



## Outcomes of Participants in Cornell Cooperative Extension PS: It Works! Parent Education Program 2020-2021

By Julia Chapman and Kimberly Kopko

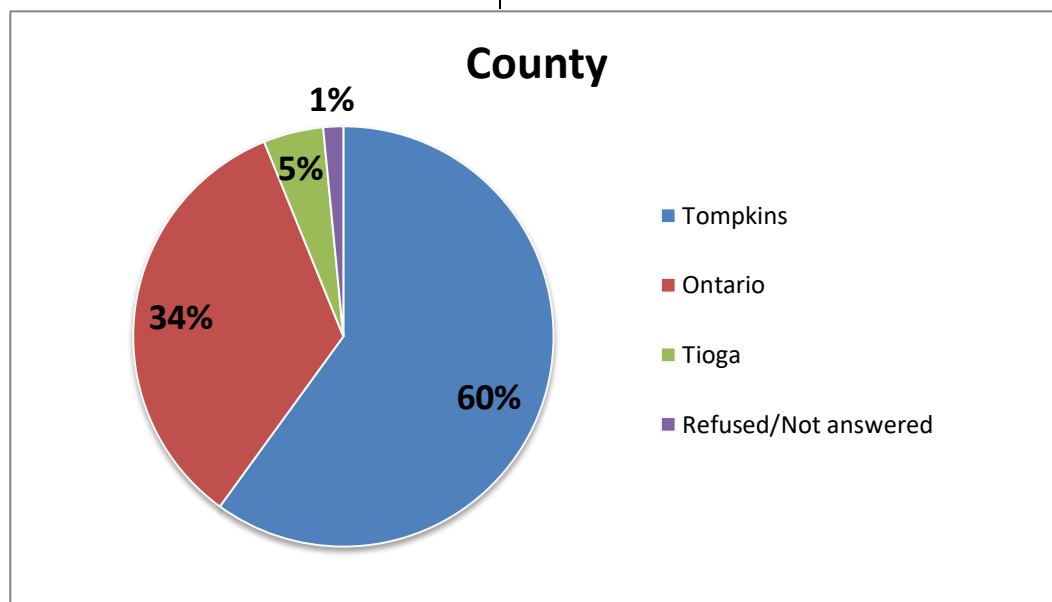
Cornell Cooperative Extension (CCE) offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This report presents data collected from participants in the PS: It Works! program from August 2020 to August 2021. Participants included parents and caregivers who participated in programs that 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.

