



## Outcomes of Participants in Cornell Cooperative Extension Parent Education Programs in Tioga County 2013-2014

By Eliza Cook & Kimberly Kopko

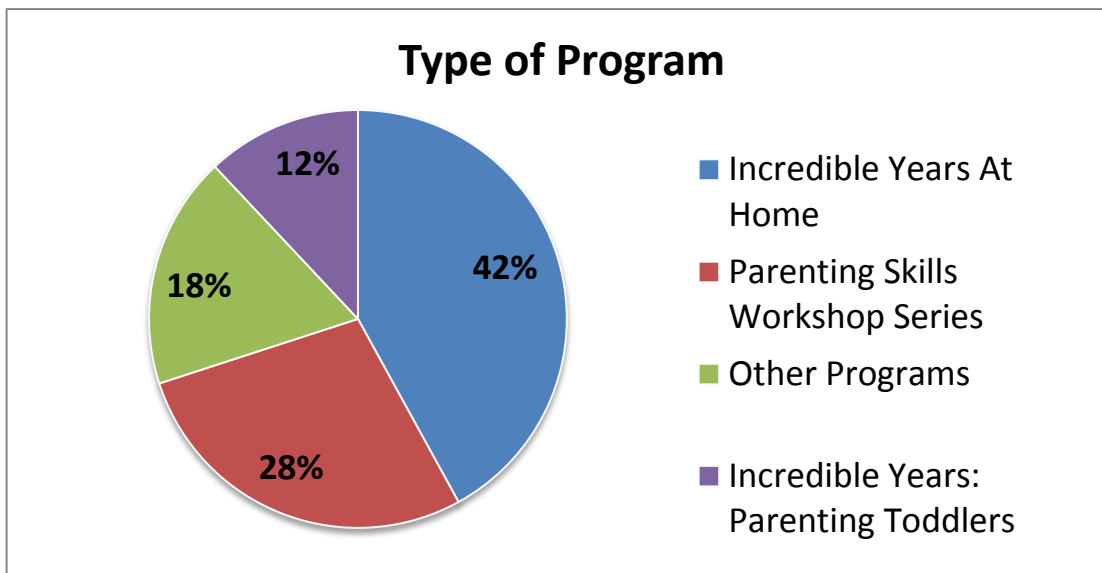
Cornell Cooperative Extension (CCE) of Tioga County offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This research brief presents data collected from participants in Tioga County CCE parent education programs from July 2013 to July 2014. Participants included parents and caregivers taking part in programs that comprised at least six hours of content delivery. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test). Results

of the analysis of these data are shown below.

### Demographics of Participants in Programs in Tioga County, New York

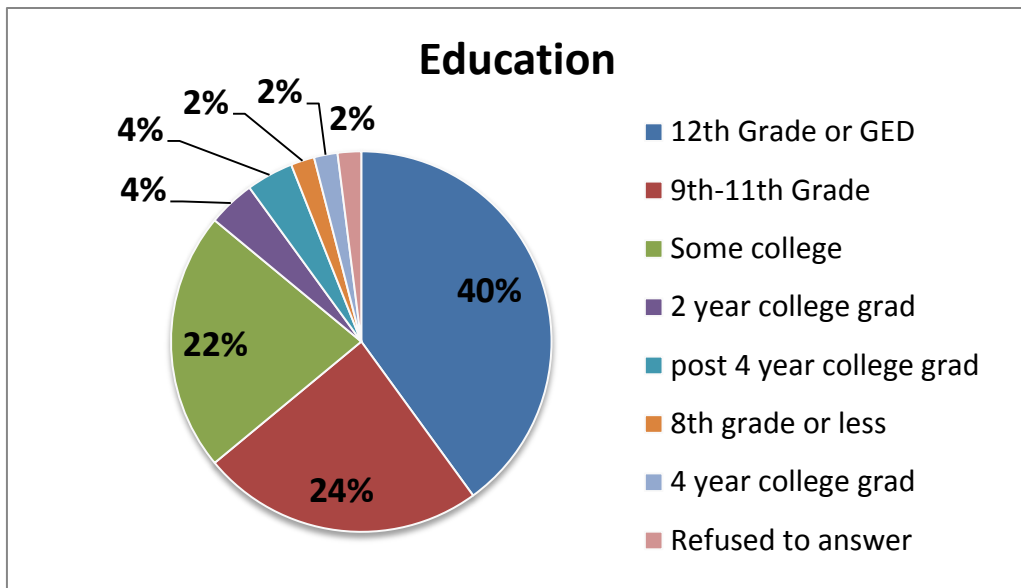
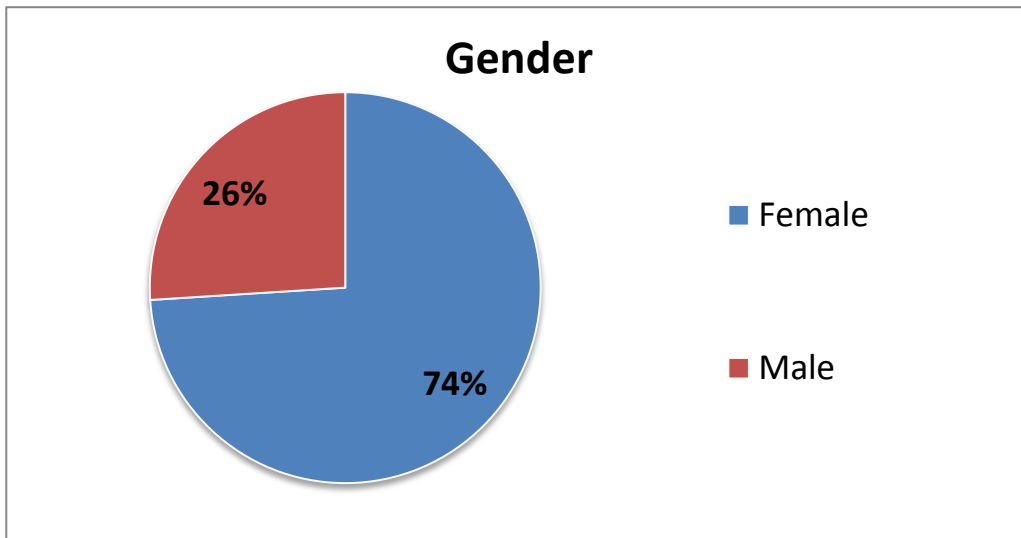
A total of four programs were evaluated in Tioga County, with the largest number of participants involved in the Incredible Years At Home program (42% of all participants).

