



## DEN 16. NORDISKE LÆRERUDDANNELSESKONFERENCE

### INNOVATION I UNDERVISNING OG LÆRING

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<b>Titel på Præsentationen:</b>	<b>Sense of coherence among VET students in upper secondary school</b>
<b>Type af præsentation:</b>	Mundtlig præsentation
<b>Sprog:</b>	English
<b>Tema:</b>	<b>5: Nordisk bidrag til læreruddannelse</b>
<b>Abstrakt:</b>	<p>Vocational education and training (VET) is complex and constantly changing. It is expected that vocational students will manage the integration of general and vocational knowledge. In addition, they need to develop the skills to deal with unexpected situations in their working life. Research has shown that students find VET integration demanding and stressful (Aakernes, 2018; Gessler, 2017; Hiim, 2017, 2020).</p> <p>This study takes a new theoretical perspective by focusing on Antonovsky's (1987) concept of the sense of coherence (SOC). The term involves three dimensions: (a) comprehensibility, (b) manageability, and (c) meaningfulness. General resistance resources (GRRs) are crucial to comprehending, dealing with, and finding meaning in life and education (Antonovsky, 1987). A GRR is understood as any resource or trait in either the student or the near or more peripheral environment that helps to strengthen the student's SOC (Lindström &amp; Eriksson, 2010). This study explores the following question: <i>What general resistance resources contribute to the SOC among VET students in upper secondary school?</i></p>



The data are based on interviews with VET students in various programmes. The data were analysed using a stepwise deductive–inductive analysis method (Tjora, 2021).

The results showed that students demand an education that works and includes authentic tasks. They want to be actors in their own learning process and to be challenged in accordance with their level of proficiency. To be able to understand, handle, and find meaning in VET, they need to be recognised for their choice of profession, for what they can do and for who they are.

**Nøgleord:** vocational education, sense of coherence, general resistance resources

**Litteratur:**

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Hiim, H. (2017). Ensuring curriculum relevance in vocational education and training:

Epistemological perspectives in a curriculum research project. *International Journal for Research in Vocational Education*



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Hiim, H. (2020). The quality and standing of school-based Norwegian VET. *Journal of Vocational Education & Training*, 72(2), 228–249.

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Lindström, B., & Eriksson, M. (2010). *The hitchhiker's guide to salutogenesis: Salutogenic pathways to health promotion*. Folkhälsan.

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