

Introduction

- The site/community partner is Hawai'i Pacific University (HPU) Doctor of Occupational Therapy (OTD) Program, consisting of both students and faculty.
- This HPU OTD time allocation capstone compares occupational engagement patterns for students and faculty within the accelerated hybrid HPU OTD program to view occupational balance and workload distribution.
- Literature suggests that occupational imbalance can reduce participation in leisure, self-care, and restorative occupations, as well as impact mental health (Ramos et al., 2022).
- Occupational balance in academic settings is influenced by differences in time allocation across daily occupation (Werner & Jozkowski, 2022).
 - Increased work/academic demands can reduce participation in restorative occupations.

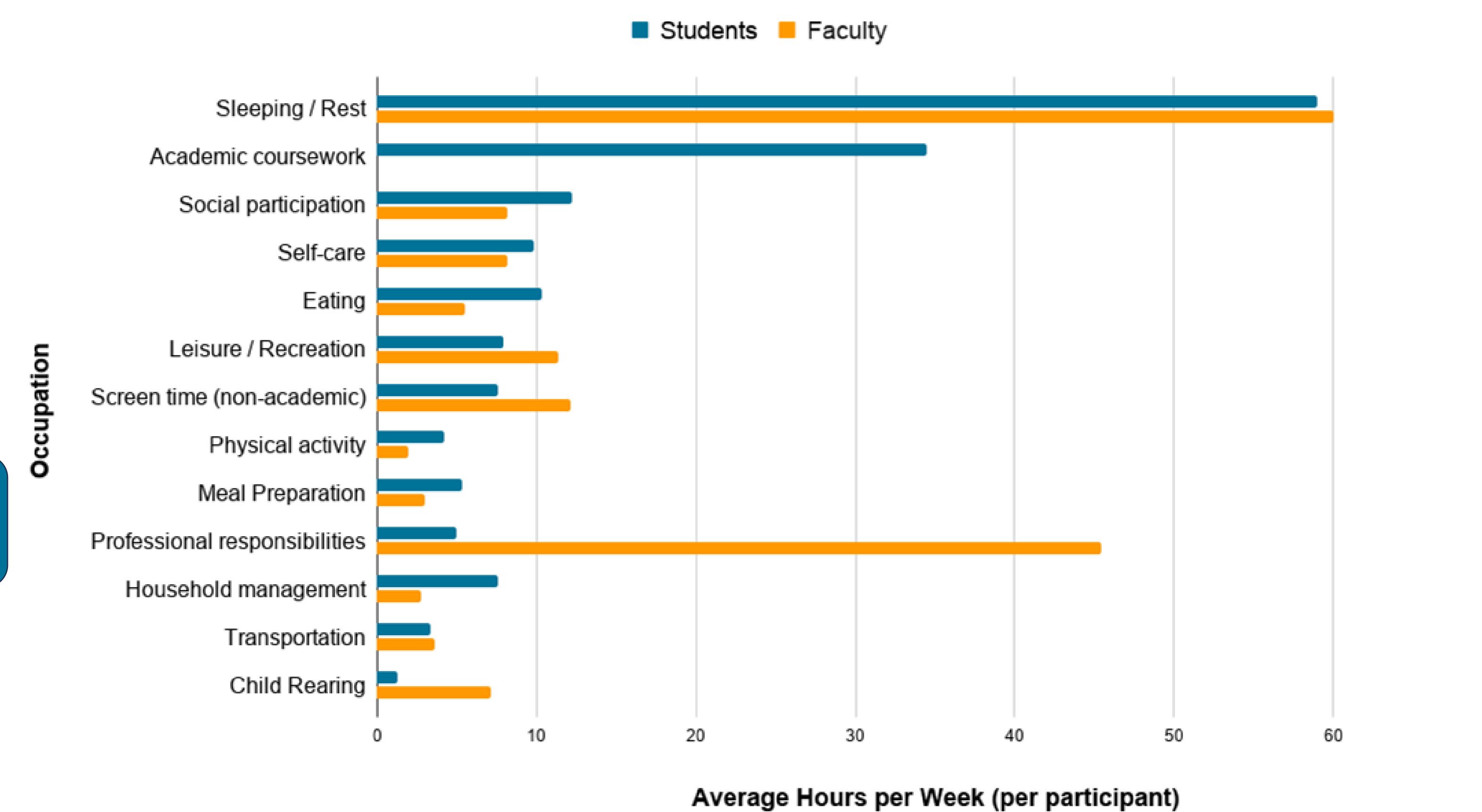
Project Description

- Collect data from HPU OTD students and faculty regarding time allocation across educational and non-educational occupational tasks while engaging in an accelerated hybrid occupational therapy program.
- **Aloha:** Serving and supporting community members throughout capstone.
- **Kuleana:** Best utilizing knowledge, support, and skills gained from curriculum to make a positive change in the OTD hybrid program.
- **Pono:** Open minded and righteous through the capstone process, asking questions within survey to increase about student's time-allocation use, self-care practices, and overall planning of day.
- **Kokua:** Collaborate with HPU OTD Program to make recommendations regarding time-management based on time-allocation data and personal daily occupations.
- **Laulima:** Integrate recommendations within HPU OTD Program and offer time-management strategies for students.

