Exploring the sources of SOC in adolescence. What can the family context bring?

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BACKGROUND & AIMS

Although increasing evidence is available on the relationship between SOC and health, paradoxically little is known about the sources of a strong SOC. Given that adolescence has been proposed as a key developmental stage in the origins of SOC, the aim of this study is to provide a comprehensive view on the links between the family context and adolescents’ SOC.

RESULTS

Family seem to have a significant influence on the adolescents’ SOC in either a facilitative or inhibitory way.

POSITIVELY RELATED TO SOC

- Support from family members
- Encouragement of personal growth within the family
- Positive climate in family relationships

NEGATIVELY RELATED TO SOC

- Illness or death of a family member
- Stress deriving from family life
- Family conflict
- Maltreatment at home

Only 32.35% of the reviewed studies included in the analysis the role of the developmental contexts. In addition, developmental contexts have received unequal attention and family is the most frequently studied one: 19.12% of the studies included at least one variable.

A systematic review of research articles that studied SOC in adolescents samples

68 articles published in English up to 2010

Information collected from 84771 adolescent participants

A national representative sample of 7580 adolescents aged 13 to 18

The SOC-29 scale included as national package

Two different works are integrated

A national representative sample of 7580 adolescents aged 13 to 18

The SOC-29 scale included as national package

CONCLUSIONS

- Although more research is needed, family factors have been found to be related to the adolescents’ SOC.

- Results from the HBSC study also highlight the importance of family in the development of SOC, suggesting that affection, parental knowledge, ease of communication with parents and good relationships between parents seem to be key dimensions in the development of a strong SOC during adolescence.

This work has been funded by the Spanish Ministry of Health, Social Policy and Equality

References
