



**EXPLORING THE RELATIONSHIP  
BETWEEN  
RISK & PROTECTIVE FACTORS AND  
SUBSTANCE USE DURING  
ADOLESCENCE**

**Ashlee Redman**

**Denise LaJeunesse**

**Bonnie Blalock**

## THINK ABOUT THIS.....

- It is not uncommon to hear stories about adolescents living in lower income areas or in households headed by single parents who find themselves with a lack of positive resources in their communities. Sadly, in some cases an unhealthy environment can put adolescents at risk for substance use as well as other high risk behaviors. It is easy for people to conclude that if the parents were more involved and if they lived in a better environment the chances of substance use would decrease. However, is it really that simple???



## OVERVIEW

- Information for this study was gathered through a secondary data source titled *Health Behavior in School Age Children 2001-2002* (#04372).
- Hypothesis -Risk and protective factors such as family dynamics, parental involvement and overall health have a significant affect on adolescent substance use.
- The risk and protective factors that are highlighted in this study are family dynamics, overall health and parental involvement.
- We defined adolescence as children between grades 6<sup>th</sup>-12<sup>th</sup>.



# IMPORTANCE OF STUDY

- Nearly half of adolescents have tried an illicit drug before they finish high school
- Over a quarter have tried inhalants
- One in four have used some illicit drug other than marijuana by twelfth grade.
- Research shows, alcohol, cigarettes, and marijuana were the most reported drugs used by adolescents in grades 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup>.
- This study may assist with the implementation of early intervention programs as well as prevention programs.



# VARIABLES

- Independent variables:
  - Family dynamics
  - Overall health
  - Parental involvement
- Dependent variable:
  - Substance use



# METHODS

- Family dynamics- operationalized through individuals/ living in the main and secondary home, frequency of stay at each home, and family economic status.
- Overall health- operationalized through frequency of meals, nutritional quality of meals, personal hygiene, and sleeping patterns.
- Parental involvement- operationalized through extra curricular activity participation, hours spent watching TV, hours spent doing homework, hours spent with friends after school and on the weekends, parental accessibility, and parents involvement in child's academic success.
- Substance use: operationalized through experience with alcohol, marijuana, and inhalant use and at what age, as well as frequency of alcohol, marijuana, and inhalant use.

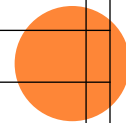


# Procedure

<b>Involvement</b>			
<b>Q14 How many days a week are you involved in any kind of club or organization?</b>		<b>Q19 About how many hours a day to you watch television (Weekday/Weekend)?</b>	
5 or more days of the week	3	0-2 hours	3
1-4 days a week	2	3-5 hours	2
less than once a week to not at all	1	6 or more hours	1
<b>Q20 About how many hours a day do you usually spend doing homework at home?</b>		<b>Q55 How easy is it for you to talk to the following persons?</b>	
0-1 hour a day	1	don't have or see this person - very difficult	1
2-4 hours a day	2	easy-difficult	2
5 or more hours a day	3	very easy	3
<b>Q57 How many days a week do you usually spend time with friends after school?</b>		<b>Q58 How many evenings per week do you spend with your friends?</b>	
0 & 5 days a week	1	0 & 7 evenings	1
1 -2 days	2	3-5 evenings	2
3-4 days	3	1-2 evenings	3
<b>Q59 How often do you talk to your friends on the phone or send them text messages?</b>		<b>Q62 Show how much you agree or disagree with the following statements</b>	
rarely or never, every day, and 5 - 6 days a week	1	<b>1)Parents are willing to come to school and talk to teachers</b>	
3-4 days a week	2	<b>2)My parents are willing to help me with my homework</b>	
1-2 days a week	3	strongly disagree, disagree	1
		Neither agree nor disagree, agree	2
		strongly agree	3

