

Work ability in young adults

Young adults can be a vulnerable group in their transition from student life to working life. They have little work experience and may encounter high expectations from employers. Also, they will probably work for many years, and consequently, need to have sustainable work ability from the outset of their careers.

Today we do not know what it means to have work ability, or what can influence this for young adults. If the work situation changes, will work ability change? Are opportunities for recovery at the workplace important? And what can cause reduced productivity? This thesis can be used as a basis for prevention and promotion programmes regarding work ability, including adapted introductory education and mentorship for young adults.



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