






Original Article

Migrant women: leisure occupations in public and private spaces

Mujeres migradas: ocupaciones de tiempo libre en espacios públicos y privados

Mulheres migrantes: ocupações de tempo livre em espaços públicos e privados

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Abstract

Introduction: Migration involves the displacement of people from their usual place of residence, leading to identity and adaptation challenges. In Chile, the number of migrants has increased, notably Haitian women who face discrimination and racism, affecting their mental health and occupational performance. **Objective:** This study analyzes the occupational performance in the leisure occupations of Haitian migrant women in the metropolitan region of Chile. **Method:** A phenomenological and qualitative approach with a descriptive design was employed, using semi-structured interviews for data collection. The study was conducted with three migrant women residing in the Metropolitan Region of Chile. **Results:** The results show that in private spaces, home care and child-rearing are predominant, while leisure occupations are prioritized in public spaces. The choice of these activities is influenced by various factors such as available time, motivation, economic, climatic, and racial aspects, among others. **Conclusion:** Despite the importance attributed to leisure occupations, they are conditioned and hierarchized, highlighting the need to enhance facilitators like motivation to overcome identified contextual barriers. This qualitative study points out aspects that could be reconsidered for future research.

Keywords: Migration, Women, Occupational Therapy, Activities of Daily Living.

Resumen

Introducción: La migración implica el desplazamiento de personas fuera de su lugar habitual de residencia, enfrentando problemas de identidad y adaptación. En

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Chile, el número de migrantes ha aumentado, destacando las mujeres haitianas que enfrentan discriminación y racismo, lo que afecta su salud mental y desempeño ocupacional. **Objetivo:** En este estudio se analiza el desempeño ocupacional en las ocupaciones de tiempo libre de las mujeres migrantes haitianas en la región metropolitana de Chile. **Método:** Se emplea un enfoque fenomenológico y cualitativo, con un diseño descriptivo que utiliza la entrevista semiestructurada como método de recolección de datos. El estudio ocurrió con tres mujeres migrantes que residen en la Región Metropolitana de Chile. **Resultados:** Los resultados muestran que en los espacios privados predomina el cuidado del hogar y la crianza, mientras que en los espacios públicos se priorizan las ocupaciones de ocio. La elección de estas actividades está influenciada por diversos factores como el tiempo disponible, la motivación, aspectos económicos, climáticos y raciales, entre otros. **Conclusión:** A pesar de la importancia atribuida a las ocupaciones de tiempo libre, estas están condicionadas y jerarquizadas, lo que resalta la necesidad de potenciar facilitadores, como la motivación, para superar las barreras contextuales identificadas. Este estudio cualitativo señala aspectos que podrían ser reconsiderados para futuras investigaciones.

Palabras clave: Migración, Mujeres, Terapia Ocupacional, Actividades Cotidianas.

Resumo

Introdução: A migração envolve o deslocamento de pessoas de seu local habitual de residência, enfrentando problemas de identidade e adaptação. No Chile, o número de migrantes aumentou, destacando-se as mulheres haitianas que enfrentam discriminação e racismo, afetando sua saúde mental e desempenho ocupacional. **Objetivo:** Este estudo analisa o desempenho ocupacional nas ocupações de tempo livre das mulheres migrantes haitianas na região metropolitana do Chile. **Método:** Utiliza-se uma abordagem fenomenológica e qualitativa, com um desenho descritivo que utiliza a entrevista semiestructurada como método de coleta de dados. O estudo foi conduzido com três mulheres migrantes que residem em uma Região Metropolitana do Chile. **Resultados:** Os resultados mostram que nos espaços privados predomina o cuidado do lar e da criança, enquanto nos espaços públicos as ocupações de lazer são priorizadas. A escolha dessas atividades é influenciada por diversos fatores, como o tempo disponível, a motivação, aspectos econômicos, climáticos e raciais, entre outros. **Conclusão:** Apesar da importância atribuída às ocupações de tempo livre, estas estão condicionadas e hierarquizadas, ressaltando a necessidade de potencializar facilitadores, como a motivação, para superar as barreiras contextuais identificadas. Este estudo qualitativo aponta aspectos que podem ser reconsiderados para futuras investigações.

