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## Impacto Ocupacional de la práctica del Tang Soo Do Mi Guk Kwan

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**Introduction:** The martial arts are part of a wide range of occupational forms of oriental origin, known for their impact on perceptions of personal well-being. Considering the current lifestyle, it will be interesting to recognize the perception of the impact of this kind of sport activity in the Eastern occupational performance.

**Objectives:** To ascertain the impact generated by the practice of martial art known as Tang Soo Do Mi Guk Kwan (TSDMGK) martial art of Korean origin, at the level of the patterns of performance of those who practice it, as well as, their perception of the impact on them style and quality of life, and the meanings assigned to the practice of this activity.

**Methods:** Review of the theoretical concepts underpinning the research, in relation to occupational science and standards of performance. Subsequently, information is collected from six semi-structured interviews guided by pre-defined categories, which underpin the subsequent qualitative analysis based on the perception of individuals with regard to the different meanings assigned to the practice of TSDMGK, influence on other areas of performance, and its relationship with the social environment. This allowed the start discussion of these categories with the theoretical analysis and in turn the emerging phenomena.

**Results:** At the research appears three emerging categories, depending on the level of impacts to the patterns of performance: **function** (success in develop daily living, productive activities and leisure activities), **personal meaning and motivation** (personal growth, self concept and self steem), **social participation** (involvement in social systems, histories and contrasting various social, socio-economic, cultural and educational aspects).

**Conclusion:** There is a positive effect on occupational lives, based on achieving a balance in the different areas of personal development, such as physical, academic and / or work, management and control in situations of crisis, creating a feeling of wellbeing with people and with oneself.

**Contribution to the practice / evidence base of occupational therapy:** Working with the development of theoretical and practical knowledge in this area, it can be a support for it application as therapeutic tool.