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The Effects of a Family Based Recreation Camp on Our Military Family

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The Effects of a Family Based Recreation Camp on Our Military Family



Introduction

- 2.2 million service members deployed to combat since 2001 (Institute of Medicine, 2013).
- 44% report difficulties readjusting to post-deployment life (Institute of Medicine, 2013).
- Deployments and associated injuries can impact:
 - QOL
 - Well-being
 - Family relationships
 - Other areas of functioning
- Many recreational and therapeutic services are being used to help service members and their families with adjusting to their injuries
- Family reintegration is also an important aspect of post-deployment
- Changes in family dynamics and family functioning can be affected and many report having difficulty with returning to previous family roles. (Sayers, S., Farrow, V., Ross, J., & Oslin, D., 2009)
- Family-focused interventions can reduce stress for the service member and their family (Galovski, T. & Lyons, J., 2003).

Purpose Statement

The purpose of this study is to determine the effects of a recreation-based family camp on service members and their families post-deployment.

Methods

Variables measured:

- Family Adaptability and Cohesion Evaluation Scales, version 4 (FACES IV)
 - Cohesion
 - Flexibility
 - Total Family Functioning (combination of cohesion and flexibility scores)
- Family Communication
- Family Satisfaction
- International Positive and Negative Affect Schedule–Short Form (I-PANAS-SF)
 - Positive Affect
 - Negative Affect

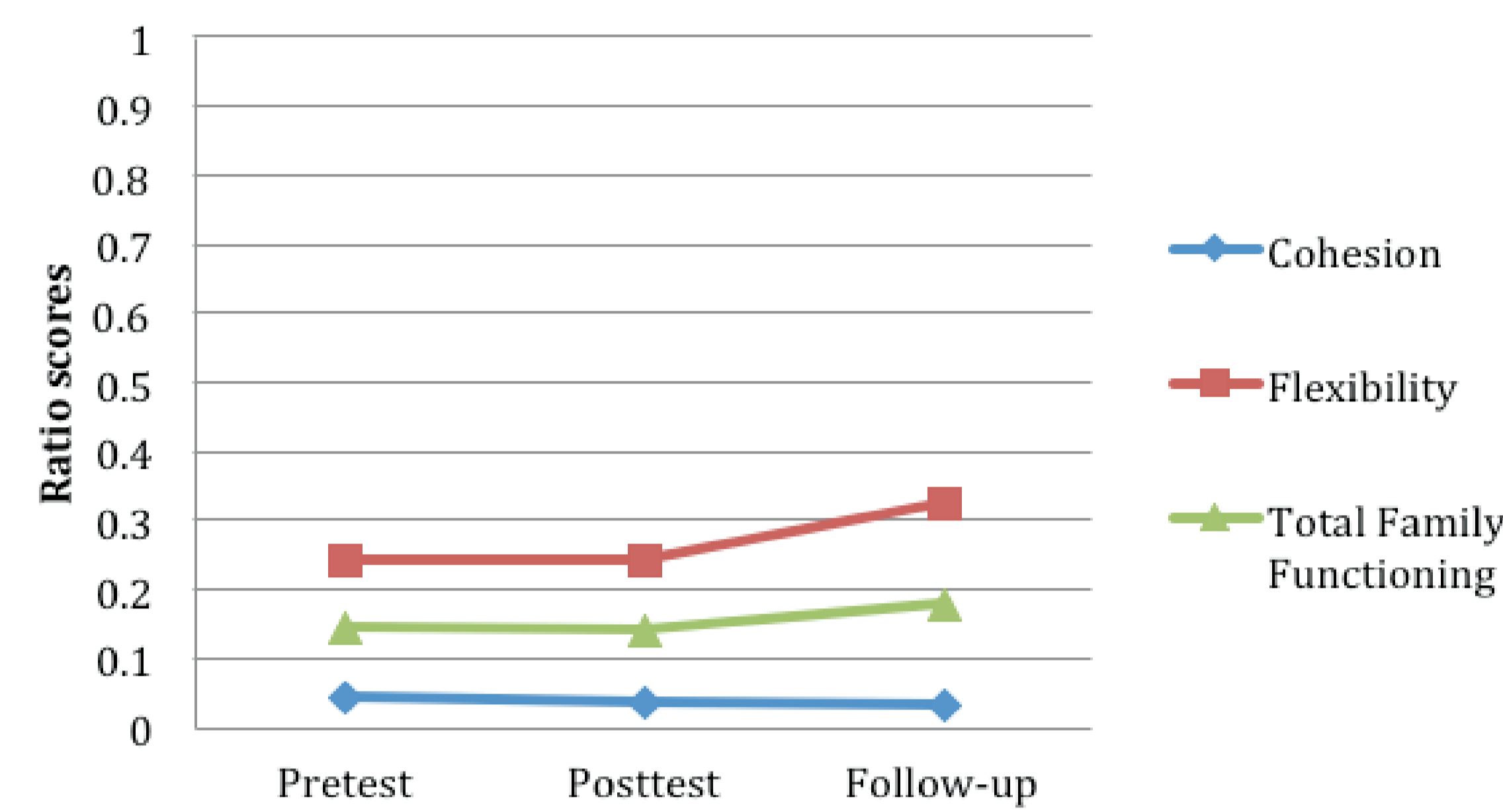
Data collection:

