

**UNIVERSITI TEKNOLOGI MARA**

**ELIMINATING THE ISSUES OF  
APPLYING OCCUPATION-BASED  
INTERVENTION AMONG  
MALAYSIAN OCCUPATIONAL  
THERAPISTS: A FOCUS GROUP  
STUDY**

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## ABSTRACT

Research regarding occupation-based intervention (OBI) have been mainly conducted in developed Western and Asian countries. Therefore, the transferability and generalisability of the published research to the Malaysian context is questionable. Malaysian occupational therapists perceived occupation-based intervention (OBI) as the occupation as a means and as an end. Little is known regarding challenges to practising OBI in the diverse areas of Malaysian occupational therapy practice. The first objective of this study was to explore Malaysian occupational therapists' perceptions of the developed definition of OBI and how they put it into practice. Next was to explore the barriers experienced by Malaysian occupational therapists practising in diverse areas. The ultimate objective was to discover the solutions to eliminate the barriers. Three focus group discussions were conducted concurrently. Participants were recruited among Malaysian occupation-based practitioners. Data were analysed using content analysis of a manifest and latent content analysis that were incorporated with micro-interlocutor analysis. Three final groups of themes emerged from this study, namely; (1) the practice of OBI in Malaysia, (2) the barriers to implementing OBI, and (3) solutions to eliminate the barriers. Malaysian OBI practice is implicitly performed and is still advancing. Occupation as a means is predominantly practised and limited to department-focused service. The governance and policy of the healthcare system have oppressed the profession's flexibility and led to other barriers. Measures should be taken beyond the individual level, which encompasses professional, public, educational, and even at the higher level of legislation and policymaking to strengthen occupation based practice. Research and development regarding OBI are crucial to enhance the practice. The findings can be transferable to other countries of the same context as Malaysia.

**Keywords:** Occupations, Occupation-Based Intervention, Occupational therapy, Scope of practice, Barriers, Focus groups

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