

The Effectiveness of an Occupation-Based Framework for Facilitating Change in Occupational Performance to Ameliorate Global Issues

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Introduction:

In recent years, scientists and political leaders have been grappling with the question of how to reverse disastrous climate change occasioned by a rapidly warming planet. In this paper, we argue that global warming and climate change are related to other global problems such as environmental destruction, poverty, material inequalities, diseases, overpopulation, corruption, and failure of socio-political-economic institutions which have all to be addressed contemporaneously. All the above issues are also related to human occupational performance. If people can alter their occupational choices and performance patterns individually and collectively, they can impact the issues positively.

Objectives:

The purpose of our study was to test the effectiveness of a proposed Occupation-Based Framework for Individual and Community Empowerment in encouraging change of occupational performance patterns for a positive impact on global issues of concern.

Methods:

An embedded mixed method multiple case-study with a quantitative pretest/posttest and qualitative phenomenological designs was used in this inquiry. Three graduate students in the Occupational Therapy program at a University in the USA participated in the study. A pretest consisting of multiple observations using Daily Occupational Inventories among other assessments was conducted. There was a five week intervention based on the framework's guidelines followed by a posttest and a focus group in which participants discussed their experiences and insights as a result of participating in the project. Quantitative data were analyzed using the two and three standard deviation band methods and the qualitative data were analyzed using phenomenological procedures.

Results:

The two and three standard deviation band analysis indicated that there was a significant change in occupational performance scores after intervention. Qualitative findings indicated that participants perceived the intervention to have increased their awareness of global issues and the need for them to change their occupational choices and performance patterns to impact those issues positively.

Conclusion:

The findings suggested that the framework had potential to be an effective guide in helping individuals create change in occupational choices and performance patterns for amelioration of global issues.

Contribution to Practice:

The framework may offer occupational therapists and scientists a tool that they can use to make a meaningful contribution in solving wider global issues than typically addressed by occupational therapists in clinical practice.