

The Theory of Planned Behavior (TPB) helps explain why people behave in certain ways. It includes three key ideas: attitudes, subjective norms, and perceived behavioral control. Attitudes are how we feel about doing something, whether we think it's good or bad. Subjective norms are the social pressures we feel from others about what we should or shouldn't do. Perceived behavioral control is how much we believe we can actually do the behavior, depending on things that help us or get in the way. These three factors influence our behavioral intentions, which lead to our actions.

I experienced TPB in action during a recent presentation I gave on occupational therapy interventions for the occupation of play in people with neurodevelopmental conditions. My attitude about the importance of play in therapy motivated me to do my best in the presentation. The subjective norms came from my teachers and classmates, who expected a thorough and informative presentation. At first, my perceived behavioral control was low because I wasn't very familiar with the topic. However, as I researched, prepared, and practiced, my confidence grew, and I felt more ready and capable.

Thinking about TPB can guide my growth as an OT practitioner. My attitude toward lifelong learning will encourage me to continually improve my knowledge and skills. The subjective norms in the OT field, such as the focus on patient-centered care and evidence-based practice, will shape how I act professionally. To increase my perceived behavioral control, I can engage in ongoing practice, seek constructive feedback, and build strong mentorship relationships. These steps will help me develop more confidence and capability in handling different challenges in my future OT practice.