

A Study on the Effect of Socioeconomic Status on Adolescents' Health Promoting Behaviors: Mediating Effect of Family-Based Activity

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Abstract : Although adolescents in low socioeconomic status (SES) have been reported to less engage in health promoting behaviors (HPB), the specific mechanism between their SES and HPB has not been extensively studied. Considering the Korean education system which focuses only on college entrance exams while lacking of interest in students' health, and unique traits of adolescents, such as ego-centric thinking, family members can significantly contribute to develop and enhance adolescents' HPB. Based on the review of related literature and previous researches, this study examined the mediating effect of family-based activities on the relationship between SES and adolescents' HPB. 636 adolescents (4th graders in elementary and 1st graders in middle school) and their parents from the 1st year survey of Seoul Education & Health Welfare Panel were analyzed by AMOS 19.0 utilizing structural equation modeling. Analytic results show that adolescents in low SES were less likely to engage in family-based activities as well as HPB. This association between SES and HPB was partially mediated by family-based activities. Based on the findings, we suggest that special education programs to enhance HPB should be required in schools and community organizations especially for adolescents in low SES who may have difficulties in doing family-based activities due to parents' low income and insufficient leisure time. In addition, family-based activities should be encouraged to enhance HPB by raising parents' awareness about the importance of family-based activities on their children's HPB.

Keywords : family-based activity, health promoting behaviors, socioeconomic status, HPB

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