



ORIGINAL ARTICLE

Relationship between family functioning and lifestyle in school-age adolescents[☆]



Marta Lima-Serrano, María Dolores Guerra-Martín*, Joaquín Salvador Lima-Rodríguez

Departamento de Enfermería, Facultad de Enfermería, Fisioterapia y Podología, Universidad de Sevilla, Sevilla, Spain

Received 15 June 2016; accepted 21 September 2016

Available online 3 January 2017

KEYWORDS

Adolescent;
Risk behaviour;
Social determinants
of health;
Health promotion;
Family relations

Abstract

Objective: Risk behaviours in adolescents can lead to serious disorders, therefore the objectives of this work are to characterise the lifestyles of teenagers about substance use, sex, and road safety, and to meet socio-demographic factors associated with these.

Method: A cross-sectional, descriptive and correlational study was conducted with 204 school-age-children from 12 to 17 years, in 2013. They were given a validated questionnaire about sociodemographic, family functioning, and lifestyles such as substance abuse, sexual intercourse and road safety. A descriptive and multivariate analysis was performed by using multiple linear regression in the case of quantitative dependent variables, and binary logistic regression models in the case of binary categories. Data analysis was based on SPSS 20.0, with a significance level of $p < 0.05$.

Results: 32.4% of students had smoked, and 61.3% had drunk alcohol. 26% of adolescent between 14 and 17 years had sexual intercourse; the average age of the first sexual intercourse was 14.9 years. 85.2% used condoms. 94.6% respected traffic signs, 77.5% used to wear a seat belt and 81.9% a helmet. Family functioning, as protective factor, was the variable more frequently associated to risk behaviour: smoking (OR = 7.06, $p = 0.000$), alcohol drinking (OR = 3.97, $p = 0.008$), sexual intercourse (OR = 3.67, $p = 0.041$), and road safety ($\beta = 1.82$, $p = 0.000$).

Conclusions: According the results, age, gender and family functioning are the main factors associated with the adoption of risk behaviours. This information is important for the development of public health policies, for instance health promotion at schools.

© 2016 Elsevier España, S.L.U. All rights reserved.

DOI of original article: <http://dx.doi.org/10.1016/j.enfcli.2016.09.004>

[☆] Please cite this article as: Lima-Serrano M, Guerra-Martín MD, Lima-Rodríguez JS. Relación entre el funcionamiento familiar y los estilos de vida de los adolescentes en edad escolar. Enferm Clin. 2017;27:3–10.

* Corresponding author.

E-mail address: guema@us.es (M.D. Guerra-Martín).

PALABRAS CLAVE

Adolescencia;
 Conducta de riesgo;
 Determinantes
 sociales de la salud;
 Promoción de la
 salud;
 Relaciones familiares

Relación entre el funcionamiento familiar y los estilos de vida de los adolescentes en edad escolar**Resumen**

Objetivo: Las prácticas de riesgo en la adolescencia pueden conducir a trastornos serios, por lo que este trabajo tiene por objetivos caracterizar los estilos de vida de adolescentes respecto al consumo de sustancias, relaciones sexuales, y seguridad vial, y conocer los factores sociodemográficos asociados con estos.

Método: Se realizó un estudio transversal, descriptivo y correlacional, con 204 escolares de 12 a 17 años, durante el año 2013. Se administró un cuestionario validado, con preguntas sobre variables sociodemográficas, funcionamiento familiar, y estilos de vida en cuanto en dichas áreas. Se realizaron análisis descriptivos y multivariantes mediante modelos de regresión lineal múltiple para variables dependientes cuantitativas, y de regresión logística binaria para categóricas binarias. El análisis de datos se apoyó en SPSS 20.0 ($p < 0,05$).

Resultados: El 32,4% de los estudiantes había fumado, y el 61,3% consumió alcohol. El 26% de los escolares entre 14-17 años mantuvo relaciones con penetración (edad media de inicio = 14,9 años). El 85,2% usó preservativo. El 94,6% respetó señales de tráfico, el 77,5% solía usar cinturón de seguridad, y el 81,9% el casco. El funcionamiento familiar fue el principal factor de protección asociado: consumo de tabaco ($OR = 7,06$, $p = 0,000$), consumo de alcohol ($OR = 3,97$, $p = 0,008$), relaciones sexuales completas ($OR = 3,67$, $p = 0,041$) y seguridad vial ($\beta = 1,82$, $p = 0,000$).

Conclusiones: Edad, sexo y estado de funcionamiento familiar fueron los principales factores asociados a los estilos de vida. Esta información es importante para el desarrollo de políticas de salud pública, como la promoción de la salud escolar.

© 2016 Elsevier España, S.L.U. Todos los derechos reservados.

What is known?

Adolescents can adopt behaviours that put their health at risk; the social determinants of these behaviours are preventable through public health policies.

What do we contribute?

We describe lifestyles of Sevillian adolescents in the areas of sexuality, substance consumption and road safety and their association with sociodemographic determinants. The main protective factor is family functioning. Awareness of these determinants is a first step in health promotion interventions.

Introduction

Adolescents can adopt behaviours that put their health at risk, that are preventable through public health policies and health promotion interventions.^{1,2} The increased prevalence of risky behaviours and their co-occurrence³ can result in serious disorders, for example, unprotected sex is associated with early pregnancies, sexually transmitted diseases and HIV, whereas the consumption of alcohol, tobacco and other drugs influences the increasing number of road accidents (the primary cause of death amongst adolescents in Spain and worldwide), among other aspects.^{4,5}

Previous studies have analysed associations between various sociodemographic features, social determinants and adolescent lifestyles. Factors such as sex, age group, socioeconomic status, ethnicity and family environment, in addition to other personal and psychological factors, have been considered predictors of risky or protection behaviours.^{1,2,6-8} According to Pons and Buelga,⁹ risk and protection factors cannot be understood in terms of necessary causality, but rather in terms of probability; i.e., the more risk factors there are and the heavier the exposure to them, the greater the likelihood of adopting certain behaviours that are a risk to health.

The association of family characteristics with adolescent lifestyles has been a recurring theme in previous research studies. With regard to substance consumption, previous studies^{10,11} found that adolescents who did not live with their parents had a 59% higher risk of smoking than those who did¹⁰ and those who did not come from two-parent homes were 70% more likely to consume alcohol. Other studies have analysed aspects such as family functioning or communication between parents and adolescents, parenting style, and have found associations with substance consumption, the family being considered a mediating factor of other predictors of substance consumption.^{2,8-12}

Connections have also been found with the start of full sexual relations or unsafe sexual behaviours, highlighting the role of communication or rules,^{5,13} and showing an association between family dysfunction and early initiation of full sexual activity.¹⁴

Although there are fewer studies that have analysed the association between family characteristics and road safety, associations have been found with communication and family atmosphere with teenage road safety habits.¹⁵

Download English Version:

<https://daneshyari.com/en/article/8928896>

Download Persian Version:

<https://daneshyari.com/article/8928896>

[Daneshyari.com](https://daneshyari.com)