- Data collection schedule:
 - Pretest (first day of camp)
 - Posttest (last day of each camp)
 - Follow-up (two weeks post camp)
- Sample sizes:
 - Pretest: N=23
 - Posttest: N =21
 - Follow-up: N=9
- Data collected by Clemson University, Parks, Recreation, and Tourism Management Creative Inquiry students.
 - Instructors: Dr. Brent Hawkins, Dr. Teresa Tucker, and Ms. Deborah Szeman

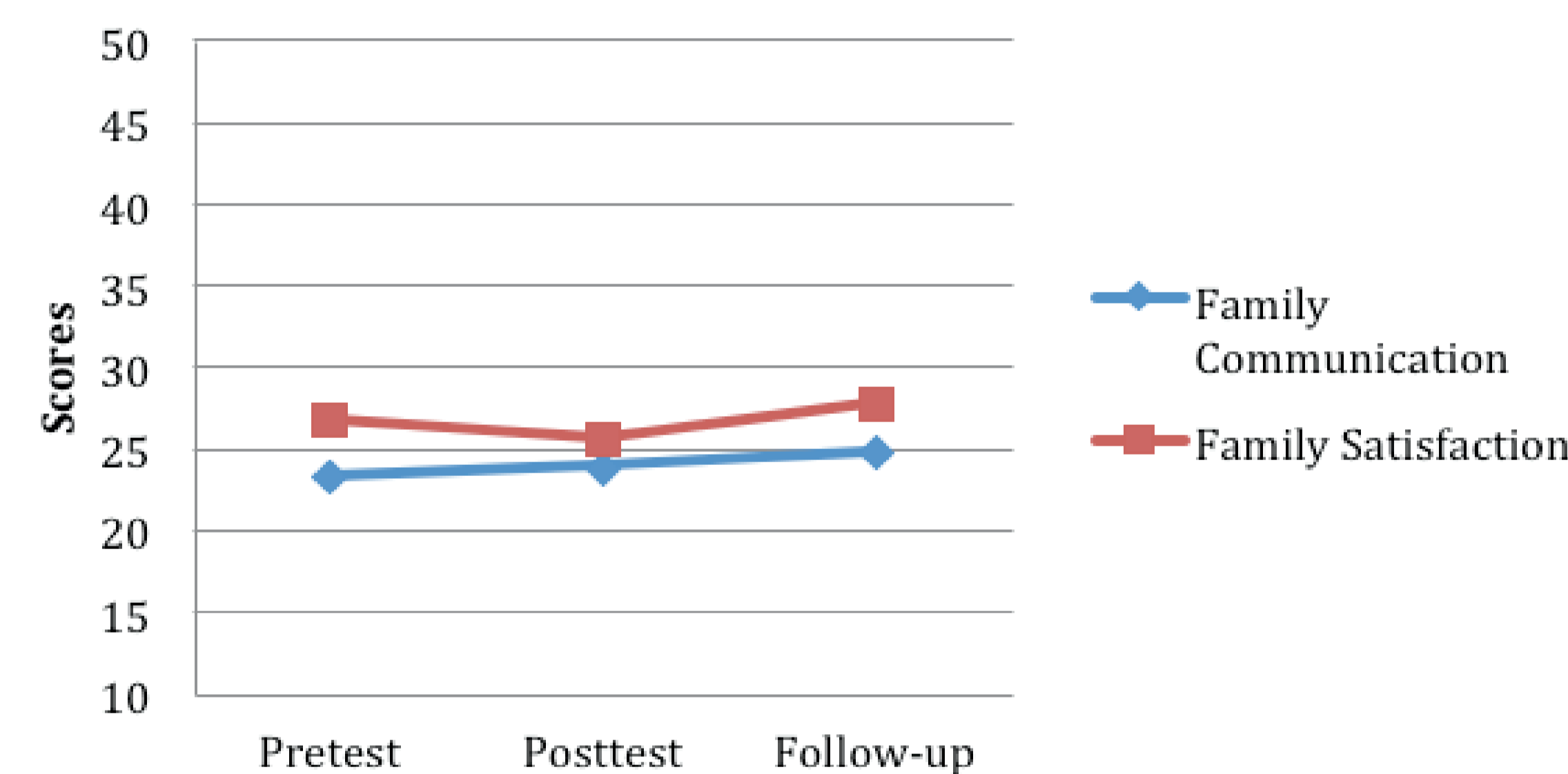
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Results