### Demographics of Participants in PS: It Works! Program

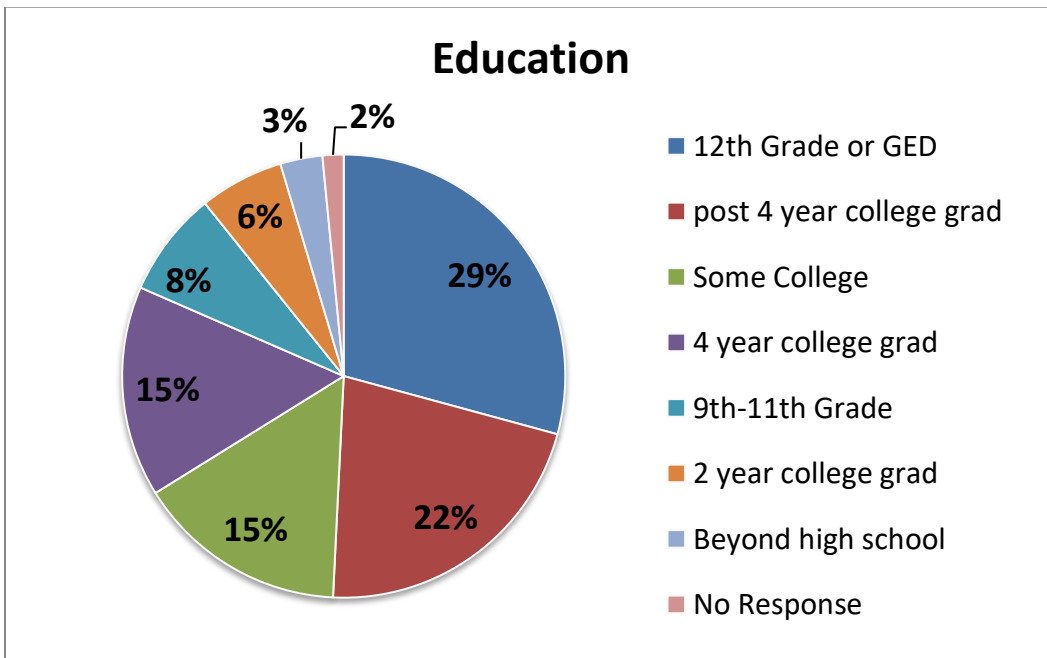
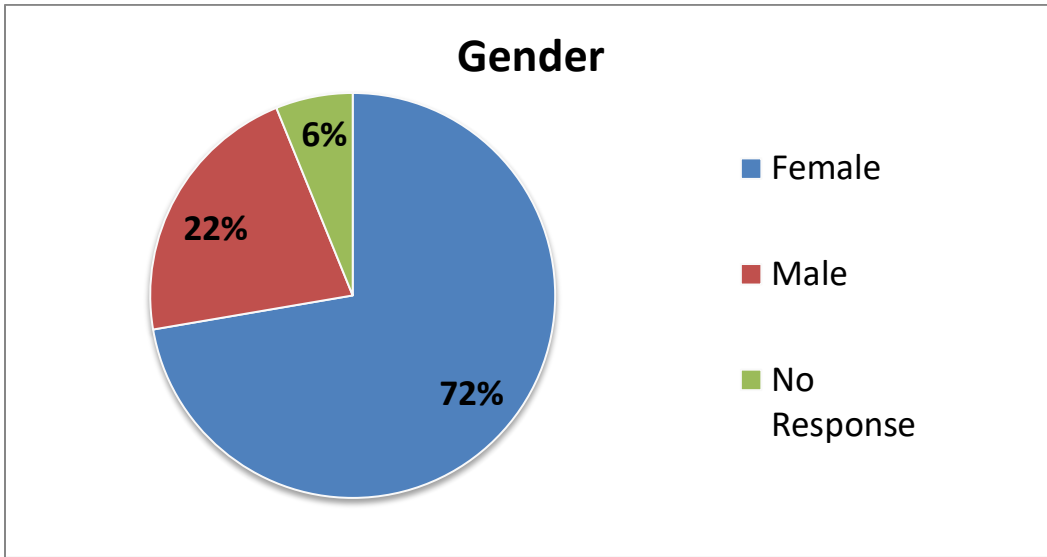
The following summaries use data from 65 participants who completed a pre-test survey given at the first session of their parent education class.

Most participants in the PS: It Works! program were from Tompkins County (60%) followed by Ontario County (34%).



