

Virpi Tökkäri

The social and organisational functions of work-related dreams

Dreams constitute an important part of experience, including in the workplace. Nevertheless, the study of dreams has seldom examined the meaning of work-related dreams in the social context of working communities. Furthermore, the perspective of dream research has usually emphasised the individual and his/her development over the community. The purpose of this article is to broaden the view and analyse the social functions that work-related dreams serve in working communities. Interpretative phenomenological analysis (IPA) was applied to investigate the experiences of 11 interviewees. The analysis showed that dreams have five social functions in working communities: (1) providing entertainment, (2) creating a sense of community and peer relations, (3) understanding the working community and workplace situation, (4) developing work through self-development and problem solving, and (5) get into the mood of social interactions.