Palavras-chave: Migração, Mulheres, Terapia Ocupacional, Atividades Cotidianas.

Introduction

According to the International Organization for Migration (Organización Internacional para las Migraciones, 2022), the migration phenomenon involves the displacement of people from their usual place of residence, either across international

borders or within a country. From 2000 to 2019, there has been an increase in the global migratory flow, reaching 3.5% of the total population (Department of Economic and Social Affairs of United Nation, 2019). This has led many to live in unknown nations, facing identity problems due to cultural, political and social changes (Guillén de Romero et al., 2019). States must rethink their actions to protect the Human Rights of migrants (Gutiérrez et al., 2020), who, in addition to adapting to new environments and facing the lack of protection laws, suffer discrimination, racism and xenophobia, which negatively affects their mental health.

In the context of Chile, a study carried out by INE and SERMIG in 2022 (Instituto Nacional de Estadística, 2022) revealed that there were 1,482,390 migrants in the country, 738,177 of whom were women. The Metropolitan Region hosts the largest number, with 909,414 migrants, representing 61.3% of the total population. Of these, 12.2% came from Haiti; ranking third among countries of origin, and 12.3% of them resided in the Metropolitan Region. Due to the aforementioned data, this project will focus on the inhabitants of Haiti.

Haiti is located on the island of Hispaniola and is limited by the Atlantic Ocean. It is one of the poorest and most unequal countries in the Western Hemisphere (Fondo de las Naciones Unidas para la Infancia, 2021). In 2021, the Haitian population was 11,447,569 inhabitants, with 5,774,718 women (Grupo Banco Mundial, 2021). Despite having rights like any human being, Haitian women face constant violations in the societies in which they live, whether in their country or abroad, as in the case of Chile, which limits their development (Biblioteca del Congreso Nacional en Chile, 2023; Durocher et al., 2019; Wilcock & Hocking, 2015; Barría & Méndez, 2014; Rival-Carrillo et al., 2021).

Historically, women have suffered discrimination, having to overcome barriers in areas such as personal, professional and educational development (Barriga, 2020). In Haiti and elsewhere, women are mostly involved in occupations related to family care and housework, which creates a gender gap with men, who perform more productive occupations, thus making women invisible in other areas of personal development (Vidal Sánchez et al., 2018). This shows how women have been silenced and forced to play caregiver, subordinate and invisible roles in society.

Haitian Migrant Women (HMW) are characterized by being mostly black-skinned, with less than 10% white-skinned among the Haitian population (Sánchez et al., 2018). Racism, defined as feelings of unjustified hatred towards people with different characteristics, generates discrimination, insults and exclusion (Pascale, 2010). Sales Gelabert (2017) points out that black women suffer discrimination not only for being women within the group of "blacks", but also for being "black" within the collective of women.

To fully understand "black" migrant women, it is necessary to take into account the intersectional perspective. Reyes Muñoz & Reyes Muñoz (2021) refers that it occurs due to multiple factors such as skin color, socioeconomic situation, sexual identity and place of origin. Crenshaw (2012) proposes "intersectional feminism" to address the problems that women face, related to racism, gender and other discriminatory factors, from a feminist perspective that integrates the identity of women. This is why intersectionality in migrant women will be understood as experiences of discrimination for belonging to more than one subgroup, such as being a "black" migrant woman and

belonging to a specific social class, which results in the violation of their rights and experiences of inequality through power relations.

In this study, the HMW are subject to discrimination in Chilean society, where black skin color is perceived unfavorably and subject to racist ideologies present in conversations, government speeches, media and even in humorous forms, which generates violence (Tijoux, 2016). Structural racism in Chile manifests itself in inequalities, hierarchies between individuals and racialized populations, affecting the migratory status of Haitians and generating victimization by police officers and Chilean citizens (Restrepo, 2008; Mercado-Órdenes & Figueiredo, 2023).

