

Occupational therapy views from diverse cultural perspectives

Inmaculada Zango Martín¹, Anita Björklund²

¹*Escola Universitària d'Infermeria i Teràpia Ocupacional, Terrassa (Barcelona), Spain,* ²*Department of Rehabilitation, School of Health and Welfare, Jönköping University, Jönköping (Sweden), Sweden*

Background: Existing occupational therapy culture has not yet fully articulated diverse worldviews on occupation, health, and well-being and the link between them. Taking into consideration the diversity of the global world, incorporating different worldviews would be a valuable contribution to expanding the relevance of occupational therapy.

Aim: The aim of this research was to analyse worldviews regarding human occupation and the link between occupation, health, and well-being among people from rural Honduras, Morocco, Burkina Faso, Tanzania, and Ecuador. **Methods:** This ethnographic research used three methods, i.e. semi-structured interviews, participant observations, and in-depth interviews, to collect data from 27 participants in five countries. The material was analysed using a Grounded Theory approach.

Results: One core category, “Occupations are social practices”, was identified and it included three subcategories: “Occupation, health and well-being as a personal and community experience”; “Co-occupations, collective occupations and collaborative occupations are the most important occupations”; and “Occupation, health and well-being mutually influence each other”.

Conclusion and significance. The overall findings showed that taking different worldviews into account is needed for developing an occupational therapy culture that is useful globally and hosts diverse meanings and occupation-focused practices.