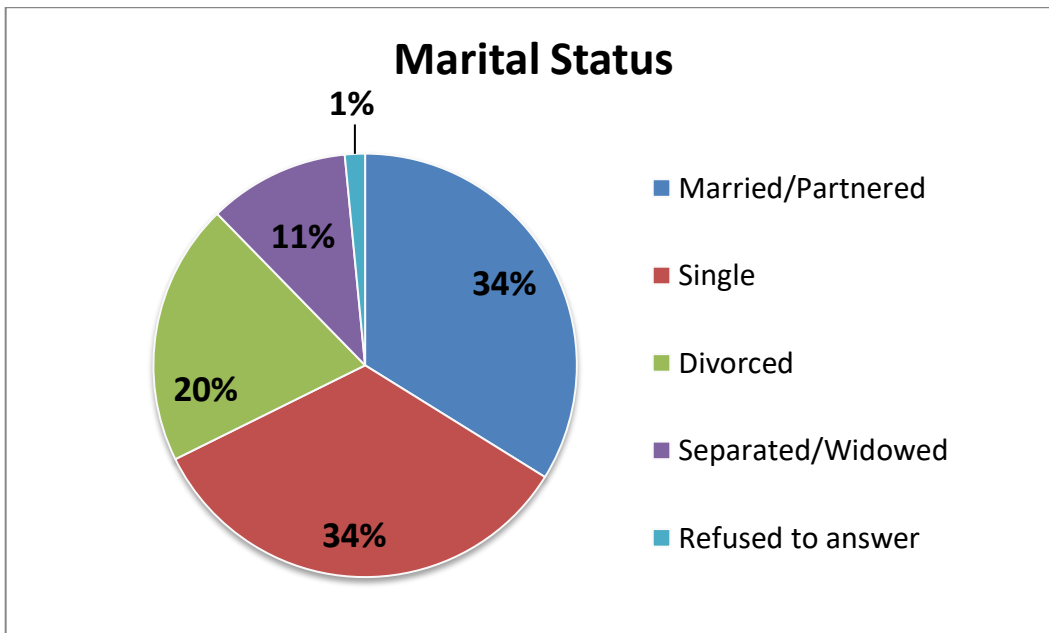
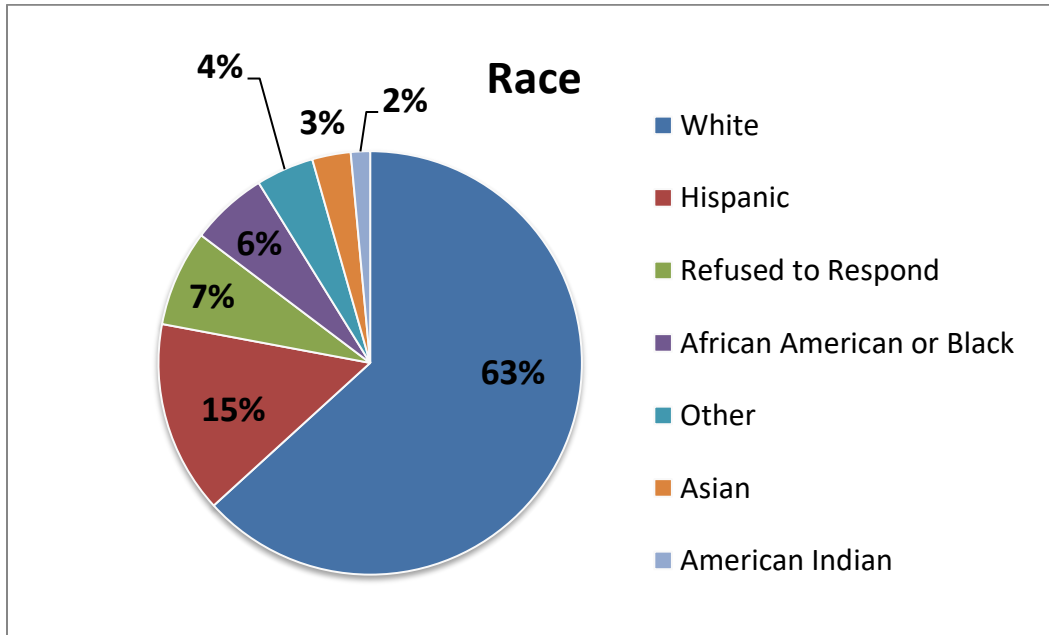
Seventy-two percent of the participants in the program were female. Educational attainment among the participants varied widely, with the greatest number of participants having

finished 12<sup>th</sup> grade or completed their GED (29%), and those who had completed schooling beyond a four-year college (22%).



The majority of the participants in the PS: It Works! parent education program were White

(63%) and the most common marital statuses were married/partnered and single (each 34%).



