



# Journal of Occupational Science

## Abstract

Matuska, K. M. & Christiansen, C. H. (2008).  
A Proposed Model of Lifestyle Balance.  
*Journal of Occupational Science*, 15(1), 9-20.

The concept of lifestyle balance seems to have widespread acceptance in the popular press. The notion that certain lifestyle configurations might lend to better health, higher levels of life satisfaction and general well-being is readily endorsed. However, the concept has not been given significant attention in the social and behavioral sciences literature and, as a result, lacks empirical support, and an agreed upon definition. This article presents a proposed model of lifestyle balance based on a synthesis of related research, asserting that balance is a perceived congruence between desired and actual patterns of occupation across five proposed need-based occupational dimensions seen as necessary for wellbeing. It is asserted that the extent to which people find congruence and sustainability in these patterns of occupation that meet biological and psychological needs within their unique environments can lead to reduced stress, improved health, and greater life satisfaction.

### 一個平衡的生活型態之建議模式

生活型態平衡的概念似乎廣為一般大眾所接受。一般相信某些生活型態可以提供更好的健康、更高的生活滿意度以及整體的安適。然而，這個概念在社會及行為科學文獻中未受到重視，也因此缺乏實證支持，也缺乏一個公認的定義。本篇文章整合了相關研究，提出一個生活型態平衡的建議模式，確認平衡是在安適所需的五個職能面向上，感受到個人渴望與實際的職能形式間之一致性。可以確信的是，人們感受到的職能形式之一致性與持續性，若能符合其在獨特的生活環境中之生物及心理需求，就能減少壓力、改善健康及有更高的生活滿意度。

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