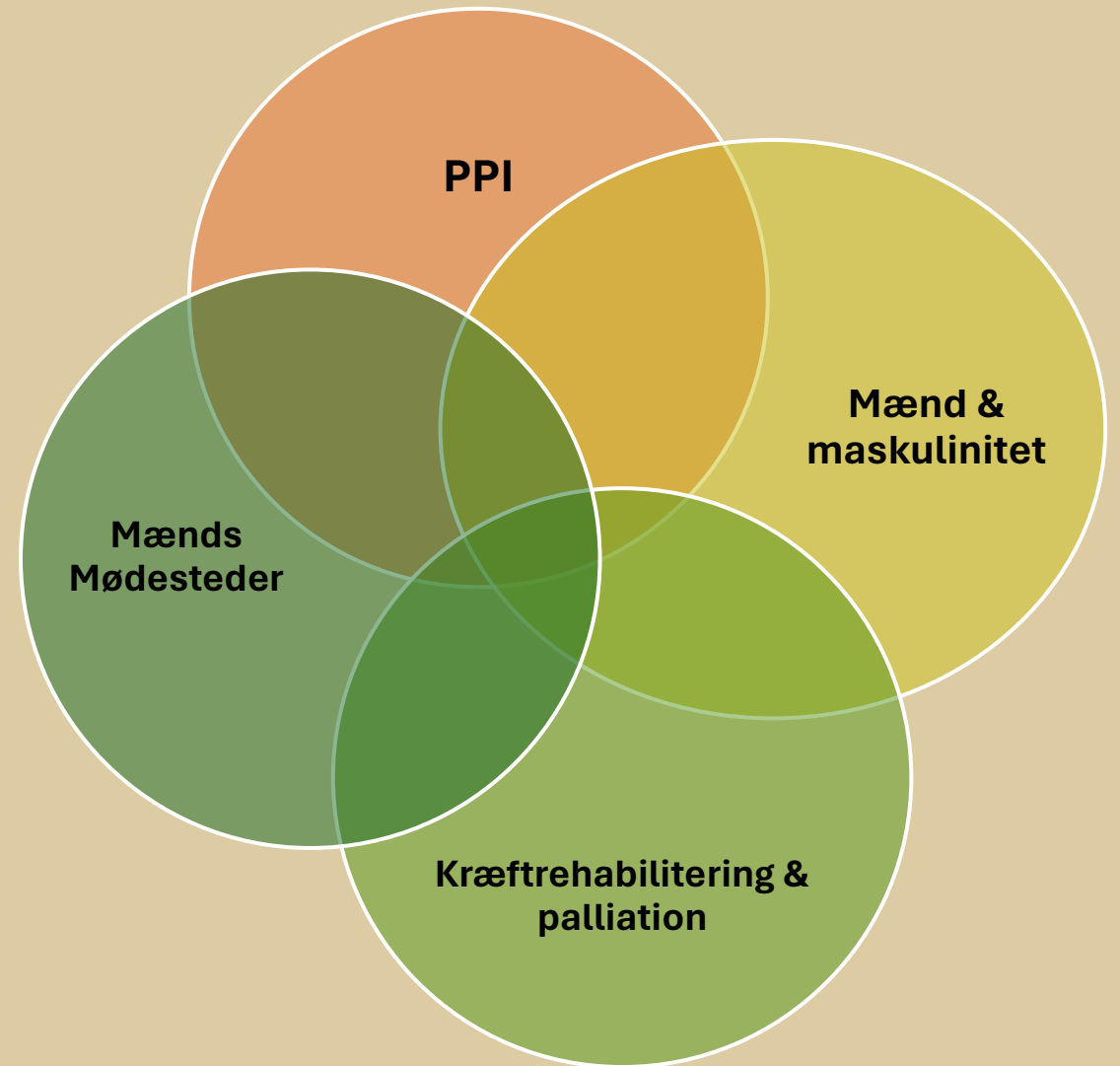


Mænds Mødested Silkeborg



# FORMÅL

At undersøge forhold af betydning for etableringen af et kommunalt kræftrehabiliteringstilbud for mænd, og udfolde de implikationer, som mændenes engagement i Klubben har for håndteringen af deres kræftsygdom.





## DEN ETNOGRAFISKE CASE OG FELTARBEJDETS FASER

*“Case study is an in-depth exploration from multiple perspectives of the complexity and uniqueness of a particular project, policy, institution, program or system in a “real life” context.” (Simons, 2009, s. 21).*

Tidsperioder	Klubbens proces
Marts-oktober 2017	Forberedelser og optakt til at Klubben tages i brug
November 2017-maj 2018	Klubben indvies, fællesskabet organiserer sig
September 2019-februar 2020	Klubben er veletableret