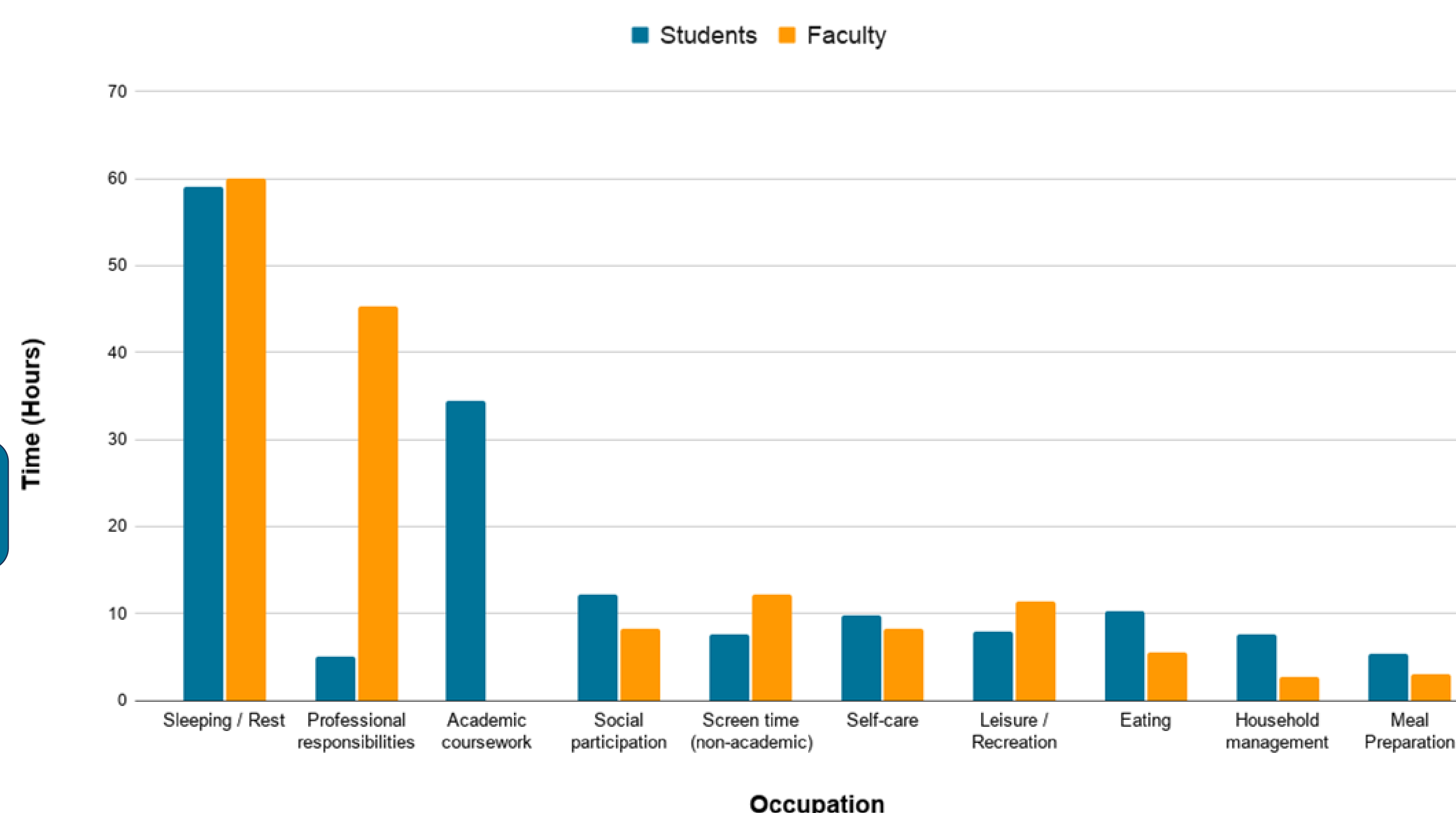
Purpose/Aims

- To understand time-allocation across occupations for students and faculty within the HPU hybrid accelerated OTD program.
- Project Aim: Determine patterns and themes from time-allocation data collected to identify students and faculty top occupations after a 7 day time-allocation survey distribution.
 - Self-Reflection for students and faculty to help identify areas they would like to spend more time in daily to promote wellness.
 - Identify HPU OTD students and faculty reporting their personal daily occupations.
 - Provide time-management recommendations based on findings to HPU OTD Students and Faculty.

Average Daily Time Allocation by Occupation (Students vs Faculty)



Top 10 Occupations: Students vs Faculty



Methods

- **Participants:** HPU OTD Students (Class of 2027) and HPU OTD Faculty
- **Data Collection (anonymous):**
 - Completed 7 daily surveys over one week.
 - Documented primary occupation for each hour within a 24-hour period.
- **Occupational Organization:**
 - Activities labeled and organized using the **Occupational Therapy Practice Framework (OTPF-4)**.
- **Data Management:**
 - Participant responses compiled and organized through Google Sheets.
- **Data Analysis:**
 - Calculated total and average time spent across occupational categories.
 - Identified trends, patterns, and top occupations in time allocation.

Results/Outcomes

- **Total Average Academic Coursework Time - HPU OTD Students:** 34.5 hours/week
- **Total Average Professional Responsibilities Time - HPU OTD Faculty:** 45.4 hours/week
- **Top Occupations:**
 - **Students:** During the academic week, students primarily engaged on average in academic coursework, sleep, eating, and self-care.
 - Shift to sleeping/rest, social participation, and household management for students on weekend.
 - **Faculty:** During academic week, faculty primarily engaged on average in professional responsibilities, sleep, and screen time.
 - Shift to sleeping/rest, leisure/recreation, and screen time on weekend.

Discussion

- **Time allocation focused on academic in academic work, sleep, eating, self-care,** demonstrating priority of productivity and recovery occupations.
- **Context: finals week during survey distribution:** increased academic demands for students and grading responsibilities for faculty.
- Hybrid learning with an OTD Program provides flexibility for how and when academic work is completed.
- OTD Student Average Academic Coursework Time (34.5 hrs/wk), lower than program demands, likely due to asynchronous scheduling, multitasking, and finals week time allocation redistributed for students and faculty.
- **Significance:** These findings highlight the implications of understanding occupational balance in an academic graduate program, as time allocation may impact student and faculty well-being and participation in meaningful occupations.
- **Limitations:** Primary occupation reporting within hour may underrepresent multitasking between academic coursework and daily responsibilities for hybrid format. Participation varied across days.

References



Time-management Infographic

