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## BACKGROUND

- Krishnagiri (1996) explored the process of choosing a mate among *married Indian men and women*.
- Krishnagiri (2014) continued her research and studied the *process of dating, stages of dating, and how meaningful and impactful the occupation is on an individual's life*, amongst various populations.
- Dating is a widely practiced occupation that is valued by many individuals, especially the young adult, college student population (Rauer et. al, 2013).
- Dating is dynamic, due to influences of evolving contexts, environments and personal beliefs and values.
- For *the college student population of this generation*, there is a gap in the understanding of the occupation of dating, why individuals are motivated to date, and their personal perceptions of dating.

## PURPOSE

- Formulate an understanding of the occupation of dating in the SF Bay Area college student population.
  - Explore the dating experiences and their impact on the college students as occupational beings.
- Research Question:** How do SF Bay Area college students perceive and practice dating, and how does the occupation impact them?

## DEMOGRAPHICS

Pseudonym	Age	Sex	Ethnicity	Sexual Orientation	Religion	Type of college
Bethany	20	F	Filipino	Lesbian	Catholic	4 year university
Sweet Cheeks	20	M	Filipino	Straight	No affiliation	4 year university
Mr. President	19	M	African American Indian	Straight	Muslim	4 year university
J.M	22	F	Filipino	Straight	Catholic	Community college
Ezmi	19	F	Filipino	Demisexual	Christian	4 year university
Andre	25	M	Samoan	Straight	Christian	Community college
Pizza Boy	23	M	Caucasian	Straight	Jewish	Community college

## FINDINGS

### MOTIVATION

SUB-THEMES: INTERNAL/EXTERNAL FACTORS & COLLEGE CULTURE



### DATING PROCESS

SUB-THEMES: MODERN DATING, PHASES OF DATING, & "SECRET HIDDEN RULE BOOK"



### PERSONAL GROWTH

SUB-THEMES: WHO YOU ARE & MOVING FORWARD AS A DATER

"I feel like today, dating is very like ambiguous. Like, there's 'talking' and dating and stuff like that. There's 'getting around' and stuff like that. For me with dating, there's a level of commitment that goes into that. Like something that's official, you actually have a partner that you share your life with. Whether that's casual or a more like committed sense, something that shouldn't change in terms of dating is loyalty. I think that is probably- commitment and loyalty - the two biggest things. From dating to 'talking' to whatever."  
- Sweet Cheeks

## PARTICIPANTS

**Inclusion criteria:** Single, actively dating, attending college in the SF Bay Area, and 18-25 y/o.

**Exclusion criteria:** Developmental disabilities, in an exclusive relationship/married, close friends/family of the researchers.

## RESEARCH DESIGN & METHODS

- Qualitative study design with semi-structured interviews.
- Questions guided by the Model of Human Occupation (MOHO) (Bruce & Borg, 2016)
- Participants recruited through snowball sampling.
- Interviews coded using Braun & Clark's (2006) thematic analysis.
- Member checking, consensus coding, and identifying researchers' own personal biases on dating.

## DISCUSSION

Three common themes that were discussed by all participants were: internal and external factors that motivate an individual to date, the dating process and unspoken rules of dating, and their personal growth from their dating experiences. Majority of participants believe dating is mainly influenced from their family and friends, cultural beliefs, environments, and societal pressures and expectations.

## IMPLICATIONS FOR PRACTICE

This research study intends to contribute to occupational science. Findings can provide occupational therapists with knowledge to support the young adult, college student population, and they must consider the value of dating, as well as its significant impact on an individual. Further research can be completed to add to occupational science and literature on dating (i.e. online dating).

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