## Pre-Post Survey Results

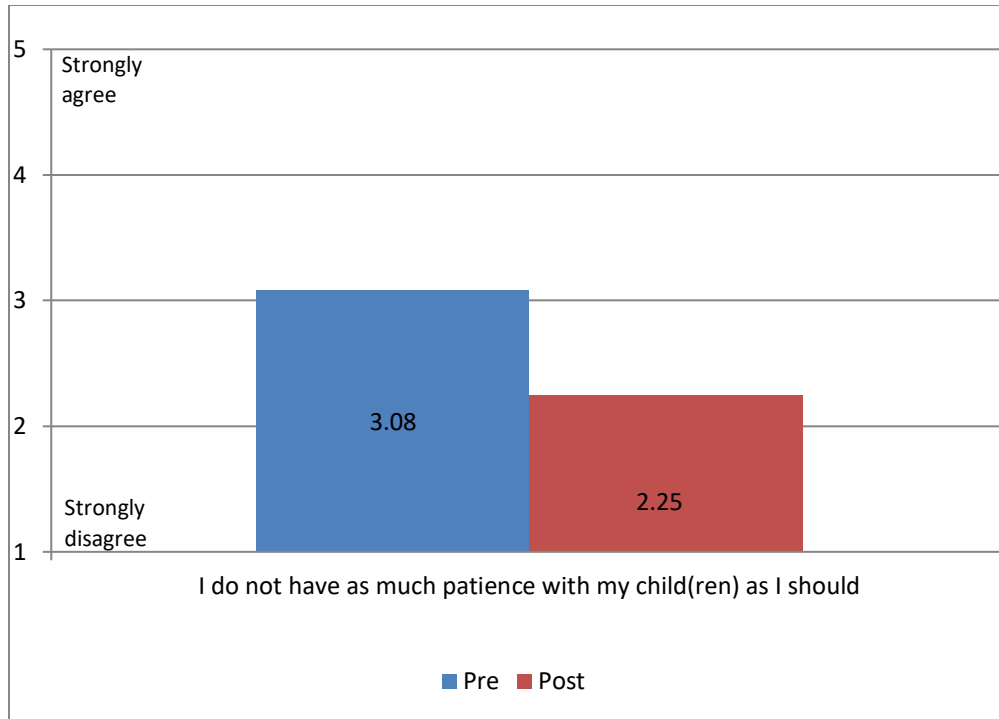
This evaluation used a pre- and post-test, in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors and knowledge designed 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 32 participants, who completed their program and completed both a pre- and a post-test survey. Eight of the ten

measures tested showed a significant improvement from the pre- to the post-test. Specifically, CCE parent education participants reported increases in: patience with their child, confidence in making rules that take their child's needs into consideration and in explaining the reasons for their rules, the number of times they've shown physical affection to their child, the number of times they've told another adult something positive about their child, their feelings of having enough people around to support them, and their belief that they have the skills necessary to be a good caregiver, and decreases in how frequently they yell at their child.

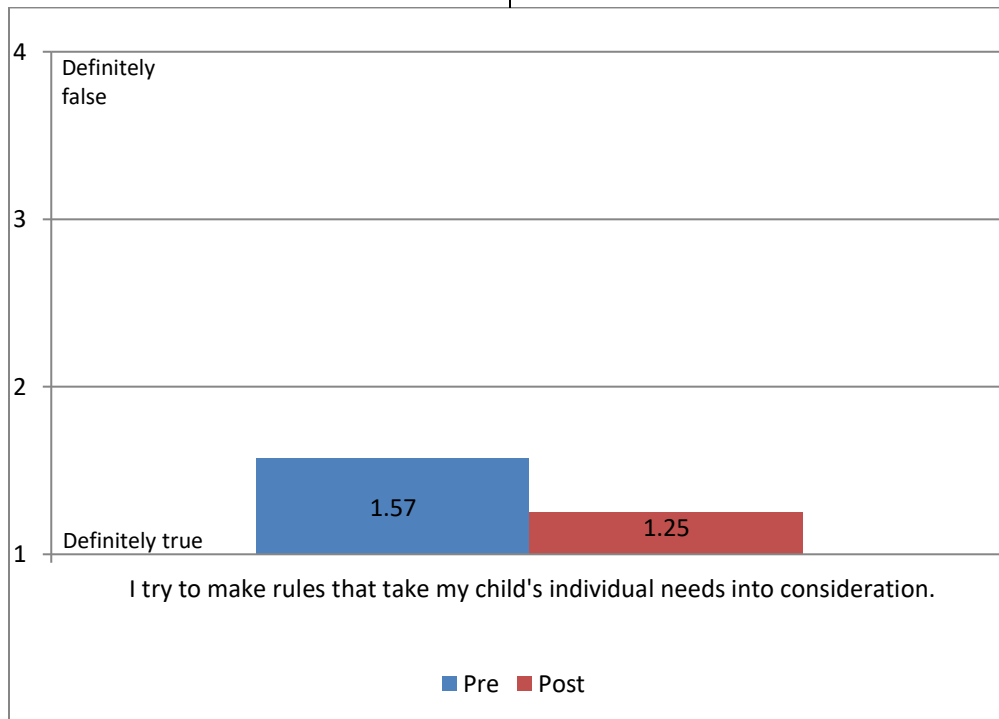
A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post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