As mentioned above, women have been subject to discrimination throughout history, in addition to the constant racism faced by HMW, which is understood from an intersectional perspective. Reasons for which they have had to face some barriers that have interfered with their development in different areas and in the performance of occupations.

Occupation will be understood as “[...] that meaningful activity in which the person participates daily and that can be named by the culture.” (Álvarez et al., 2021, p. 164). In turn, Bello et al. (2010), mention that occupations are an agent that promotes well-being and health, which prevents the emergence of diseases and deficits, promotes physical, psychological and social well-being. Moreover, the person and the occupation have a close relationship, with occupation being understood as an intrinsic aspect of the human being (Schliebener Tobar, 2020).

It is essential to understand the relationship between occupation and Occupational Performance (OP) in Haitian Migrant Women (HMW) and how it can be affected. OP, according to the American Occupational Therapy Association (2020), is the interaction between the person, their context and the occupation, determining the effectiveness of the latter. Leisure occupations (LOs) are essential in this analysis, with leisure being considered as a period of freedom outside of work (Gomes & Elizalde, 2009). Daneri (2020) adds that leisure encompasses basic daily life, instrumental and leisure occupations.

Muñoz Espinosa & Salgado Gómez (2021) highlight the lack of free time because work life are at the heart of occupations, making it difficult to disengage from productive obligations. External factors such as social inequalities, gender violence, street harassment and insecurity, according to Margarit et al. (2022), affect the occupational development and women’s quality of life. These factors limit the full development of LOs, generating discomfort and uneasiness, which affects the well-being and development of individual, social and relational capacities (González et al., 2020). Analyzing how HMW develop their LOs implies knowing the spaces where these occupations take place, focusing on the use of public and private spaces by Haitian migrants in Chile.

The context, understood as the physical and social environment that surrounds the person, affects their motivation, the opportunities and limitations they face (Kielhofner, 2006). In this research, two types of contexts are found. First, there is the public space, defined as an area of free access for all people, which promotes social interaction and civic practices, as well as offering opportunities to engage with the local culture (Delgado, 2019; Margarit et al., 2022). Conversely, the private space, which is for the exclusive use of one person, is characterized by rest and leisure occupations, being more intimate than the public space (Pereira da Silva, 2013).

The research analyzes the Occupational Performance (OP) in the Leisure Occupations (LOs) in public and private spaces of Haitian women in the Metropolitan Region of Santiago, Chile, in 2023, considering the previously mentioned problems.

The general objective of this study is to analyze the occupational performance in leisure occupations, both in public and private spaces, of Haitian women residing in the Metropolitan Region of Santiago, Chile. To achieve this, two specific objectives are proposed: to identify the facilitators and barriers that these women face in their free-time occupations in these spaces, from the perspective of occupational performance; and to understand the meanings that Haitian women attribute to their free-time occupations in these public and private contexts.

Method

The research seeks to answer the question about the occupational performance of Haitian Migrant Women (HMW) in their Leisure Occupations (LOs) in public and private spaces in the Metropolitan Region of Chile in 2023. The aim is to find out if MW perform LOs, what meanings they attribute to these occupations, if they have preferences for some specific activities during their free time and in what contexts they perform these occupations.

The research is framed in a phenomenological paradigm, which seeks to understand reality from the experience and context of the individual (Sanguino, 2020), with a qualitative approach focused on the subjectivity of the experience (Van Manen, 2014). A descriptive study will be used to analyze the information and understand the occupational performance in the free time of MW in public and private spaces in the Metropolitan Region of Chile (Schettini & Cortazzo, 2015).

