



Parents' Guidance Role regarding Risk Behavior among their Adolescent

Thesis

Submitted For Partial Fulfillment of Requirements of
Master Degree in **Community Health Nursing**

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CONTENTS

<i>Title</i>	<i>Page No</i>
Introduction.....	1
Aim of the Study	5
Review of Literature	
Parent Guiding Role	6
- Guidelines for Functional Parenting	6
- Major types of adolescents' rearing styles	14
- Different household atmosphere	15
Developmental Changes of Adolescence Stage	21
- Physical Development	22
- Cognitive Development	26
- Psychosocial Development	27
- Emotional Development	29
Health Needs during Adolescence	29
Problems of Adolescence	36
Risk Taking Health Behaviors	
- Definition	
Types of Risk Behaviors	
- Nutritional Disorder	
- Smoking	
- Sexual Risk Behavior	
- Factors leading to risk taking health behaviors	

Role of school nurse	
Subject and Methods	67
Result	76
Discussion	131
Conclusion and Recommendations	152
Summary	155
References	166
Appendices	184
Arabic Summary	—

LIST OF ABBREVIATIONS

AAP American Academy of Pediatric

APMS Agency for Public Mobilization and Statistics

CAPMS.... Central agency for public mobilization and statistics

NASN National Association of School Nurses

RTHB Risk Taking Health Behavior

STD..... Sexual transmitted diseases

UNIEF United Nations Children's Emergency Fund

UwP..... Unwanted pregnancy

WHO World Health organization

LIST OF FIGURES

<i>Figure No.</i>	<i>Page No.</i>
<u>Figures of Review:</u>	
Figure (1): Female Breast Developmental phases	25
Figure (2): Female genital and pubic hair development	25
Figure (3): Adolescent Food Pyramid	31
Figure (4): Maslow's Hierarchy of Needs	43
<u>Figures of Results:</u>	
Figure (5): Distribution of sexual behavior of adolescents in relation to sex	83
Figure (6): Distribution of behaviors of kisses and hugs in relation to sex	85
Figure (7): Distribution of behaviors of kisses and hugs in relation to School Gender	86
Figure (8): Distribution of masturbation behavior in relation to sex	88
Figure (9): Distribution of how sexual relation happens (by force or by will) in relation to sex	90
Figure (10): Distribution of how sexual relation happens (by force or by will) in relation to school phase	91

Figure (11): Distribution of nutritional behavior of adolescents in relation to sex	94
Figure (12): Distribution of parent knowledge about risks in relation living places	112
Figure (13): Distribution of parent knowledge about teens in relation living places	112
Figure (14): Relation between mother education and correct parent knowledge about risks and teens	115
Figure (15): Relation between father education and correct parent knowledge about risks and teens	115
Figure (16): Relation between mother education and positive guiding role and role to avoid risks ...	126
Figure (17): Relation between father education and positive guiding role and role to avoid risks ...	126

LIST OF TABLES

<i>Table No.</i>	<i>Page No.</i>
Table (1): Distribution of Adolescents Student According to their Socio demographic Characteristics by Zone (n=345)	78
Table (2): Distribution of studied Parent according to their Socio demographic characteristics by Zone n=56	80
Table (3): Distribution of Adolescents According to Stated sexually related RTHB: n=345	82
Table (4): Distribution of Adolescents According to their expression of sexual desire (Kisses Hugs) as sexually related RTHB by Selected variables: n=103	84
Table (5): Distribution of Adolescents According to Masturbation as Sexually related RTHB by Selected Variables. N=240	87
Table (6): Distribution of Adolescents According to Pattern of Sexual Activity for age mate as Sexually related RTHB by Selected Variables: n = 117	89
Table (7): Distribution of Adolescents According to their Stated smoking habits as RTHB Factors	

Leading to Encourage Liability to be Smoker: n =345	92
Table (8): Distribution of Adolescents According to their Stated Nutrition related RTHB: n=345	93
Table (9): Distribution of Adolescent regarding Eating Fries as every day by Selected Variables: Adolescents N=345//Parents N=56	95
Table (10): Distribution of Risk Adolescents according to RTHB practiced by sex: n=345 (risk and not risk)	97
Table (11): Statistical relationship regarding sexually related RTHB by Selected Variables. n = 345	98
Table (12): Statistical relation between smoking by Selected Variables: n=345	100
Table (13): Statistical relation between Nutrition as RTHB by Selected Variables: n= 345	102
Table (14): Statistical relation between smoking and parent education: n=56	104
Table (15): Statistical relation between sexual risk behavior as RTHB and parent education: N=56	105
Table (16): Statistical relation between Nutrition as RTHB and Parent Education: N=56	106

Table (17): Distribution of Adolescents According to their Basic Observed Writing and Reading Skills by Parent Education	107
Table (18): Distribution of Parent According to Stated Knowledge about their Adolescent child Stage of Life: n=56	108
Table (19): Distribution of Parent According to stated correct Knowledge about RTHB among their adolescent child: n=56	110
Table (20): Distribution of parents According to Collective knowledge Score Level Regarding Adolescence Stage and RTHB Among their Adolescent child according to zones n = 56	111
Table (21): Statistical Relation regarding Parent collective Knowledge Score Level by their level of Education n-56	113
Table (22): Distribution of Parents According to their Stated Applied Guiding Role toward their Adolescents'=56	116
Table (23): Distribution of Parents According to their Applied Roles to avoid R.T.H.B. among their Adolescent =56	118

