Outcomes of Participants in Cornell Cooperative Extension Active Parenting Parent Education Program 2015-2016

By Eliza Lathrop Cook

Cornell Cooperative Extension (CCE) offers a variety of programs for caregivers. and These parents 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 the Active Parenting program from July 2015 to July 2016. Participants included and caregivers who parents participated in programs comprised of at least six hours of content delivery. Data were collected from participants at the first session (a pre-test) and at

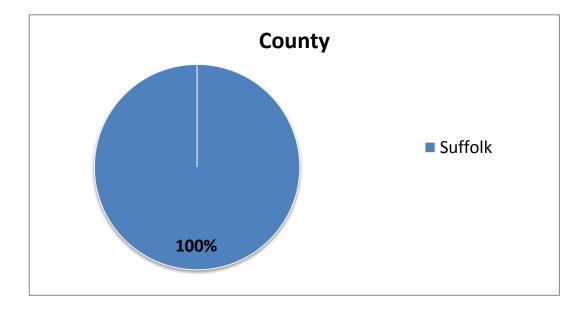
the last session (a post-test). Results of the analysis of these data are shown below.

Parenting In Context

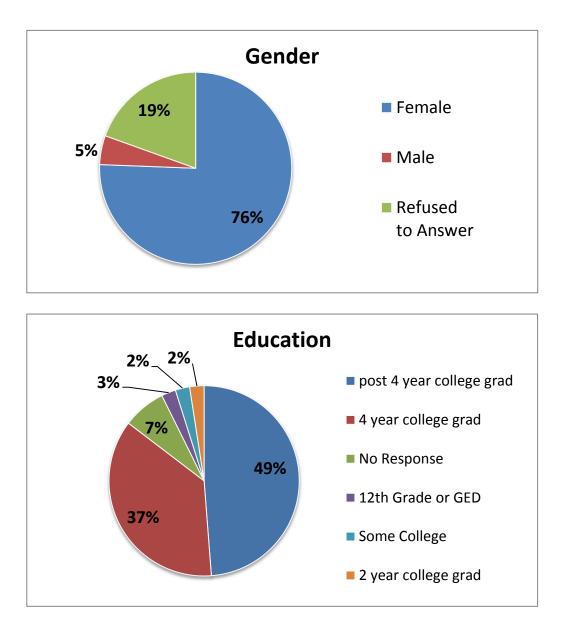
Demographics of Participants attending Active Parenting

The following summaries use data from 41 participants who completed a pre-test survey given at the first session of their parent education class.

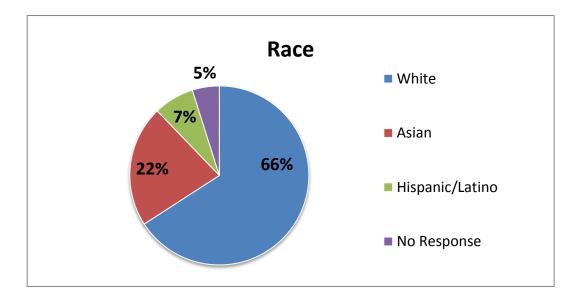
All of the participants in the Active Parenting program were from Suffolk County (100%). Seventy-six percent of the participants in the program were female. Educational attainment

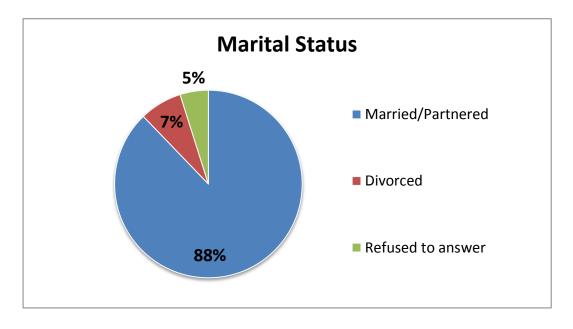


among participants varied widely, with the greatest number of participants having completed beyond a 4- year college degree (49%), followed by those having completed a 4-year college degree (37%).



The majority of the participants in the Active Parenting parent education class were White (66%) and the most common marital status was married or partnered (88%).





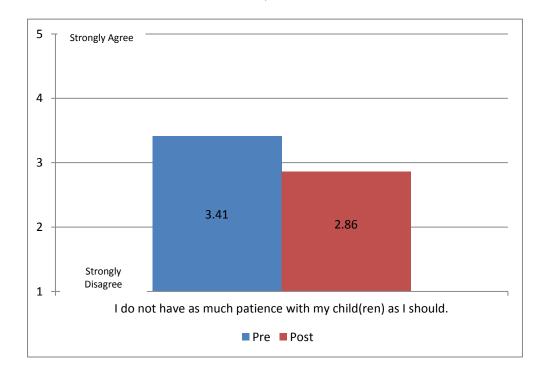
Pre-Post Survey Results

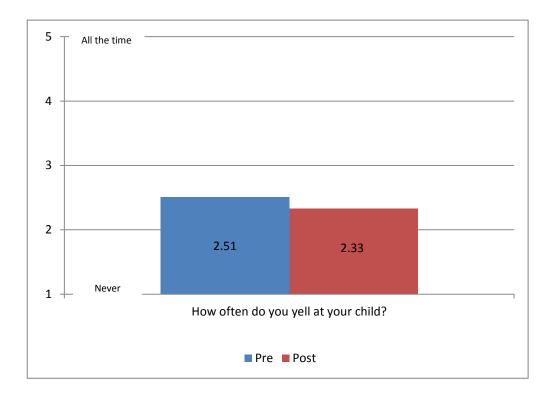
This evaluation used a pre- and posttest, in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors, and knowledge designed 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.

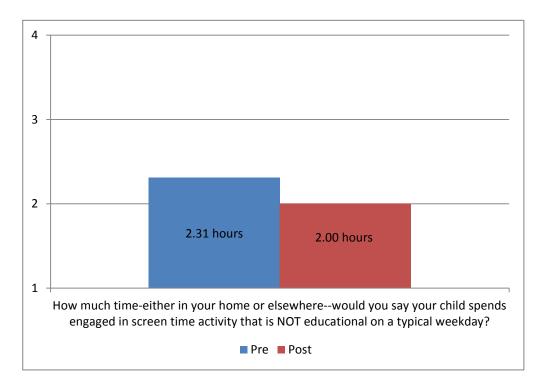
The following evaluation is based on information provided by 21 who completed their participants program and completed both a preand a post-test survey. Three of the measures tested showed ten significant improvements from the pre- to the post-test. Specifically, CCE parent education participants reported increased patience with their

child, decreases in how often they yell at their child, and decreases in the number of hours their children spend watching television.

A p-value generated from a paired ttest was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. Α 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 posttest survey results, the following questions showed statistically significant changes.







These results indicate that three out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the post-test, highlighting areas in which the Active Parenting parent education program may have had a positive impact on participants.

Visit the Parenting in Context project at:

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

This work was supported by a joint research and extension program funded by Cornell University Agricultural Experiment Station (Hatch funds) and Cornell Cooperative Extension (Smith Lever funds) received from Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture

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