



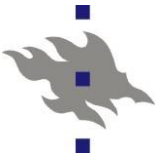
HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI

Reciprocal relations in constructing daily rhythm that supports young unemployed people getting work and education

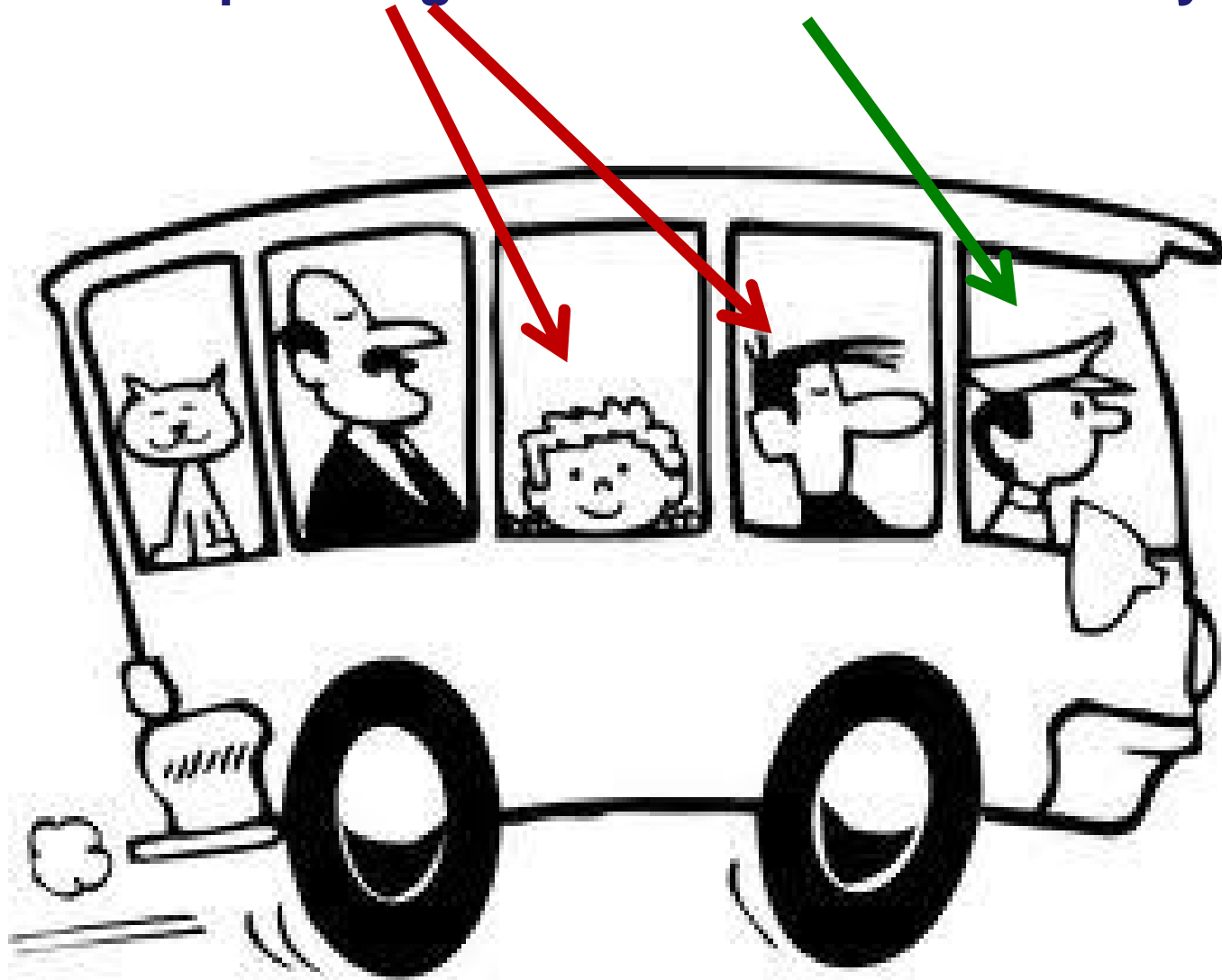
Korvela Pirjo, University of Helsinki, Finland

Faculty of Behavioural Sciences,
Department of Teacher Education,
Home Economics

Cambridge, Feb 7, 2013



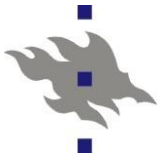
A passenger or the driver of own daily life?



