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

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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.
- 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
  - For more information, contact: Dr. Brent Hawkins | bhawki@clemson.edu

Results

<table>
<thead>
<tr>
<th>Pre &amp; Post FWW FACES Scores</th>
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</thead>
<tbody>
<tr>
<td>Pretest</td>
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<tr>
<td>Cohesion</td>
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<tr>
<td>Flexibility</td>
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<tr>
<td>Total Family Functioning</td>
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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