



Journal of Occupational Science

Abstract

Jonsson, H. (2008). A New Direction in the Conceptualization and Categorization of Occupation. *Journal of Occupational Science*, 15(1), 3-8.

Current conceptualizations of occupation reflect a direction in thinking that addresses societal and political needs rather than how occupation relates to human development and well-being. The fields of occupational science and occupational therapy need to move in new directions to develop theories about occupation that matter for people. Drawing from a longitudinal study of Swedish workers who went into retirement, an alternative way to conceptualize and categorize occupation, based on people's actual experiences is proposed. Using this categorization, it is argued that some occupations are more important than others and that they contribute to well-being to a greater degree than others.

職能概念化及分類的一個新方向

現今對於職能的概念化反映出的是一個著重於社會、政治需求的思考方向，而非著重於職能與人類發展及安適的關係。職能科學與職能治療領域需要重新調整方向，發展和人們有重要關係的職能理論。從一個對於瑞典的退休工人的長期研究，作者根據人們的實際經驗提出一種不同的概念化及分類職能的方法。使用這種分類，作者主張某些職能活動比其他職能活動更加重要，對安適的貢獻大於其他職能活動。