

Poster Session IV
Poster #8

Examining Factors Related To Positive Health Practices Among Asians in Late Adolescence: A Correlational Study

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Purpose: This study examined factors influencing positive health practices (PHP) among Asian adolescents. More specifically, it tested theoretical relationships postulated between PHP and social support, optimism, self-esteem, loneliness, and acculturation in this population.

Theoretical Framework: This study tested hypotheses based on the theoretical relationships and empirical evidence found in the existing literature.

Methods: A non-probability, convenience sample consisted of 151 Asian adolescents between the ages of 18 to 24 years, attending a large university located in an urban setting. Participants completed a demographic sheet and six study instruments. Using a correlational research design, theoretical relationships postulated between the dependent variable, PHP, and each of the independent variables of (a) social support (b) optimism, (c) self-esteem, (d) loneliness, and (e) acculturation were empirically tested.

Results: Significant positive relationships were found between reported performance of PHP and social support, optimism, self-esteem, and acculturation. A significant inverse relationship was found between loneliness and PHP.

Conclusions and Implications: The findings of this study have the potential to contribute to a more comprehensive knowledge base regarding health practices among Asian adolescents, the factors that promote the adoption and maintenance of healthy behaviors in Asian adolescents, and in the development of culturally sensitive nursing interventions in this population. Knowledge gained will be important to help health professionals better understand how to encourage Asian adolescents to develop health promoting behaviors, thereby fostering positive health practices in this population.