The Relationship of Adolescents’ Health-Promoting Behaviors and Social Connectedness with Family Communication and Family Satisfaction

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Unhealthy lifestyle behaviors in adolescence become major contributors of disability, morbidity and mortality in adulthood.

Physical activity (PA), adequate sleep & healthy breakfasts are the Health-promoting behaviors (HPBs) under examination.

Adolescents’ connectedness,

Family Communication & Family Satisfaction.

The relationships of family influences, connectedness, and HPBs are unclear. The purpose was to unravel the relationships in between.
Design and Methods

• Design: cross-sectional & non-experimental.

• Data Source: the pre-intervention phase of a feasibility study

• Variables: Adolescents (1) social connectedness, (2) sleep [8 hours], (3) daily physical activity), (4) eating healthy breakfasts daily, (5) having access to a computer at home; parents (6) family communication and (7) family satisfaction.

• The analysis included: HPB prevalence, bivariate analysis and correlations.

• The sample: 28 adolescents (mean age 13 ± 1.34), 57% were middle school students, 21% males, 25% Blacks, 50% Whites, 25% “other;” included 50% Hispanics.

• Parents (mean age 43 ±6.9) included 6 legal guardians, 96% female, 21% single, 43% had not completed a high school education or GED.

• Only 61% (n=17) of adolescents reported access to a computer at home; 25% (n=7) were Hispanic. Broken down by race, the sample reported 71% (n=12) White, 12% (n=2) Black, and 17% (n = 3) “other.”
<table>
<thead>
<tr>
<th>SCALES</th>
<th>SCORE RANGE</th>
<th>MEAN</th>
<th>STANDARD DEVIATIONS</th>
<th>CRONBACH’S ALPHA (α)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Communication – 10 items</td>
<td>10 - 50</td>
<td>40.4</td>
<td>7.4</td>
<td>.90</td>
</tr>
<tr>
<td>Family Satisfaction – 10 items</td>
<td>10 - 50</td>
<td>37.6</td>
<td>7.2</td>
<td>.93</td>
</tr>
<tr>
<td>Adolescents’ Social Connectedness – 10 items</td>
<td>10 - 50</td>
<td>42.1</td>
<td>7.3</td>
<td>.89</td>
</tr>
</tbody>
</table>
# Health-Promoting Behaviors (HPBs) Prevalence

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Size (n=28)</th>
<th>Eats breakfast Every day</th>
<th>Adequate Sleep (8-hours daily)</th>
<th>Physical Activity of 30 minutes [4-5/week]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle School</td>
<td>15 (100%)</td>
<td>11 (73%)</td>
<td>11 (73%)</td>
<td>13 (87%)</td>
</tr>
<tr>
<td>High School</td>
<td>13 (100%)</td>
<td>8 (62%)</td>
<td>10 (77%)</td>
<td>12 (92.3%)</td>
</tr>
<tr>
<td>Total</td>
<td>28</td>
<td>19 (68%)</td>
<td>21 (75%)</td>
<td>25 (90%)</td>
</tr>
<tr>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>-----</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
</tr>
<tr>
<td>(1) Adolescents’ connectedness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2) Family satisfaction</td>
<td>.230</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(3) Family communication</td>
<td>.250</td>
<td>.913**</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>(4) Physical activity 30 min 4-5/week</td>
<td>.005</td>
<td>.196</td>
<td>.281</td>
<td>1</td>
</tr>
<tr>
<td>(5) Eating healthy breakfasts</td>
<td>.331</td>
<td>.400*</td>
<td>.346</td>
<td>.256</td>
</tr>
<tr>
<td>(6) Adequate sleep (8 hours)</td>
<td>.182</td>
<td>.308</td>
<td>.372</td>
<td>.333</td>
</tr>
<tr>
<td>(7) Access to a computer at home</td>
<td>.264</td>
<td>.214</td>
<td>.268</td>
<td>.663**</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).
Discussion & conclusions

- Small study to evaluate feasibility of a brief SPORT © intervention.
- Statistical power for a large effect, not for lesser effects.
- Family communication & social connectedness ($\rho = .058$).
- Relationships ($p < .05$) between family communication and family satisfaction; daily healthy breakfast and family satisfaction; adequate sleep and daily healthy breakfast.
- Access to home computers ($<2/3$ of our participant households) was positively associated with physical activity.
- Findings warrant further research with larger samples of adolescents.
References


