

Social Running in Your 20's: An Exploration on Identity

Morgan Warrington, OTS

Division of Occupational Science and Occupational Therapy
The University of North Carolina at Chapel Hill



Introduction

- Social occupations \leftrightarrow identity formation & role identities
- People define & evaluate themselves in terms of groups in which they belong
- OS: social occupations are important indicators of identity
- Needed: research regarding **how** specific group occupations relate to identity

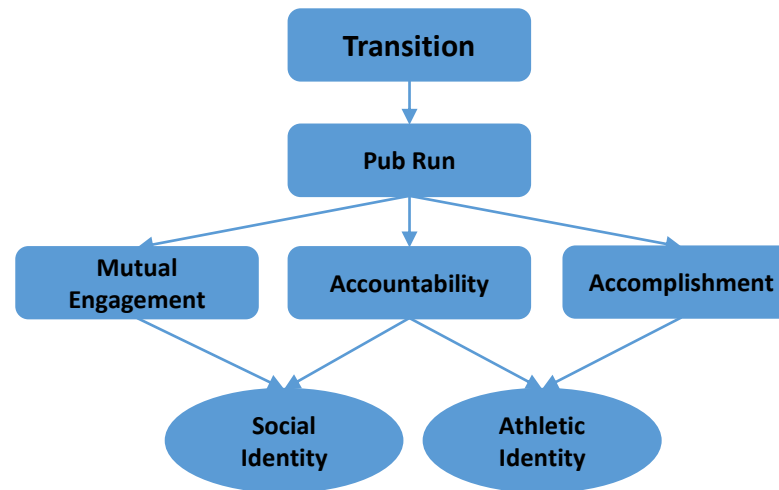
Research Aim: How do non-competitive running groups inform identity during young adulthood?

Methods

- Qualitative study design
- Convenience sampling
- 2 female participants, 1 male participant, aged 25-28
- Semi-structured interviews
- 2 on site observations
- Thematic analysis

Findings

Pub runs support pre-established social and athletic identities during times of transition



Mutual Engagement: *"There's a lot of similarly minded people hanging out and doing things they like"*

Accountability: *"There's days I probably wouldn't run if I was just running on my own, but because I have that kind of group expectation or responsibility, it's a pretty motivating factor"*

Accomplishment: *"Even though I've been running for years, I still get that sense of accomplishment and satisfaction"*

Discussion

- Supports OS, OT findings regarding importance of social occupations for identity
- Social running groups do not **inform** identity, rather they serve as **identity maintenance** during transition
- Is transition generalizable?

Implications for OS/OT

- Supports theory of emerging adulthood in OT and developmental literature
- May provide OTs valuable information regarding transition/discharge planning
- Suggests use of relevant social groups to navigate transitions (illness, injury, or general)

References

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