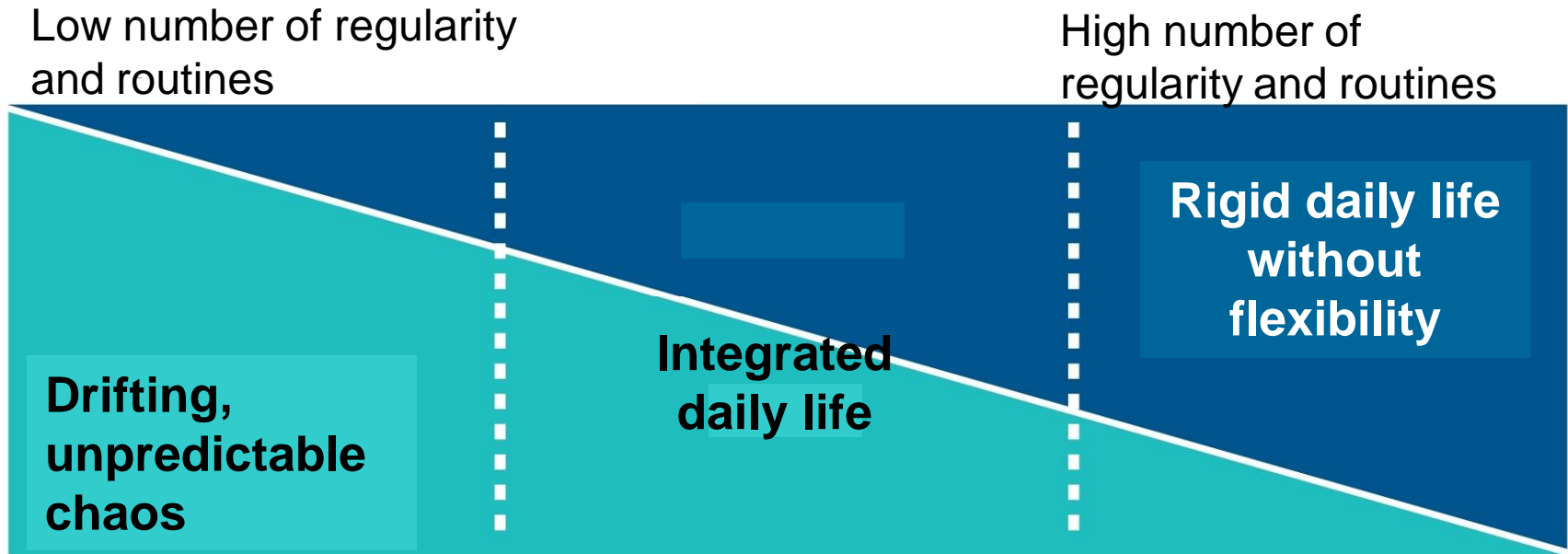


Drifting daily life

- Daily rhythm almost upside down
 - Social media, internet, TV, games, etc. keep awake until early morning
 - Come late to school (labour market training) or work
- Do not recognize own dreams concerning the future



Three Forms of Daily life (Jonsson, 2006)





The four to six sequences of a day in families with children under school age (Korvela, 2003)

Sequence 1:

The morning chores for leaving home

Sequence 2:

Coming back home and settling down

Sequence 3:

Doing something together

Seq. 4:

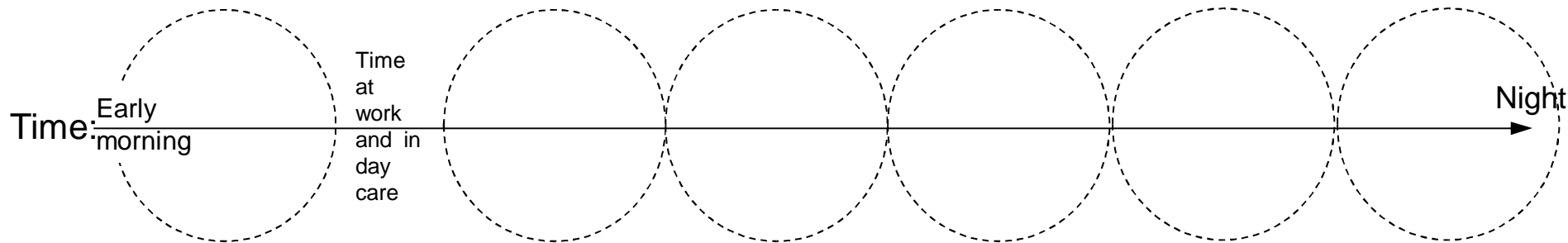
Putting children to bed

Seq. 5:

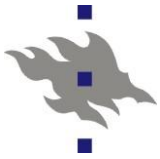
Working, adults' own time

Seq. 6:

