

Impact of Family, Culture, and the Environment on Hispanic Children's Leisure Activity

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Purpose and Questions

- Purpose:
 - Investigate the leisure time activity patterns of Hispanic children who reside in northern Indiana.
- Questions
 - 1: How do Hispanic families describe leisure time activities?
 - 2: How do culture, family, and the community environment influence a Hispanic child's participation in leisure time activities?

Data collection/Method

- Setting/Sample
 - 10 English-speaking Hispanic women who are mothers to children between 6 and 10 years old.
- Method:
 - Ethnographic study rooted in Social Ecology and Photovoice philosophy
 - Participants photographed their children's fun activities for one week.
 - Engaged in photo-elicited interviews

Results

Family

I give everything I have



Types of Activities

- Girls:
 - More sedentary, inside with family or alone
 - Intellectually stimulating or creative play
- Boys:
 - More active, often outside with family or friends
 - Unstructured play and sports

Family Roles in Activities

- Direct Participation
 - Communication
 - Encouragement
 - Role Modeling
- Facilitation
- Monitoring for Safety

Reasons for Participation

- Health: Multi-dimensional concept
- Bonding: Time spent together as family
- Life preparation: Preparation for adult life
- Fun and relaxation: Enjoying life, taking time to relax

Reasons for Participation

- Girls
 - Building self-confidence
 - Creative expression
- Boys
 - Socializing
 - Testing limits by facing fears

Cultural Influence

- Tensions created by living in U.S.
 - Work at expense of family life and fun
 - Fitting in, yet maintaining identity
 - Traditional roles and new expectations
 - Teaching responsibility in a permissive society

Preparing for a Better Life

- Leisure time: When children are prepared to live a better life – one that is happy, healthy, and secure.
- Aimed at resolving the tensions of work at expense of family time and traditional roles and new expectations.
- Expressed in the types of activities, family roles, and reasons for participating.

Preparing for a Better Life

- Girls

- Traditional role: Wife and mother
- New expectation: Working woman

- Boys

- Traditional role: Providing for the family.
- New Expectation: Helping provide care within the home

- I'm thinking she need to be a student:



- She needs to learn to care for herself:



- If they were not doing this.....:



- He is testing gravity I guess:



Balancing duty with fun

- Leisure time: When children learn to prioritize :
 - Work first, but remember to have fun.
- Aimed at resolving tensions of work and fun, work at the expense of family time, and teaching responsibility in a permissive society.
- Expressed through:
 - Explicit scheduling of leisure time; priority of duty first, then encouragement to have fun
 - Teaching children to prioritize through natural consequences
 - Monitoring for acceptable activities

Unifying Cultural Theme: A Life in Balance

- Life balance (physical, mental, emotional, cultural, spiritual balance) was viewed as health.
- Maintaining cultural values
- The importance of fitting in
- Striking a balance between mainstream and Hispanic cultures
 - Children as expert multi-cultural navigators
- Prepare for adult life that is financially secure that provides time for family and having fun

Conclusions

- Cultural relevance
- Meaning of sedentary activities
- Importance of family
- Enlist the help of patient and family when designing interventions
- Policy Implications

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