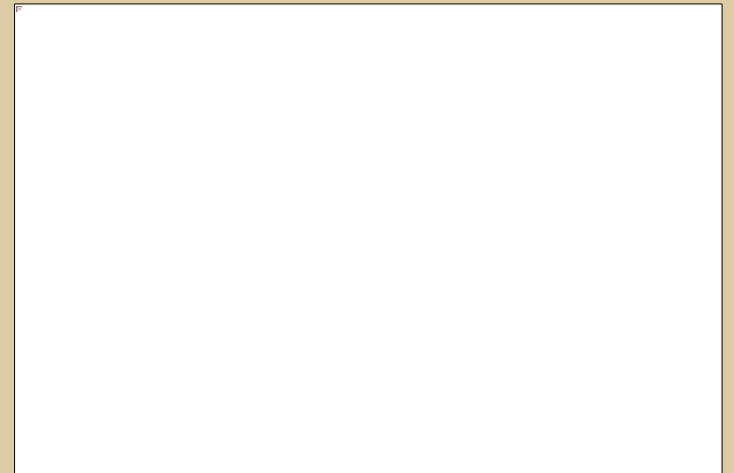
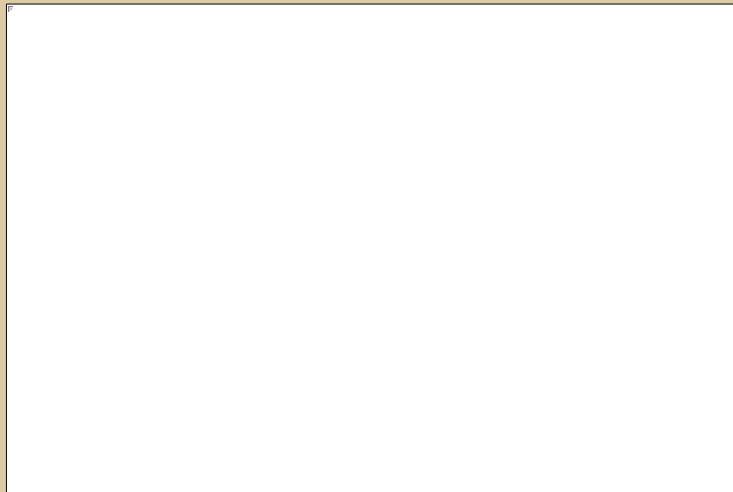
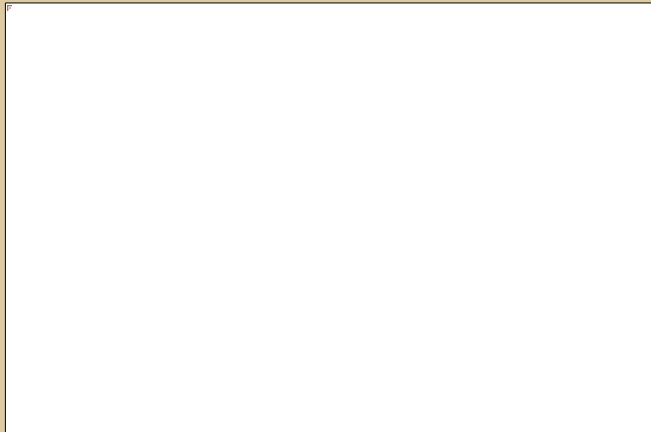
# FELTARBEJDETS AKTIVITETER OG UDFORMNING

Observationer af møder i Centret

Uformelle samtaler med aktører i Centret og Klubben

Aktiviteter med mændene i Klubben

Et fokusgruppeinterview og tre enkeltinterviews



## EKSEMPEL – MØDE MED AKTØRER I CENTRET

*”De skal jo ikke bare sidde der og drikke kaffe.”*

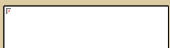
### Indsigter:

På møder i Centret bliver der talt *om* mændene.

Faglige forventninger til Klubbens aktiviteter?

Antagelser om at Centret kan/skal bestemme?

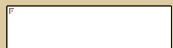
Antagelser om at det ikke er værdifuldt for kræftramte mænd at drikke kaffe?





I take a seat next to the man and start asking about his situation. He is new here. He explains about his cancer disease. After receiving treatment, he fell ill with stress. Now, the municipality wants him to start working again. *I'm not ready. Not at all. I'll be going to the municipality today to talk with them.* He looks down and away, out the window. We remain quiet. *I hope your conversation with the municipality turns out well, I note.* He nods and looks down, holding on to his coffee cup.

**Broughton, K. A., Payne, L. & Liechty, T. (2017). An Exploration of Older Men's Social Lives and Well-Being in the Context of a Coffee Group. *Leisure Sciences*, 39(3): 261-276.**



# RESULTATER

**Artikel 2: Loss and transformations: An ethnographic exploration of rehabilitation in a community for men with cancer (indsendt til tidsskrift)**

**S. Kay Toombs – eksistentielle tab ved alvorlig sygdom**

Toombs, S. Kay (1992). The Meaning of Illness: A Phenomenological Account of the Different Perspectives of Physician and Patient. *Philosophy & Medicine*, 42. Dordrecht: Springer Science+Business Media.

