

La Perspectiva de los Adultos de Mediana Edad sobre el Balance en las Ocupaciones

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Introduction: Occupational balance is the individualized distribution of a person's activities related to work, education, self care, leisure time and social participation. It has a significant impact on personal health. Middle age adults are a high risk generational group. **Objectives:** The goal of this study was to document how middle age adults' activities limit or help their occupational balance, as viewed from their perspective. **Method:** The descriptive qualitative methodology was selected for the study. The data for the study was gathered using two focus groups. Each group consisted of 10 adults between the ages of 40 and 60 years, in order to develop two groups of homogeneous gender and heterogeneous age. The qualitative analysis was based on the discussions generated by each focus group, and consisted of analyzing the transcripts of the discussions from each group to create categories. Each category was codified according to similarities and differences, and assigned a meaning. A comparative analysis was also done for the focus groups. **Results:** Occupational balance is doubtlessly a subjective experience made up of multiple elements. Environmental factors such as family support, personal factors such as spirituality, previous life experiences, and health condition are variables that make occupational balance a very subjective concept. **Conclusions:** Middle age adults must get involved in multiple activities that provide them satisfaction in order to achieve a sense of occupational balance. However, more evidence is needed to confirm this relationship. **Contribution to the practice.** This findings can serve as a guide for better understanding of occupational balance.