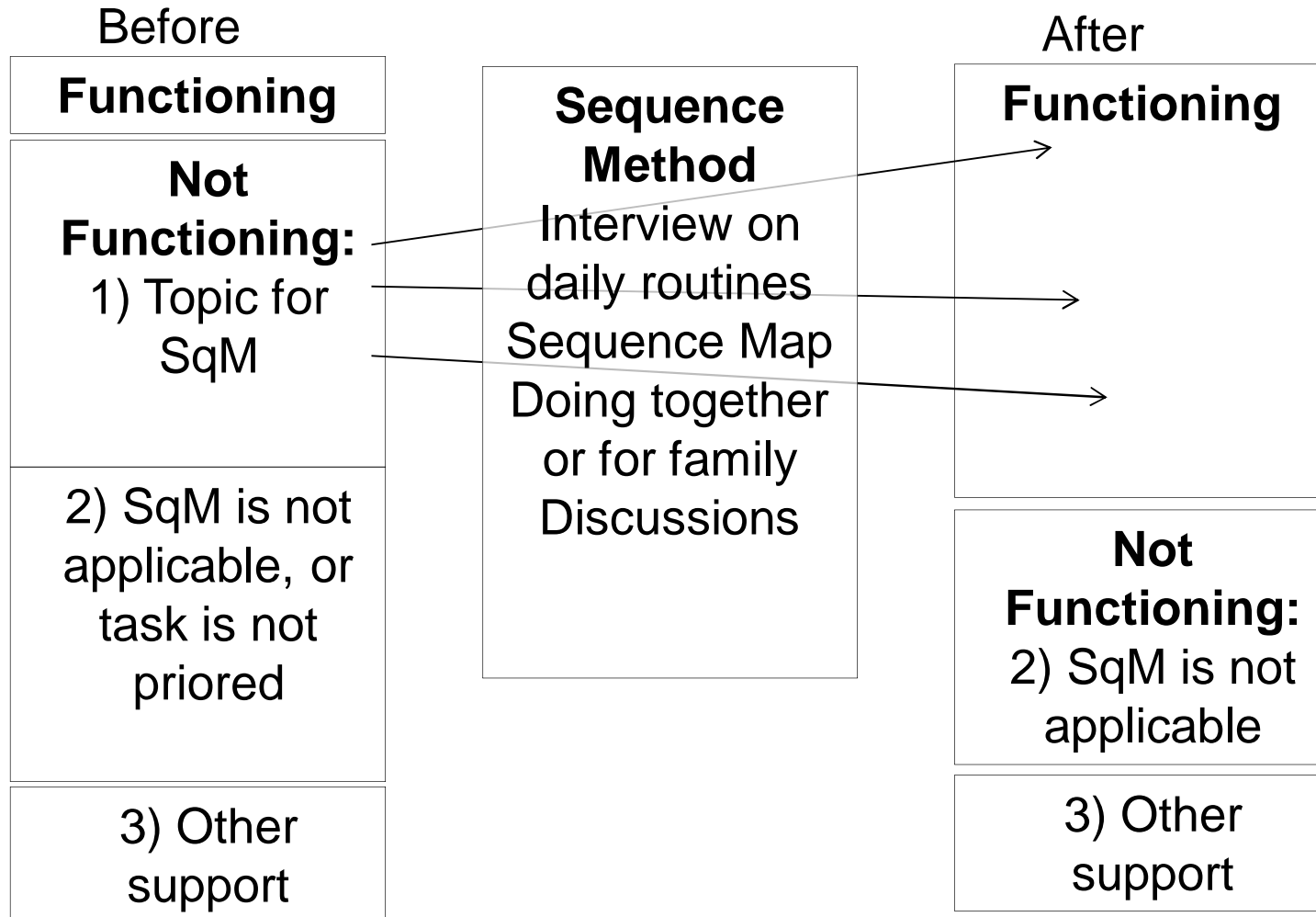
Retiring for sleep



The concept of sequence offers an understanding on daily life as constructed of routines and practices in a particular order.






Working with Sequence Method





Sequence map

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|--------|
| Morning  | | | | | | | |
| Afternoon  | | | | | | | |
| Evening  | | | | | | | |



Number and quality of client's resources

LEVEL 1

Daily life is running smoothly, minimal support.

+

LEVEL 2

Coach supports young people for

constructing daily structure and running client's own daily life.

yes

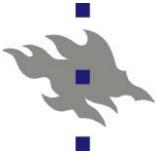
Need for constructing client's daily structure

no

LEVEL 3

Coach and client construct client's daily life together.

-



Research

- Data

- Discussions between client and coach in constructing daily rhythm