Table (24): Distribution of Adolescents according to the stated perceived relationship with their parents: n=345	120
Table (25): Distribution of Adolescents According to Stated Level of Effective Communication with their 56 Parents: n=345 with survey sample	122
Table (26): Distribution of Stated parent guiding role Score Level and Role to avoid RTHB by zones n = 56	124
Table (27): Statistical Relation of Parent Guiding their Role and Role in Avoiding Risks with Parent Education: N=56	125
Table (28): Statistical Relation between Parent education with Family communication and Family Relation as Perceived by Adolescents	127
Table (29): Most prevalent risk taking health behavior among adolescents school students as stated & reported by interviewed teachers and social workers in schools n=10	128

ABSTRACT

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Adolescence is a period of life from childhood to adulthood characterized by marked changes and requires special needs throughout development, and need special care from both parents and community. Risk Taking Health Behavior (RTHB) is defined as engaging in risky behavior such (smoking, violence, sexual risk) . Parents are supposed to guide their adolescents into adulthood. They are to teach them how to survive in the world The **Aim** of this study is to assess parent guiding role regarding risk taking health behavior among their adolescents. **Subject and Methods:** Schools and parent homes were the settings of the study selected from both slums and regular areas. A multi-stage random sampling technique for schools was used. The sample size was 345 students selected from both sexes from preparatory and secondary governmental schools, their age ranged between 12-18 years and a sample of 56 parents of those children from both areas were chosen to achieve the study aim. **Design:** Descriptive research was utilized in this study **Tools:** The following tools were used for data collection: 1) Structural interviewing questionnaire format for adolescents and for parents. 2) Consultation interviewing report, reported by researcher. **Results:** Findings revealed that, risky sexual behavior was present in female (56.8%) more than male, (54.7%) of male with risky educational level while (45.3%) of female having risky educational level, for smoking, (46.0%) of male and (54.0%) of female having risky behavior smoking, and (35.6%) of male and (64.4%) of female having risky nutritional behavior. (91.8%) of parent don't have knowledge about risks in slums areas and (100.0%) in regular areas, while (36.0%) don't have knowledge about teens in slums areas (0.0%) in regular. (77.1%) of parent with incorrect role to avoid risks, while (50.0%) in regular with incorrect, Guiding role (28.0%) in slums areas with incorrect, and (16.7%) in regular with incorrect. **Conclusion:** The study concluded that the sexual risky behaviors were most present among adolescents followed by nutritional risky behaviors; most of parents have unsatisfactory knowledge about adolescence and risk behaviors, and incorrect guiding role. **Recommendation:** The study recommended that, extra community efforts should be made concerning parents knowledge and effective parenting role related to the adolescence stage of their children, a qualified school health nurse should be available for continuous supervision and monitoring and early detection of adolescent needs gratification, health and behavioral problems

Key word: Adolescence Health, Parent Guiding Role, Parent' knowledge, Risk Taking Health Behavior, Nursing Role

INTRODUCTION

Adolescence is a time that represents complex physical, cognitive, emotional, and social changes. For some adolescents this period is exciting and happy but for others it is a confusing period. Adolescence is the transition between childhood and adulthood; it is one of the most dynamic stages of human development *WHO (2007)*. Adolescence can be divided into three stages. Early adolescence (11-14 years of age) is characterized by the onset of puberty and increased cognitive development. Middle adolescence (15-17 years of age) is characterized by increased independence and experimentation. Late adolescence (18-21 years of age) is a time for making important personal and occupational decisions (*Department of Health and Human Services, 2011*).

Accompanying the biological, cognitive, and emotional transitions of adolescence are important changes in the adolescent's social relationships, one of the most aspects of the social transition into adolescence is the increase in the amount of time individuals spend with their peers, generally speaking, most young people are able to negotiate the biological, cognitive, emotional, and social transitions of adolescence successfully. Some adolescents, however, are at risk of developing certain problems, such

Introduction

as: eating disorders, drug or alcohol use, depression or suicidal ideation, violent behavior, anxiety, stress, or sleep disorders, unsafe sexual activities (*Diringbin, 2008*).

Parents are supposed to guide their adolescents into adulthood. They are to teach them how to survive in the world. The parents' roles are of the maximum importance for personality development of the adolescents. Basic traditional roles of being a parent are: educate children, discipline them, manage home and financially support family. The main idea is that parents must be adolescents centered and should aim to optimal growth and development of them, to help them have satisfactory biological, social, psychological and emotional growth (*Frederick, 2007*).

Health behavior is the central concern of health education, refers to actions of individuals, groups, and organizations as well as determinants, correlates, and consequences, including social change, policy development and implementation, improved coping skills and enhanced quality of life (*Patton, 2002*).

Risk-taking refers to the tendency to engage in behaviors that have the potential to be harmful or dangerous, yet at the same time provide the opportunity for some kind of outcome that can be perceived as positive to