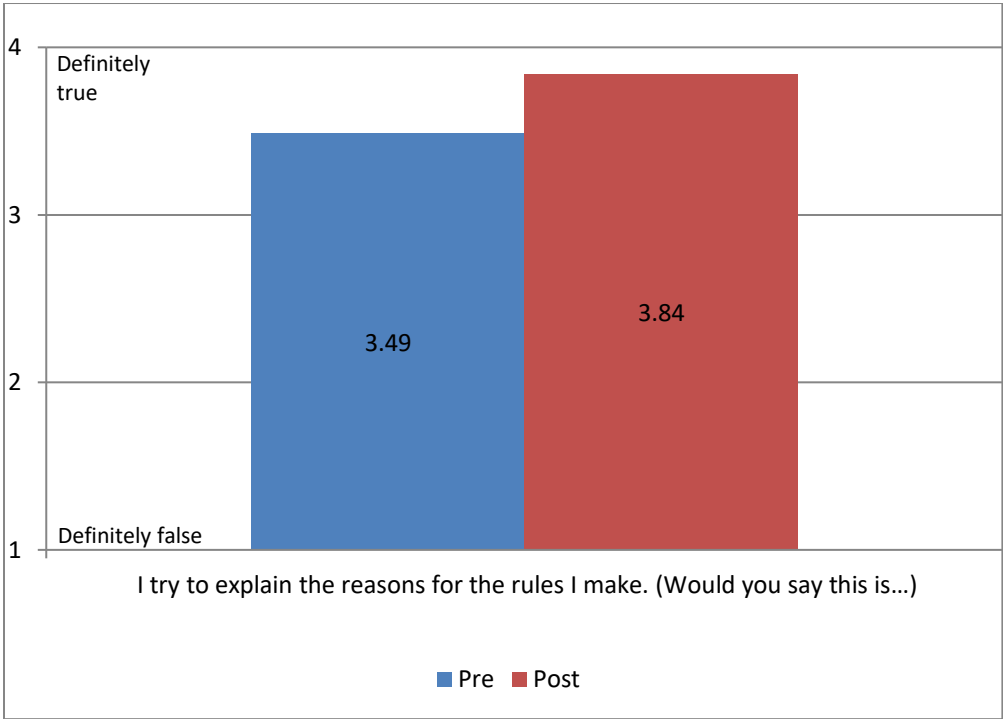
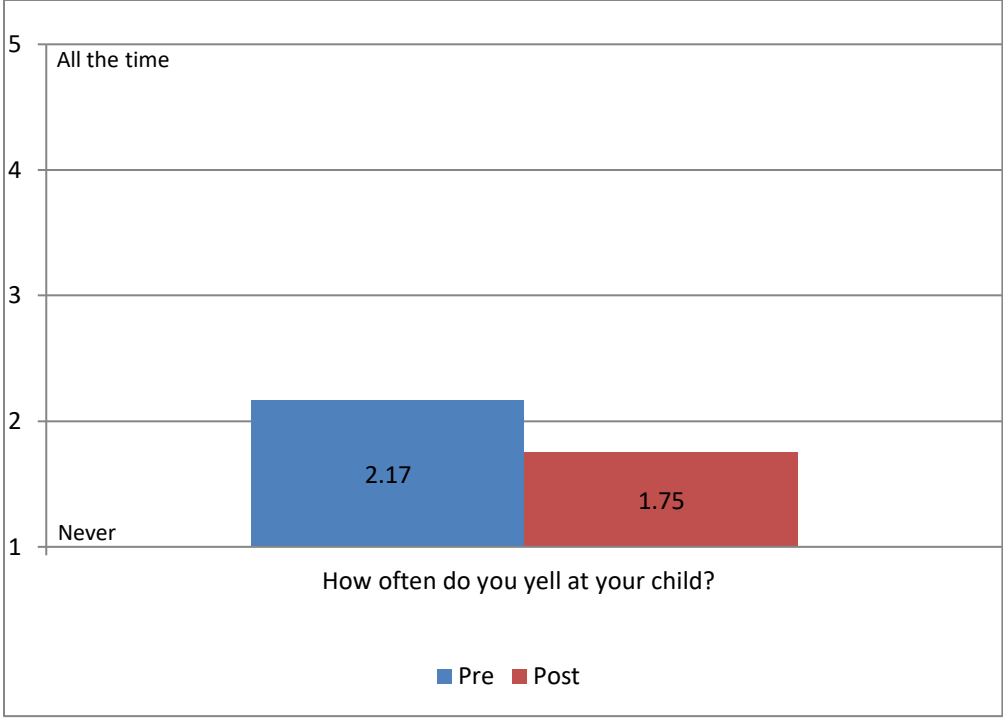
In comparing participants' pre- and post-test survey results, the following question showed statistically significant changes at the 1% level.