The inclusion criteria for the selection of participants in this study consider age, selecting people between the ages of 18 and 40. Likewise, migrants from countries where the main language is not Spanish will be included, defined as migrants from non-Spanish speaking countries (HMW). Another requirement is the length of residence in Chile, having remained in the country for a minimum period of two years prior to the start of the study. Additionally, participants must have lived in the Metropolitan Region of Santiago for a period of no less than one year. Regarding linguistic competence, participants must have a basic level of Spanish, which allows effective communication with the researchers and ensures their participation in interviews and activities related to the study. Regarding the exclusion criteria, those participants who present significant difficulties communicating in Spanish will be excluded from the study, since this could compromise the correct interpretation of the data collected. In the same way, those who do not meet the requirement of having resided for at least one year in the Metropolitan Region of Santiago or who have arrived in Chile less than two years ago will not be included.

For the selection of participants, a combined strategy of active search and snowballing was employed. The active search involved approaching places with a high probability of concurrence of migrants, such as the central plain and Independencia streets, considering that the commune of Santiago Centro houses 48.3% of the migrant population, and Independencia 40.6% (Ministro de Desarrollo Social y Familia, 2020). The snowball strategy consisted of the same participants investigated inviting other people to participate (Sampieri et al., 2014).

Once project No. 109-2023 was approved by the Ethics Committee for Research in Human Beings of the Faculty of Medicine of the University of Chile, three HMW were contacted through active search. After obtaining informed consent, a semi-structured face-to-face interview of approximately one-hour duration was carried out. The interviewees were asked about the type of LOs they performed, their occupations in public and private spaces, their motivation for having free time, the importance they attributed to it, the barriers and facilitators they faced, and their knowledge about collective LOs options.

Due to language barriers, the language of the interview was adapted to facilitate the participants' understanding, using simpler words and replacing terms specific to occupational therapy with others closer to HMW, such as asking about free time activities instead of LOs.

The information obtained was analyzed through quantitative content analysis, which combines observation techniques, information production, and data analysis to generate knowledge in an objective, systematic, and replicable manner (Abela, 2002). The recordings and transcripts will be archived for five years with restricted access to the research team. For this work, the initials I1, I2, and I3 were used instead of the participants' real names.

Results

In this study, information is presented about three Haitian women interviewed. Participant I1 is a 32-year-old woman and mother of a 3-year-old girl, who has resided in Chile with her husband and daughter for 4 years. Participant I2, 34 years old, is the mother of a 3-year-old girl and has lived in Chile with her husband and daughter for 7 years. Finally, Participant I3, 38 years old, is the mother of a 4-year-old boy and has lived in Chile with her husband and daughter for 6 years. Although she has two brothers in Chile, they live far away. The sociodemographic information provides valuable context for interpreting the experiences and perspectives of the Haitian migrant women included in this sample. Despite being a qualitative study, the sample is very homogeneous, as the three participants belong to the same sociodemographic group, with little variability in age or family conditions. It is essential to situate the assessments and reflections within the specific context of these participants, recognizing that the results are based on a small sample and that the conclusions should not be generalized beyond this group.

The result of this research will focus on six main categories, which focus on describing the non-productive activities carried out by the interviewees, distinguishing between those that take place in public spaces and those that take place in private spaces.

Leisure occupations carried out by Haitian migrant women in private spaces

To begin, the activities carried out in private spaces will be described. All participants carry out domestic activities such as cleaning, cooking and personal care for their children. In addition, they organize parties and family gatherings in their homes. The second interviewee also carries out gardening activities with her daughter and coloring together, a practice that is not observed in the other cases.

I2: Yes, I like to make dinosaurs for my daughter. Those to draw and then color, yes (...).

I3: No, first I arrive like this, I go to the kitchen, clean the house and leave the children, and I go to the kitchen, if I do not cook, I clean the house, change the sheets, and then take a shower and rest.

For carrying out activities in private spaces, the use of places such as the home prevails, especially the bedroom, where domestic chores are carried out throughout the house or in the room. However, in leisure occupations that require the use of technological tools, these activities were predominantly carried out from the bed at home.

I2: In my house I do them. [...] In the room.

