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Exploring occupational participation of children with siblings with disabilities

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Abstract

Background/Aim: Individuals living with a person with a disability often experience high demands on their daily occupational routines, which cause alterations in the patterns of their participation. Participation in meaningful activities is associated with success, efficiency, and improved social, emotional, and psychological skills and leads to a state of contentment. Siblings of children with disabilities are one group whose participation is not well studied. Existing evidence addresses some characteristics of occupational participation but does not go into depth about it. Hence, this study aims to explore the occupational participation of siblings of children with disabilities.

Methods: A descriptive qualitative study design was used to explore the occupational participation of six individuals who are siblings of children with disabilities. Semi-structured online and telephonic interviews, and time diaries were employed for gathering the data. The interviews were transcribed verbatim, and the time diaries were analyzed using pie diagrams. The data thus generated underwent a thematic analysis process.

Results: Three key themes were identified after the process of data analysis. These themes include personal time and space, responsibilities and relationships and interactions with the outside world- community participation.

Conclusion: The study findings suggest that there were both negative and positive experiences regarding participation in different areas of occupation. The study captures the impact these experiences had on the participants' occupational participation.

Keywords- engagement, everyday activities, brother or sisters, differently abled children