

UNIVERSITI TEKNOLOGI MARA

**OCCUPATIONAL THERAPY
PERSPECTIVE ON THE
ATTRIBUTES OF
INTERDEPENDENCY
AMONG MALAY OLDER PEOPLE
IN THE COMMUNITY:
AN INTERPRETATIVE
PHENOMENOLOGICAL ANALYSIS**

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ABSTRACT

In Malaysia, evidence-based information regarding interdependency and its attributes among the Malay older people in the community is still limited and inconclusive. To explore this issue, Interpretative Phenomenological Analysis (IPA) approach was used to understand how older people in their context, makes sense of interdependence phenomenon by exploring how they ascribe meaning to their life experiences in their interactions with others in the community. A total of 11 participants were engaged from Melaka, Kuala Lumpur and Kota Bharu. Five main interdependent practices identified were issues regarding interpersonal relationships, living expenditure, housekeeping activities, implementation of festive and congregations, and travelling activities. The interdependence activity most frequently involved spouse, immediate and close family members. However, issues regarding housekeeping and travelling needs and activity may include friends and neighbours. Festive and congregations such as *gotong-royong* are seasonal activities established religiously and culturally in the Malay community. It involves the community for the benefits of the whole community. Interdependence is therefore important to sustain active and healthy daily living activities of the Malay older people in the community. They were motivated by their needs, facilitated or inhibited by the circumstances in which they live, and strongly influenced by their family, social and religious obligation. In conclusion, considerable awareness and understanding concerning the attributes of interdependence will definitely improve the knowledge and skills of occupational therapists to adopt any of the Occupational Therapy Practice Framework strategies in managing health and occupational problems of the older people in the community in Malaysia.

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