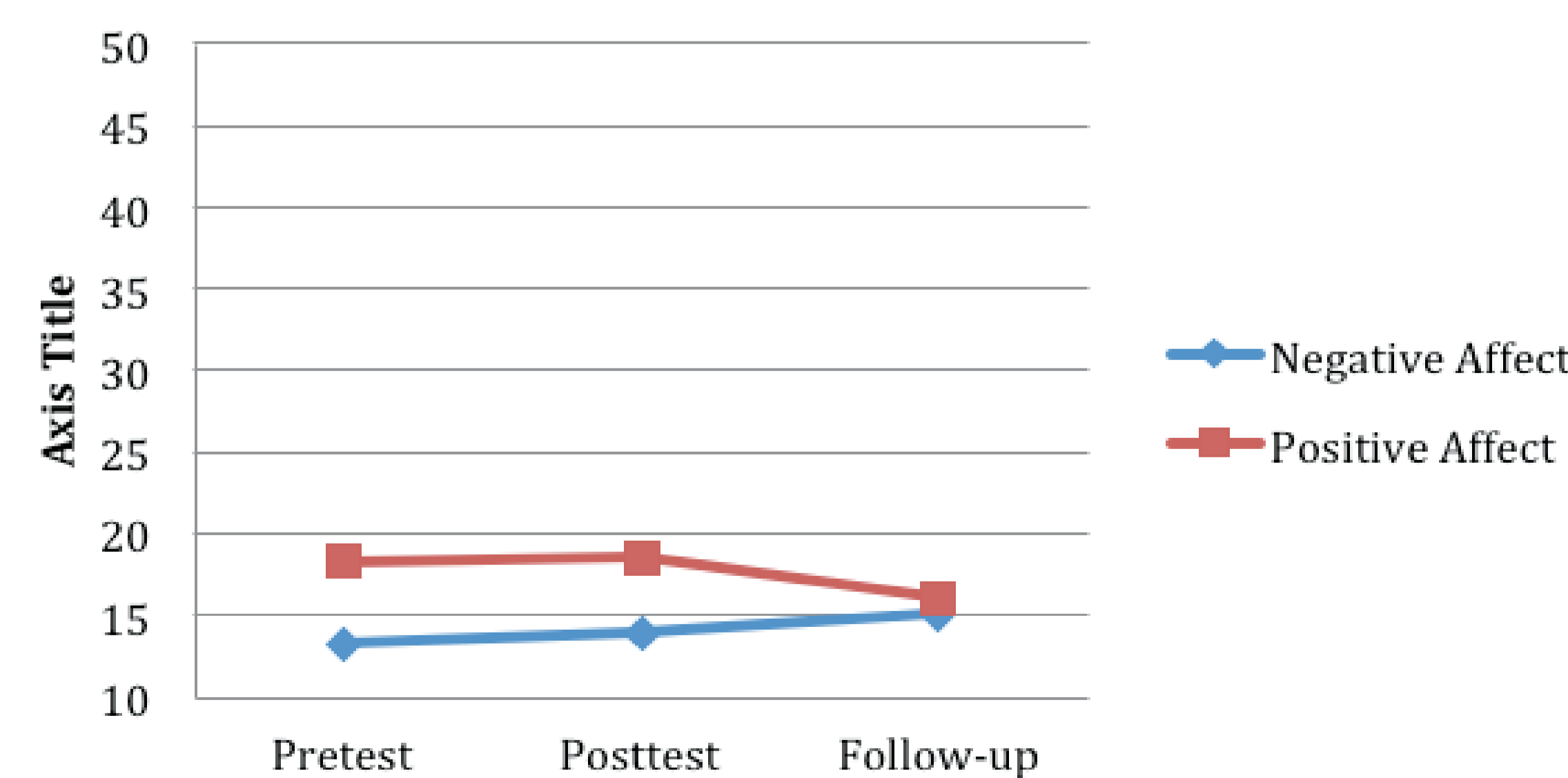
Pre & Post FWW FACES Scores



Pre & Post FWW FACES Scores



Pre & Post FWW Affect Scores



Note: Paired samples T-tests performed for each variable, but no statistically significant differences in means pretest to posttest and pretest to follow-up were found.

Discussion/ Implications

Interpretation:

FACES IV: Cohesion, Flexibility, and Total Family Functioning

- From pretest to posttest to follow-up, there were no statistically significant differences in *cohesion*, *flexibility*, and *total family functioning*.
- Means at pretest for all three variables were below 0.3, indicating relatively low *cohesion*, *flexibility*, and *total family functioning* prior to the Family Warrior Weekend.
- *Flexibility* and *total family functioning* increased slightly from pretest to follow-up, however, these increases were not statistically significant.
- *Cohesion* slightly decreased from pre to post test and follow-up, although not a statistically significant change.
- Increases in *flexibility* and *total family functioning* at follow-up may be due to the implementation of tools learned during the Family Warrior Weekend; however, more investigation is needed to determine these relationships.

FACES IV: Family Communication and Family Satisfaction

- *Family communication* increased from pretest to posttest to follow-up, while *family satisfaction* decreased at posttest and increased at follow-up. None of the changes were statistically significant.
