

## **Journal Entry #1**

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OT-562-F: Personal Transformation II

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January 23, 2025

Icek Ajzen's Theory of Planned Behavior (TPB) describes how behavioral attitudes, subjective norms, and perceived behavioral control influence intentions and actions. An individual's positive or negative behavior assessment is reflected in their attitudes. Perceived social pressure to engage in or refrain from behavior is known as a subjective norm. A person's confidence in their capacity to carry out a behavior, considering both internal and external influences, is known as perceived behavioral control. These components work together to create behavioral intention, which is the main indicator of actual behavior (Ajzen, 1991).

As a first-year occupational therapy student, I learned how to prepare for and perform manual muscle testing, goniometry, vital signs, reflex testing, and assess both active and passive range of motion. The pressure to excel on this practical exam and the grading process made me feel very anxious beforehand. My attitude toward the exam was both fearful and determined. Initially, I wasn't sure if I could succeed, but I understood that acquiring these skills was crucial for my future career as an occupational therapist. Subjective norms played a significant role because the support from my peers and the expectations set by my professors motivated me to prepare adequately. I felt stressed and overwhelmed by everything I had to learn in the beginning, which led to a low sense of perceived control, but studying and practicing with my classmates helped me overcome this feeling. Practicing in a hands-on, collaborative environment allowed me to recreate the exam setting and helped me apply these tests when needed in real clinical situations. Preparing not only improved my skills but also strengthened my confidence, allowing me to tackle the practical test with more clarity and trust in my capability to succeed.

The TPB offers a useful framework that will direct my future development as an occupational therapist. My commitment to continuous learning and skill engagement inspires me to actively seek opportunities to expand my clinical expertise while staying informed about evidence-based practices. A significant influence on my behavior in the field will be my dedication to maintaining professional standards and fostering strong relationships with my colleagues. These principles will inspire me to maintain the highest moral standards, prioritize client-centered care, and work effectively with teams of professionals. In order to address my areas of insecurity, I plan to seek out mentorship, practice, and resources such as role-plays and simulation labs.

Intention, which is influenced by attitudes, norms, and perceived control, can guide my educational path, and promote my growth as a competent and confident occupational therapist. This is made clear when I reflect on these events through the TPB lens. My positive attitude about learning important clinical skills inspires me, and the expectations of my instructors and peers encourage accountability and a desire to maintain professional standards. By acknowledging my weaknesses and making a determined effort to enhance my perceived control whether through additional practice, collaboration, or advice I am building the resilience and self-efficacy I will need to overcome challenges in the future. The TPB framework will eventually enable me to stay dedicated to client-centered care, teamwork, and lifelong learning, guaranteeing my continued development and success in my career.

### References

- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50(2), 179–211. [https://doi.org/10.1016/0749-5978\(91\)90020-t](https://doi.org/10.1016/0749-5978(91)90020-t)