The following summaries use data from 50 participants who completed a pre-test survey given at the first session of their parent education class.



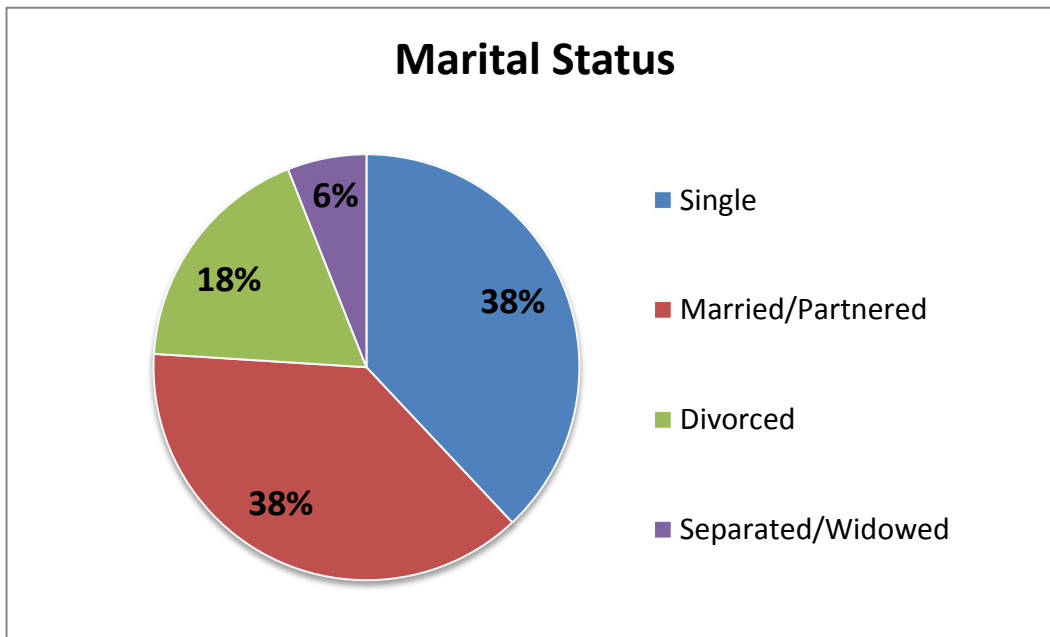
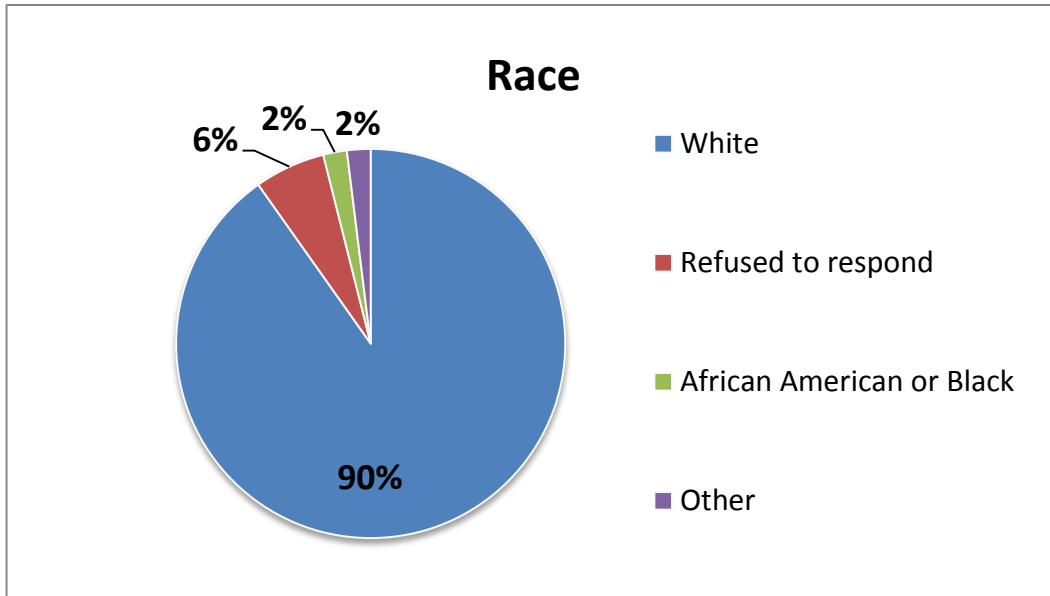
The majority of participants in the Tioga County CCE parenting classes were females (74%). Educational attainment among the participants varied widely, with the greatest