- Decreases in *family satisfaction* at posttest may likely be an effect of realizing the dissatisfaction with their family's ability to function while at the Family Warrior Weekend.
- Increases at follow-up may be due to implementation of tools learned during the Family Warrior Weekend; however, more investigation is needed to determine these relationships.

I-PANAS-SF:

- *Negative affect* increased slightly at posttest and follow-up. *Positive affect* did not change at posttest and decreased at follow-up. Although these changes in affect are not desirable, none of these changes were statistically significant.
- The results could be due to the emotional environment of Family Warrior Weekend that can potentially reveal family functioning difficulties within the family unit.

References

- Institute of Medicine. (2013). Returning home from Iraq and Afghanistan: Preliminary assessment of readjustment needs of veterans, service members, and their families.
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- Sayers, S., Farrow, V., Ross, J., & Oslin, D. (2009). Family problems among recently returned military veterans referred for a mental health evaluation. *Journal of Clinical Psychiatry*, 70(2), 163-170. Retrieved from [http://www.dcoe.mil/content/Navigation/Documents/sayers 2008 family problems among recently returned military veterans referred for a mental health evaluation.pdf](http://www.dcoe.mil/content/Navigation/Documents/sayers%202008%20family%20problems%20among%20recently%20returned%20military%20veterans%20referred%20for%20a%20mental%20health%20evaluation.pdf)