# Procedure

<b>Health</b>			
<b>Q23 How often do you usually have breakfast (weekday)?</b>		<b>Q24 How often do you usually have lunch (weekday)?</b>	
0-1 days a week	1	0-1 days a week	1
2-3 days a week	2	2-3 days a week	2
4-5 days a week	3	4-5 days a week	3
<b>Q25 How often do you usually have supper (weekday)?</b>		<b>Q26 How many times a day do you usually have a snack?</b>	
0-1 days a week	1	rarely, once a day, & 6 or more times a day	1
2-3 days a week	2	4-5 times a day	2
4-5 days a week	3	2-3 times a day	3
<b>Q28(A) How many times a week do you eat or drink healthy foods?</b>		<b>Q28(B) How many times a week do you eat or drink unhealthy foods?</b>	
0-1 days a week	1	5-7 days a week	1
2-4 days a week	2	2-4 days a week	2
5-7 days a week	3	0-1 days a week	3
<b>Q29 How often do you go to bed hungry?</b>		<b>Q39 How often do you brush your teeth?</b>	
always and often	1	0-less than once a week	1
sometimes	2	at least once per week but not daily	2
Never	3	once to more than once per day	3
<b>Q40 How often do you feel tired when you go to school in the morning?</b>			
4 or more times a week	1		
1-3 times a week, and occasionally	2		
Rarely or never	3		





## Procedure

<b>Family Dynamics</b>			
<b>Q76 How well off do you think your family is?</b>		<b>Q77 Do you have your own bedroom?</b>	
Not very well off, not at all well off	<b>1</b>	No	<b>1</b>
average	<b>2</b>	Yes	<b>3</b>
Quite-very well off	<b>3</b>		
<b>Q78 Does your family own a car, van, or truck?</b>		<b>Q79 How many times has your family been on vacation in the past year?</b>	
No	<b>1</b>	not at all	<b>1</b>
Yes	<b>3</b>	Once	<b>2</b>
		2 or more times	<b>3</b>
<b>Q80 Generally speaking, I feel safe in the area where I live...?</b>			
rarely or never	<b>1</b>		
most of the time, & sometimes	<b>2</b>		
always	<b>3</b>		



# Procedure

<b>Substance Use</b>			
<b>Q85 How often do you drink anything alcoholic?</b>		<b>Q86 Have you ever had so much alcohol that you were really drunk?</b>	
every day and every week	1	4 times or more	1
every month	2	2-3 times	2
rarely to never	3	0-1 time	3
<b>Q87 During the past 30 days, how many times did you have 5 or more drinks?</b>		<b>Q88 Have you ever used or taken several of these drugs in your life?</b>	
3 or more times	1	10 or more times	1
1-2 times	2	3-9 times	2
0 times	3	0-2 times	3
<b>Q89 Have you ever used or taken drugs in the past 12 months?</b>		<b>Q90 At what age did you have your first experience with drugs/alcohol?</b>	
10 or more times	1	11 years old	1
3-9 times	2	12-15 years old	2
0-2 times	3	16-17 years old	3



# RESULTS

Model	Unstandardized Coefficients		Standardized coefficients		
	B	Std. Error	Beta	t	Sig.
(Constant)	-43.957	2.735		-16.073	.000
Overall Health	.259	.030	.146	8.676	.000
Family Dynamics	.864	.042	.342	20.537	.000
Parental Involvement	.290	.030	.169	9.686	.000



# DISCUSSION

- We found this study to be extremely ambiguous because there is no true way of measuring parental involvement, family dynamics, overall health and substance use especially through the use of an anonymous survey.
- We feel quantitative research would have been more effective for this type of study in order to actually observe things such as parental involvement and the environment in which the adolescents live.
- The problem we encountered when attempting to analyze the data was that we had no indication of where this study took place (i.e. rich suburban area vs. impoverished/low income area)
- The possibility of knowing if individuals were falsifying answers regarding substance use is difficult to determine and therefore effects our data and results.



## REFERENCES

- Johnston, L.D., O'Malley, P.M., Bachman, J.G., Schulenberg, J.E. (2008). Overview of key findings. *Monitoring the Future National Results on Adolescent Drug Use*, 1-73.
- Nation, M, & Heflinger, A. (2006). Risk factors for serious alcohol and drug use: the role of psychosocial variables in predicting the frequency of substance use among adolescents. *American Journal of Drug and Alcohol Abuse*, 32(3), 415-433.

