Testing A Leisure-based, Ecological Model of Substance Use: Suggestions for Prevention

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Purpose of Presentation

• To describe a leisure-based ecological model of adolescent problem behavior that suggests the content for a primary prevention intervention.
Prevention Approach

• Goals:
  – (a) reduce or eliminate the incidence of the problem behavior and (b) enhance positive and healthy behaviors

• Rooted in developmental theory

• Leisure context often overlooked
The Context of Leisure

• Fourth developmental context
• Intrinsic motivation
• External regulation
• Boredom in leisure
Goals of Research

• (a) Test a theoretically derived model of problem behavior that would identify a possible chain of risk to substance use.
• (b) Suggest a prevention intervention program based on the findings.
Proposed Model

- Age
- Parental Control
- Leisure IM
- Gender
- Peer Influence

Boredom

Rebel → Substance Use
Sample and Procedures

• Purposive sample
• 121 adolescents
• Age range = 14-18
• Undergraduate student involvement
• Self-administered questionnaire & interview
Measures

- **Parental control in leisure**
  - My parents have too much control over what I do in my free time.
  - There are things I’d like to do in my free time but I’m not allowed to do them.
  - My parents have a lot of influence on what I do in my free time.

- Cronbach’s alpha = .72
Measures

• **Peer influence**
  – During my free time, I usually do what my friends want to do.
  • In my free time, it’s easiest to do what everyone else wants to do.
  • It’s important to me that my friends think what I do during my free time is cool.

• Cronbach’s alpha = .54
Measures

• *Intrinsic motivation in leisure*
  - I choose my activities with a purpose in mind.
  - I typically choose what I’m going to do in my free time.
  - My friends think I am skilled in my free time activities.
  - I have a lot of different free time activities.
  - I usually do things in my free time for excitement.
  - When I’m with my friends, I’m the one who usually decides what to do.

• Cronbach’s alpha = .60
Measures

• **Boredom in leisure**
  - For me, free time just drags on and on.
  - Free time is boring.
  - In my free time, I usually don’t like what I am doing, but I don’t know what else to do.
  - During my free time, I almost always have something to do. (recoded)

• Cronbach’s alpha - .77
Measures

- **Using leisure to rebel**
  - Sometimes I do things in my free time to get back at society.
  - My parents wouldn’t approve of what I do in my free time.
  - Sometimes I do things in my free time to get back at my parents.
    - My parents would be unhappy if they knew how I spent my free time.

- Cronbach’s alpha = .67
Measures

• *Substance use*

  “In the last 30 days, how often have you…”
  
  (1) had five or more drinks in a row?
  (2) had a drink of alcohol?
  (3) smoked cigarettes or used chewing tobacco?

  [never, once, twice, three or more times]

• Cronbach’s alpha = .80
## Descriptive Statistics

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Higher scores reflect higher levels of the variable.
## Correlation Matrix

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</table>
Path Model of Substance Use

Age
Parental Control
Leisure IM
Gender
Peer Influence

Rebel

Substance Use

\[ \text{AR}^2 = 0.110 \quad \text{AR}^2 = 0.262 \quad \text{AR}^2 = 0.222 \]
Limitations & Strengths

• Cross sectional
• Purposive sample
  – Universal
  – Selected
  – Indicated
Discussion and Implications

• Role of age
• What is the meaning of “Using leisure to rebel?”
• Role of parental control
• Freedom from and freedom to
• Intrinsic motivation
• Peer influence
Prevention Program

• Interest development (individual and collective)
  – Initiative, Agency, Self-determination
• Sustained engagement
• Meaningful space
• Skilled leadership
• Role of parents?