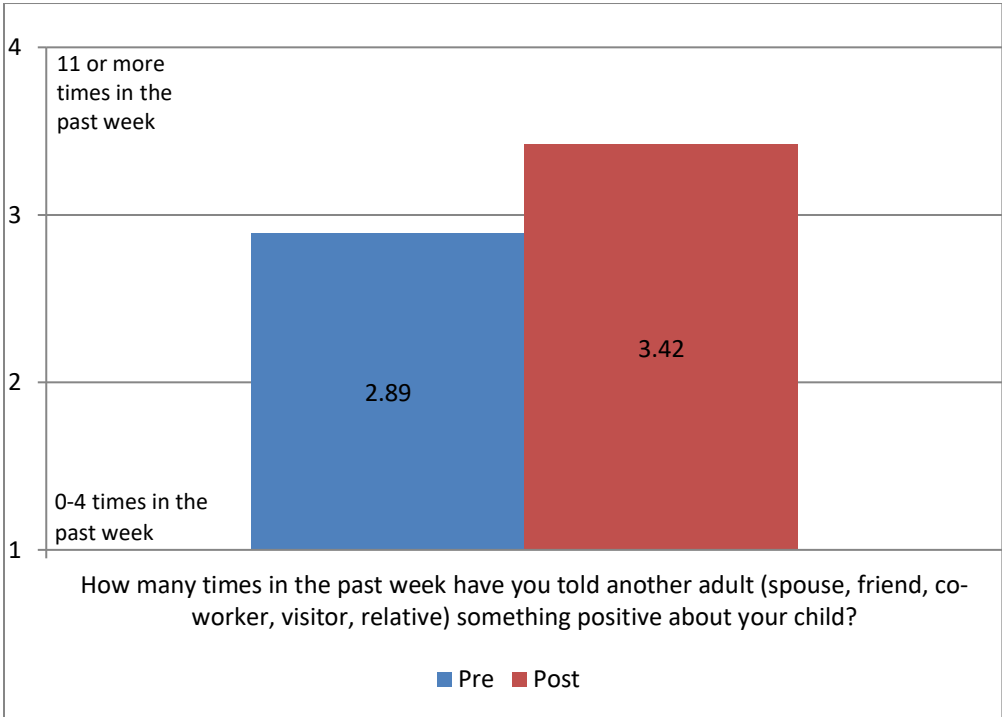
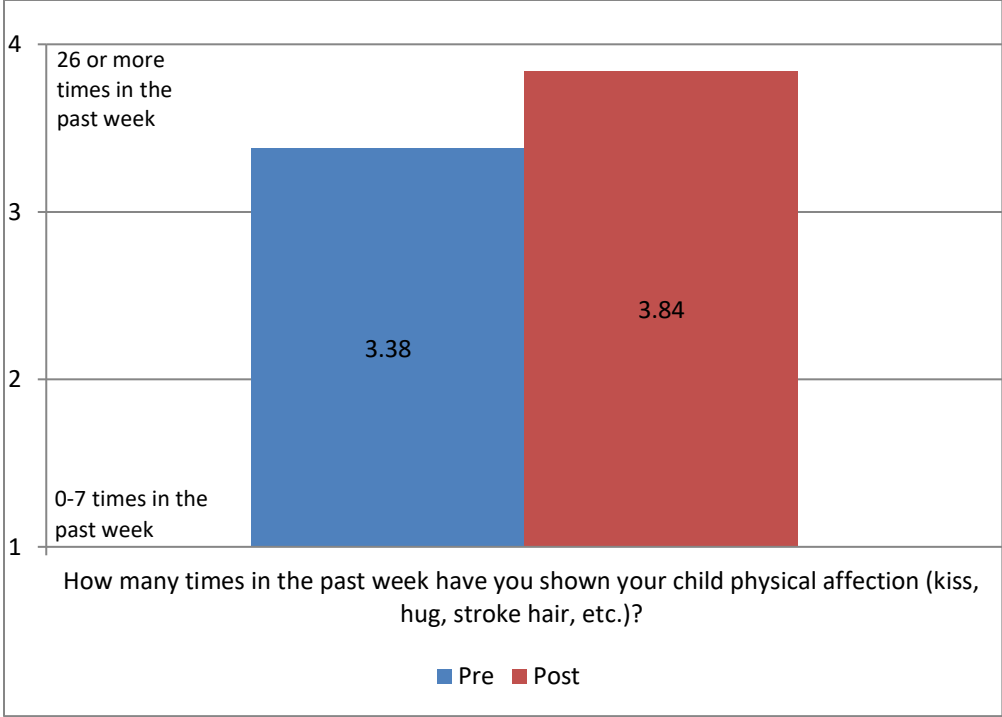


