

Life Balance in Adolescents

Occupation in and throughout everyday life

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Occupational Balance and Life Balance ?

...harmonious rhythm of work and rest and sleep and play (Meyer, 1922).

A balance between work, rest and play measured in time (Eklund et al 2009).

A regular mix of physical, mental, social, and rest occupations that provide an overall feeling of well-being (Wilcock, 2005, 2015).



Having the right amount and variation of occupations in relation to occupational categories, occupations with different characteristics, and time spent in occupations (Wagman, 2012).

A satisfying pattern of daily occupation that is healthful, meaningful, and sustainable to an individual within the context of his or her current life circumstances (Matuska & Christiansen, 2008).

Research (gap)

Children and
adolescents

Adults

Occupation-based programmes promote OB
(Bazyk & Bazyk, 2009)

Occupational imbalance in rural areas
(Raveica & Raveica, 2012)

Family routines induce LB (Koome, 2012)

Balance across need dimensions and contexts (Emery,
2015; Milyaskaya, 2009;

Self control predicts LB (Gröpel, 2006; Kuhnle, 2010; 2012)

Life balance in adult populations
(Eklund, 2016, Håkansson, 2010; Matuska, 2016;
Wagman, 2014; Wagman, 2012, Yazdani, 2016)

Development and validation of
assessments: LBI (Matuska, 2011), OBQ
(Wagman, 2014), OB-Quest (Dür, 2014),...

Validation of the Life Balance
Model

(Matuska, 2008, 2010)

Life balance (LB) and occupational balance (OB)

Study 1: life balance in adolescence

To explore the perceptions of life balance among adolescents and to explore what is considered important for life balance in adolescence.

- ▶ Qualitative essentialist approach,
- ▶ semi-structured interviews,
- ▶ convenient sample adolescents (n = 11),
- ▶ thematic analysis

Results (1)

Balanced time use

“I postpone tasks and have to do everything at once. If i really have too much school work, i sometimes start to weep.” (P11)

Making choices

“I do STEM (Science, Technology, Engineering, Mathematics) at school, I have chosen that myself because I am good at mathematics.” (P8)

Relationships

“My friends are very important to me for social contact and support. You can discuss other things than with parents.”(P7)

Variety of experiences

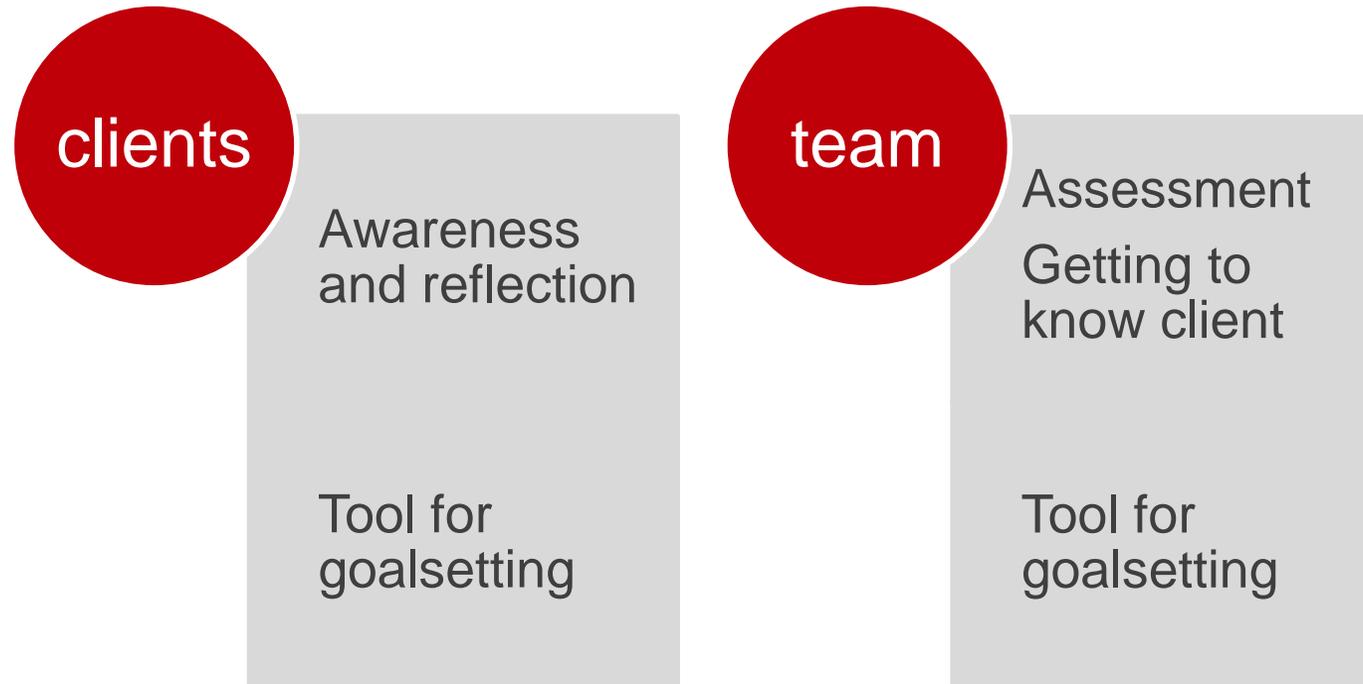
“Swimming is my favorite hobby because it is fun. During swimming I don't think of school all the time, then I can forget everything for a while (P4).”
“I like to get bored for a day during the vacations. I can really enjoy that. At an empty moment I do nothing.” (P2)

Study 2: LBI for goalsetting

To explore the therapeutic application of the Life Balance Inventory (LBI) for goal setting in a psychiatric setting.

- ▶ action research with group and individual sessions,
- ▶ adult population (N=10)
- ▶ psychiatric setting

Results (2)



“We are often tired and imbalanced not because we are doing too much, but because we are doing too little of what is most real and meaningful.”

Marianne Williamson

Discussion

conclusion

similarities

further
research

final
objective