Leisure occupations carried out by Haitian migrant women in public spaces

Regarding public spaces, a variety of activities are observed in these places, including playing with children, moving around, religious practice, social interaction and meeting other people. All three interviewees mentioned going to parks and fairs near their homes, as well as using public transportation to get around.

I3: No, oh... there in La Vega, central station, and another street, going somewhere else...

I1: I have lunch, and then go to the park.

It is noted that parenting is not limited to a public or private space, but is carried out continuously in both contexts.

Meanings that Haitian migrant women attribute to leisure occupations in public and private spaces

Regarding the meaning that the interviewees attribute to the realization of LOs, the first and third interviewees highlighted the importance of these activities and the enjoyment they provide. In contrast, interviewee I2 does not recognize the relevance or the benefits of these activities. Nonetheless, the three participants recognize the importance of free time in the development of a healthy childhood for their children.

I1: Because I love my daughter too... yes... that is good... rest, yes rest.

I3: [In the park they do] like playing, opening the colors, learning the colors, learning rope, learning school, talking to another boy, another girl, playing, right...

Individual leisure occupations carried out by Haitian migrant women

We highlight a relationship between the type of free time occupation and whether it is carried out individually or in a group. The analysis revealed that when women performed occupations individually, those related to the home or parenting predominated. Among domestic occupations, cooking and cleaning stand out

E2: Yes, I like to draw dinosaurs for my daughter. Those to draw and then color, yes.

E1: Yes, yes, she [daughter] is sleeping, yes she is cooking, if not, she does not cook... When she is sick, I take care of her.

Community/collective leisure occupations carried out by Haitian migrant women

In community occupations, a preference is observed for leisure occupations such as going to parks, shopping in clothing stores or watching television with someone else, as well as participating in family gatherings and visits to church. However, accompaniment is also observed in occupations related to the home and child-rearing.

E.1: Yes, yes, shopping, to the park, church, after church she went to the park, yes.

Barriers versus facilitators faced by Haitian migrant women

Within the topics addressed, categories associated with the perceptions of the HMW about the barriers or facilitators they experience can be identified. The prioritization of occupations due to lack of time and/or fatigue is identified as a barrier. In the case of the three women, they give priority to their jobs, which require approximately nine hours a day. Although I3 works more than nine hours, she does so independently; however, she is also limited in her free time activities. In addition, within leisure occupations, a hierarchy is also observed that leads to prioritizing certain activities over others.

E3: No, my husband works every day, not having time, working from 7 in the morning and returning at 10 at night, not having time. Only one Sunday, but not every Sunday, only one Sunday to rest... But that Sunday is resting and I also go to sell.

In addition, the lack of accompaniment, support and incentive from family, friends and close people to carry out these activities is identified. This barrier is only observed in the case of I3, who does not receive support from her partner when performing these activities.

E3: (...) my husband works every day, does not have time, works from 7 in the morning and comes back at 10 at night, does not have time. Only one Sunday, but not every Sunday, only one Sunday off.

However, encouragement and support are facilitators in the cases of I1 and I2. I1 mentions receiving support from her husband and family, as well as constant motivation from her daughter. For her part, I2 says she has the support of her partner to carry out her occupations.

Do you feel that there is support from the church, from your family or from your brother or husband, for the free time activities that you carry out?

I1: Yes.

Who do you think gives you that support?

I2: My husband.

Another facilitator highlighted is the safety of doing these activities individually. All the interviewees agree that they feel safe; however, both I1 and I2 mention that they prefer to do leisure occupations in public spaces accompanied by their husbands and children.

And doing it alone, would you feel the same safety doing it alone?

I1: Yes

A recurring topic in all the interviews was the experience of discrimination and structural racism, reflected in the lack of opportunities to access services and benefits from the State. They also mention having experienced verbal discrimination due to their skin color or their status as Haitian migrants. Given this, the women conclude that they prefer to ignore it to avoid conflict. Although these experiences do not limit their participation or their occupational performance, those aspects are present in their experiences.

