



Journal of Occupational Science

Abstract

Wiseman, L.M. & Whiteford, G. (2007). Life history as a tool for understanding occupation, identity and context. *Journal of Occupational Science*, 14(2), 108-114.

This article discusses the unique features of life history as a research methodology and argues its value in understanding particular aspects of occupation, identity and context, in addition to illuminating the nexus between these complex and situated phenomena. The value of a life history design is illustrated using narrative extracts from a study that explored the experience of retirement for men in rural Australia. In providing a structured vehicle for participants to reflect on their personal story, this methodology revealed and captured the complex processes and strategies participants used to adapt to retirement and rework their occupational identity. Their stories provided rich narrative data, replete with insights relevant to; the meaning and patterns of their occupations, the sociocultural and environmental contexts in which their lives have unfolded and considerations of coherence and lifespan development with respect to identity. The purpose of this discussion is to demonstrate the goodness of fit between the qualities of a life history approach and these occupational phenomena.

利用生活史作為了解職能、身分和背景的工具

本篇文章討論使用生活史作為一種研究方法學的獨特之處，除了解釋職能、身分和情境脈絡之間的複雜處境之關係外，也針對生活史在了解這些現象的特殊面向上的價值提出說明。我們從一個探討澳洲農村男人的退休經驗的研究中摘取其中的敘事，來說明生活史設計的價值。在提供參與者一個結構化的工具去反思他們的個人故事之後，參與者用來調適退休，以及重新發展其職能身分的複雜過程和策略在此方法中顯現出來。他們的故事提供了豐富的敘述性資料，充滿了有關他們的職能形式與意義、他們開展生活的社會文化和環境脈絡，以及關於自身的凝聚感與一生發展的洞見。本篇討論的目的在於證明生活史介入的特質與這些職能現象之間的契合。

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