number of participants having finished their education at 12<sup>th</sup> grade or a GED (40%), followed by those who completed their education between 9<sup>th</sup> and 11<sup>th</sup> grade (24%).



The majority of the participants in Tioga County CCE parent education classes were white (90%)

and the most common marital status was married or partnered (38%) and being single (38%).



## Pre-Post Survey Results

This study used a pre- and post-test evaluation, in which the participants were asked to answer two identical surveys—one given at the first session of the class and another given after the completion of the last parenting class. The survey included ten

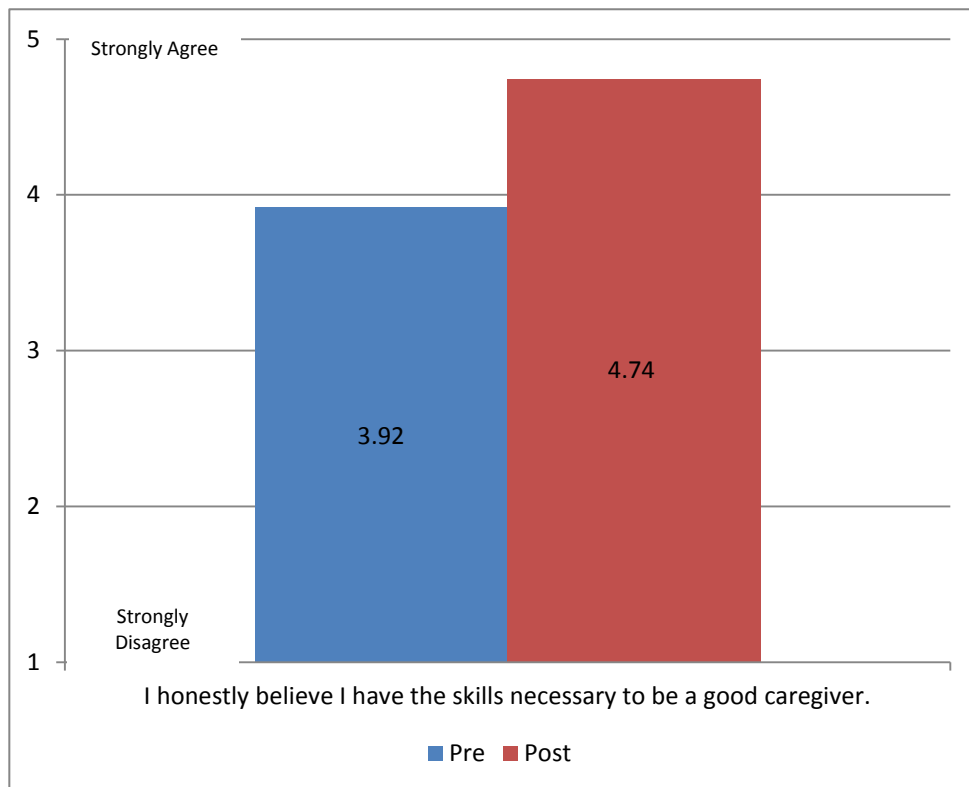
questions about parenting attitudes, behaviors, and knowledge designed to capture some of what was taught in the class. The pre- post-study design allows researchers to see if attitudes, behaviors, and knowledge change during the course of the workshop. Using this type of research design does not allow one to determine

whether taking part in the parent education class *caused* a change in attitudes, behaviors and knowledge; such changes could occur for other reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

The following evaluation is based on information provided by 27 participants, who completed their program and completed both a pre- and a post-test survey. One of the ten measures tested showed significant improvements from the pre- to the post-test. Specifically, participants of

parent education classes in CCE of Tioga County reported an increased belief that participants had the skills necessary to be a good caregiver.

A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post changes in participant responses are not due to chance. In comparing participants' pre- and post-test survey results, the following question showed statistically significant changes.



These results indicate that one out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the

post-test, highlighting an area in which CCE Tioga County parent education programs have a positive impact on their participants.

**Visit the *Parenting in Context* project at:**

<http://www.human.cornell.edu/pam/outreach/parenting/>

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