I1: And it's very, very bad, annoying, they speak very badly, very ugly, they say Haitian...fucking [...] Haitians won fuckin'

Another aspect considered as a barrier is the choice of places to do leisure occupations, which is based mainly on comfort. Women consider the proximity of the spaces, the economic resources available and how these are synchronized with their daily tasks. This choice results in a limitation to explore and get to know new scenarios, which could enrich their free time experiences.

I1: Ahh because... because the one in Conchalí is the same near my house, if you want to continue on to the other one, another park Plaza de Armas... the Parque los Reyes.

Discussion

The analysis of the leisure occupations (LOs) carried out by the three Haitian migrant women (HMW) participating in this research reveals a series of patterns and barriers that affect their participation in recreational and social activities. This analysis is structured around six main categories derived from the interviews conducted, which cover both activities in private and public spaces, meanings attributed to these activities, and the barriers and facilitators experienced.

Leisure occupations in private spaces

The activities carried out by the HMW in private spaces are predominantly focused on caring for the home and children. Most of the participants perform domestic tasks such as cleaning, cooking, and personal care of the children, in addition to organizing family gatherings. A particular case is observed in the interviewee I2, who also carries

out creative activities such as gardening and coloring with her daughter, activities that are not observed in the other participants.

Based on the above, it is clear that the activities in private spaces of the interviewees are predominantly focused on caring for the home and children, reflecting the persistence of traditional gender roles. This pattern is consistent with the historical perspective of the gender division in domestic and care work, as mentioned in the initial analysis (Landry, 2012; Daneri, 2020; Muñoz Espinosa & Salgado Gómez, 2021).

The lack of individual recreational or leisure occupations in these spaces can be understood in the context of the migration phenomenon. The International Organization for Migration (Organización Internacional para las Migraciones, 2022) and the United Nations Department of Economic and Social Affairs (Organización Internacional para las Migraciones, 2022) point out that the migration process imposes additional challenges on women, including work overload and adaptation to a new cultural environment, which can limit their time and energy for recreational activities.

Leisure occupations in public spaces

Participation in public spaces, such as parks and religious events, although focused on the well-being of children, also reflects the effort to maintain social and cultural connections despite barriers (Margarit et al., 2022; Nina, 2018). Migrant women use these spaces as a way of social and cultural integration, facing challenges related to discrimination and insecurity (Restrepo, 2008; Mercado-Órdenes & Figueiredo, 2023).

The perception of public spaces as safe and accessible can be mediated by discrimination and structural racism, which affects the quality and frequency of their use (Tijoux, 2016; Mercado-Órdenes & Figueiredo, 2023). Moreover, the lack of knowledge about the opportunities for participation in these spaces can contribute to a lower frequency of their use, evidencing the need for information and guidance that facilitates the integration of HMW into the local community.

Meanings attributed to leisure occupations

The HMW attribute diverse meanings to their LOs. Interviewees I1 and I3 highlight the enjoyment and importance of these activities for family well-being, while interviewee I2 does not recognize the value or benefits of these activities. The variability in the meanings attributed to LOs by the HMW can be understood through the perspective of intersectionality. Reyes Muñoz & Reyes Muñoz (2021) and Crenshaw (2012) argue that people's experiences are crossed by the intersection of multiple discriminatory factors; in this context, migrant women emerge as a significant example of how these intersections manifest themselves.

The lack of recognition of the value of LOs by some interviewees may reflect a perception of these activities as less meaningful due to daily difficulties and the pressure to comply with traditional roles (Gomez, 2003; Vidal Sánchez et al., 2018). Similarly, the limitation of recreational activities may be related to the lack of access to resources and opportunities that allow experiencing a wider range of LOs.

Individual leisure occupations

Activities performed individually by HMW are concentrated on domestic and caregiving tasks. Cooking and cleaning are predominant among activities performed alone. The tendency to perform household and parenting-related activities, even when performed individually, highlights the workload faced by women in their daily lives.

