

*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**

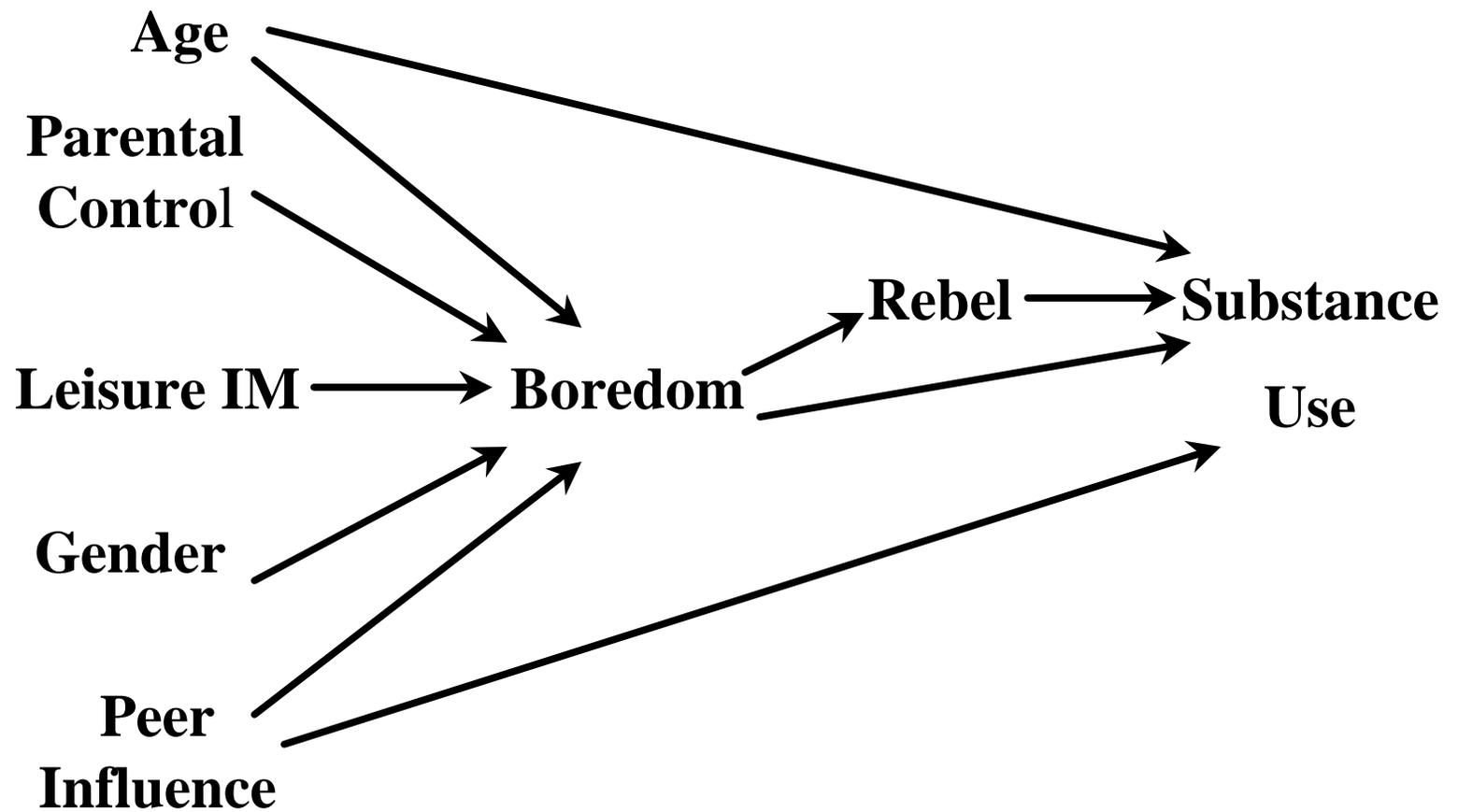
The Context of Leisure

- **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



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

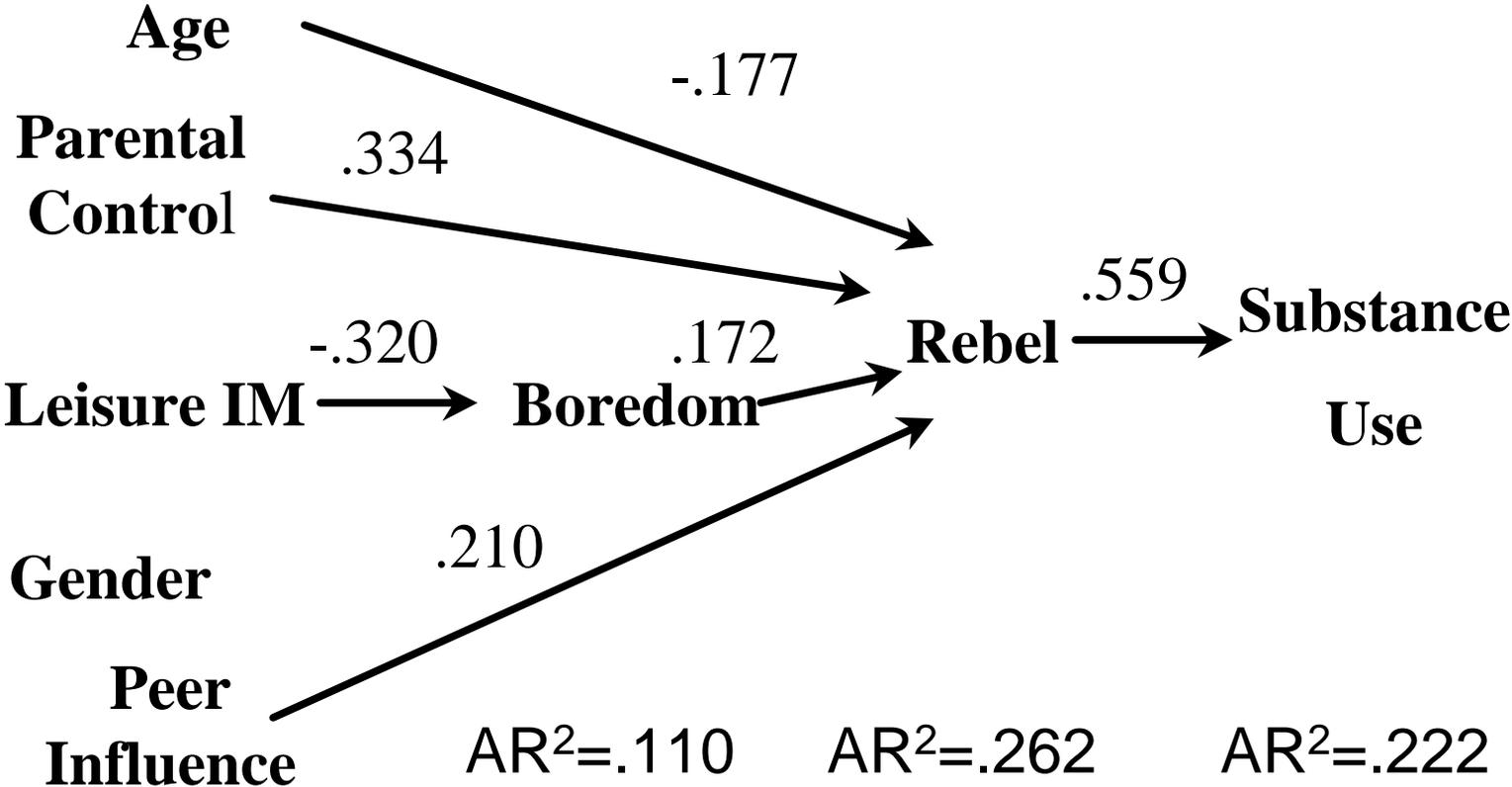
	Mean	S.D.
Substance Use	2.51	1.15
Rebel	2.55	.80
Boredom	2.22	.65
Parental Control	2.40	.91
Leisure IM	3.56	.49
Peer Influence	2.65	.63
Age	15.82	1.31

Higher scores reflect higher levels of the variable

Correlation Matrix

	G	A	LIM	PC	PI	B	R
Gender							
Age	-.124						
LIM	-.169	.012					
PC	.106	-.217	.008				
PI	-.259	-.051	-.039	.051			
Bored	-.010	-.126	-.319	.091	.178		
Rebel	-.121	-.275	-.002	.404	.307	.252	
SU	-.143	-.042	-.101	.076	.112	.125	.475

Path Model of Substance Use



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?**