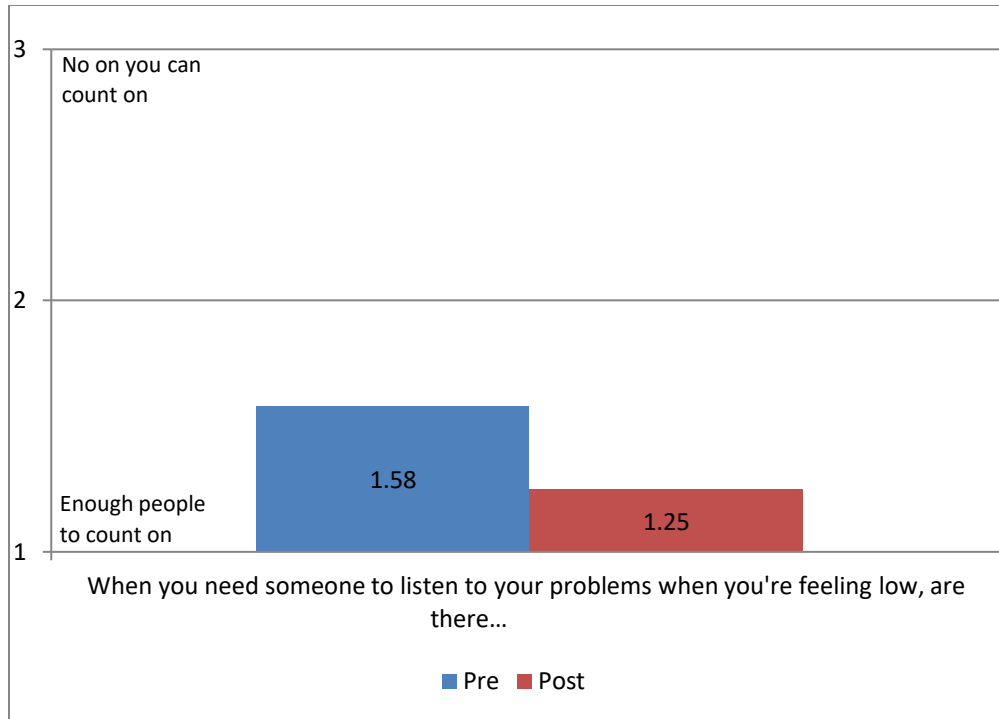
In comparing participants' pre- and post-test survey results, the following