The tendency to focus on domestic activities even individually reinforces the workload faced by HMW, aligning with previous observations on the disproportionate burden of caregiving and domestic tasks (Vidal Sánchez et al., 2018). This pattern can be explained by the lack of alternatives and resources due to their migratory status and socioeconomic context (Guillén de Romero et al., 2019; Barría & Méndez, 2014). In addition, the pressure to comply with cultural and family expectations may further limit their ability to explore and enjoy individual recreational activities.

Community/collective occupations

Community and collective activities include visits to parks, shopping, and participation in family and religious events. Although these activities are centered on the family environment, they reflect an effort to maintain social and cultural cohesion in a challenging migration context. This pattern resonates with Carvajal (2001) and Nina's (2018) research on the importance of community support in migrants' adaptation and well-being.

The ability to participate in these activities may be influenced by family support and structural barriers, such as racism and discrimination (Mercado-Órdenes & Figueiredo, 2023). Furthermore, the fact that HMW attend familiar spaces rather than exploring new areas may limit their exposure to broader community interaction opportunities, contributing to a sense of isolation and exclusion.

Barriers and facilitators

The barriers identified, such as lack of time due to long working hours and discrimination, are critical factors affecting participation in LOs. These barriers align with the observations of Gutiérrez et al. (2020) on the vulnerability of migrants and the structural difficulties they face.

Family support, in contrast, emerges as a key facilitator, allowing HMW to find time and space for recreational activities (I1 and I2). The intersectionality of gender, race and migratory status is essential to understanding these dynamics (Crenshaw, 2012; Pascale, 2010). In this context, it is relevant to note that the historical review of occupational therapy, together with the recognition and revaluation of knowledge generated in diaspora contexts, supports the use of the concept of intersectionality as an essential analytical tool. According to Ambrosio & Silva (2022), this concept is essential for Occupational Therapy, as it allows addressing the multiple axes of oppression that affect migrants, thus facilitating a critical exercise of reflection on their migration experiences.

At the individual level, access to social and community support networks can play an important role in mitigating barriers and promoting greater participation in leisure occupations. On the other hand, adaptation to new forms of participation in the local

community and integration into support networks can be key facilitators to improve the quality of life and well-being of HMW.

Final Considerations

This study reveals that leisure occupations (LOs) carried out by Haitian migrant women (HMW) in public and private spaces reflect patterns rooted in socially imposed gender roles, while being marked by experiences of discrimination. Although the barriers related to discrimination, these women manage to integrate recreational activities into their daily routine, prioritizing household chores and caring for their families. This suggests that, despite the vulnerability arising from discrimination, HMW do not feel completely discouraged and continue to participate in their occupations, incorporating these experiences into their identity.

The preference for carrying out LOs in spaces close to their homes seems to be motivated by the comfort and familiarity of these contexts, although the specific reasons for this preference are not explored in depth. The support network emerges as a key facilitator in the realization of recreational activities, not only providing logistical support, but also motivational support, which is crucial for HMW occupational performance.

In terms of the meanings attributed to LOs, HMW value these activities primarily for their ability to offer rest and connection with their children. However, there is a lack of insight into the specific benefits or broader impact of these activities on their lives, possibly due to a limited understanding of the concept of LOs or a tendency to associate free time exclusively with quality time with their children.

The study faces some limitations, such as language barriers and the focus on a specific region of Chile, which restricts the understanding of broader contexts. Although this is a qualitative study, the sample is quite homogeneous, given that the three participants come from the same sociodemographic group and present little variability in terms of age or family conditions. It is essential to consider the perceptions and reflections within the particular context of these participants, recognizing that the results are derived from a small sample and that the conclusions should not be extrapolated to broader groups. For future research, it is recommended to employ ethnographic methodologies or visual interviews to facilitate data collection and to expand the scope of the study to other regions. Despite these limitations, the research provides valuable insights into the experiences of HMW and contributes to the field of occupational science in migratory contexts, highlighting the need for further studies to better understand the importance of LOs in the lives of these women.

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