**Transformationen af tabene:**

**Det kræftfrie rum og kræft-frirummet**



*Jeg begyndte at tumle med tankerne. Jeg lå vågen om natten og tænkte. Så talte jeg med dem i Kræftens Bekæmpelse, og de fortalte om det her sted. Siden jeg er kommet her, har jeg ikke haft behov for at tale med psykologen. Det er nok at komme herover og tale med gutterne.*

**Fokusgruppeinterview, januar 2021**



## RESULTATER

**Artikel 3: Laugh and your cancer laughs with you: Humour as a coping mechanism for older men in a community (indsendt til tidsskrift)**

**Interactionel humour – timing, forståelse og relationer** (Norrick, N. R. (2010). Humor in Interaction. *Language and linguistics compass*, 4(4): 232-244)

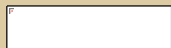
**Interdependent coping in social units** (Kosciulek, J. F. (2007). The Social Context of Coping. In: Martz, E., Livneh, H. (eds) *Coping with Chronic Illness and Disability* (s. 73-88). Boston, MA: Springer.)

**Coping-mekanismer: problem-focused, emotion-based + perception-based** (Thoits, P. A. (2011). Mechanisms linking social ties and support to physical and mental health. *Journal of Health and Social Behavior*, 52(2): 145-61. og Thoits, P. (1986). Social Support as Coping Assistance. *Journal of Consulting and Clinical Psychology*, 54(4): 416-423)



***Albin: [...] You don't have to talk about illness. It can take a while before that happens. But slowly, a subject like that crops up when you are in a Club like this one. I have not felt the need to talk to a psychologist since. That is also what I told you [he looks at me and refers to an informal conversation we had had previously, ed.]. This is my therapy. I don't really think about it. It is enough to come over here and talk to them. It is for me.***

***George: It's only us who get exhausted by it. [He says this with a straight face, but his eyes are smiling and then he bursts into laughter. Albin also smiles and shakes his head as if he is saying, 'You are teasing me.' Ed.] [...]***



***We are sitting at tables drinking coffee and eating bread with butter, cheese, and salami. Some of the men are reading papers, while others are chatting. There is a calm atmosphere in the room and the sound of the coffee machine brewing in the nearby kitchen. The door from the hallway opens, and Tim enters. He is wearing a shirt and presentable jeans. He looks as though he has just come out of the shower. His short hair is combed through and looks slightly damp. His face is slightly slimmer than I remember from the last time I saw him. Jack gets up and approaches him with his arms wide open and says, ‘So, you are not dead yet?’ [He has a twinkle in his eye and smiles, ed.]. A huge grin spreads across Tim’s face. They hug each other and pat each other on the back.***

**Andreasson, J., Johansson, T. & Danemalm-Jägervall, C. (2023).** Prostate Cancer and the Emotionology of Masculinity: Joking, Intellectualization, and the Reconstruction of Gender. *Journal of Men’s Studies*, 31(3): 500–518. SAGE Publications.



## Sammenfatning

Klubben bidrager til både kræftrehabilitering og palliation

Omsorgsfuld humor bidrager til mændenes coping processer

Kræftramte mænds (forskellige) behov

”Sense of place” (Heinz & Houghton)

Uventede veje til sundhedsfremme



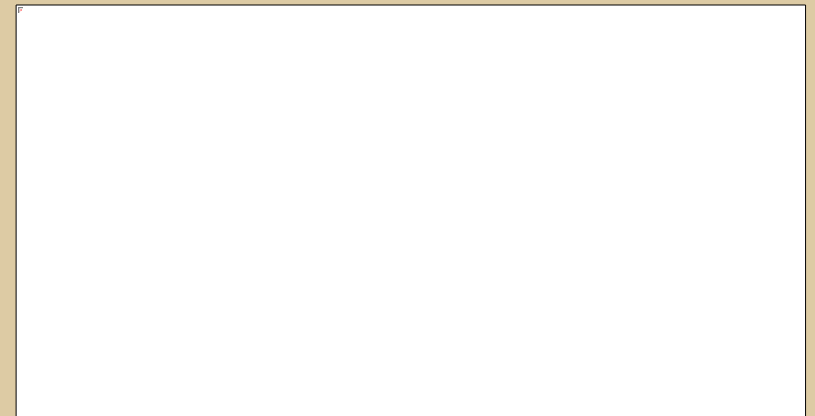
# PERSPEKTIVER

**Ulighed – inklusion og eksklusion i Klubben?**

**Forskellen, der gør forskellen?**

**“There’s so much wrong with me. I’ve just gotten a little sick”:  
Syndemic cancer experiences among people struggling with  
homelessness and severe substance use**

Pia Vivian Pedersen \*, Morten Hulvej Rod,  
Tine Tjørnhøj-Thomsen, SSM  
Qualitative Research in Health 5 (2024) 100415





# Spørgsmål?



# Mænd, sociale fællesskaber og kræftrehabilitering: Et etnografisk casestudie af et fællesskab for kræftramte mænd