six questions showed statistically significant changes at the 5% level.



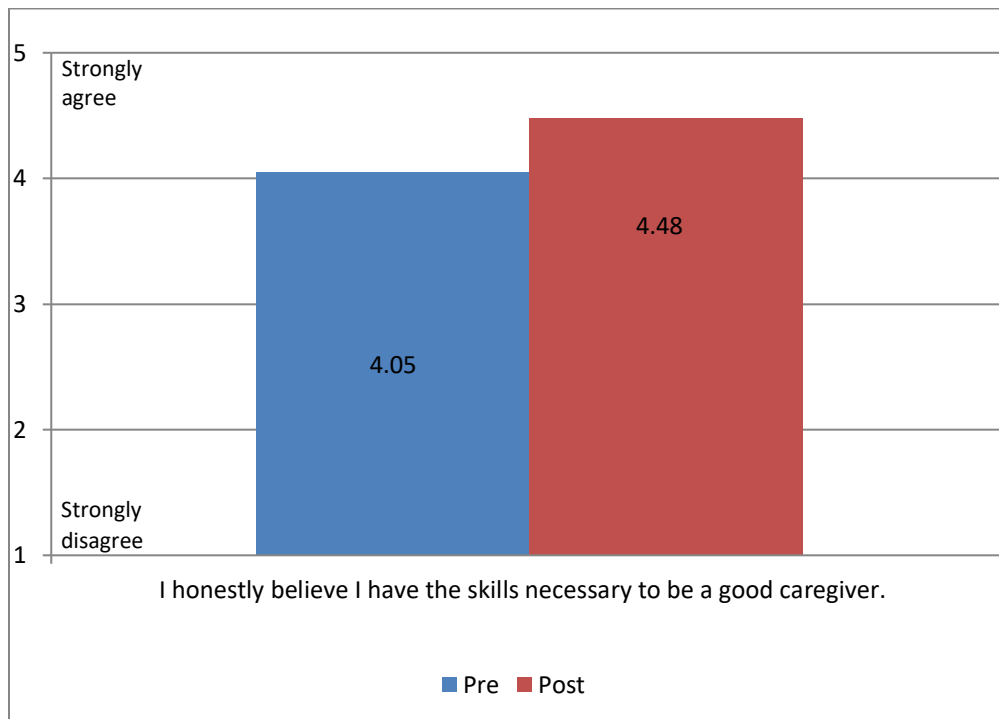






In comparing participants' pre- and post-test survey results, the following

question showed statistically significant changes at the 10% level.





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

post-test, highlighting an area in which the PS: It Works! parent education program may have had a positive impact on participants.

**Visit the *Parenting Project* website at:**

<https://www.human.cornell.edu/pam/engagement/parenting/home>

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