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Feature Articles

Purpose and Spirituality: Exploring the Role of Fidelity in Diverse Adolescents

Carr, Drew; King, Pamela Ebstyne; Meier, Adrienne Maddix

Purpose is understood to reflect young people's stable and generalized commitments to accomplish meaningful activity and contribute productively to society. Religion has been linked with purpose; however, the nature of this relationship is not well understood. Given that purpose and religion involve beliefs and devotion, the current study examined fidelity as a means of understanding this relationship in a group of religiously and culturally diverse youth from around the world. The participants were 30 adolescents aged 12-21 ($M = 17.73$ years) nominated for living with profound spirituality in their community. Consensual qualitative research (CQR) strategies were used. Analysis revealed that 29 of the participants reported a sense of purpose and all 30 participants described some aspect of fidelity that involved (a) beliefs, (b) values, (c) morals, and (d) resolute commitment. These findings highlight the centrality of fidelity as a link between religion and purpose among diverse youth. Future directions for research and practice are discussed.

Current Trends in Korean Adolescents' Social Purpose

Shin, Jongho; Hwang, Hyeyoung ; Cho, Eunbyul; McCarthy-Donovan, Alexander;

In the research presented we investigated the features of Korean adolescents' social purpose as compared with other life goals in terms of different aspects of psychological well-being (study 1). We also examine the perceptions of high achieving Korean adolescents on social purpose and factors affecting it (study 2).The results of study 1 showed that the pursuit of social purpose significantly predicted psychological well-being compared to the other two life goals. Results of study 2 showed Korean adolescents value and pursue social purpose as a life goal. They explicitly accepted their social responsibility to serve their country in line with idyllic Confucianism values and Collectivistic roles. However, further analysis revealed that they had implicitly pursued individualistic desires of materialistic wealth and fame in parallel with their explicit social purpose. Implications of the results are discussed from the socio-cultural perspective on social purpose in regards to how to understand the features of social purpose that Korean adolescents have and how to foster its development.

Dealing with Moms and Dads: Family Dilemmas Encountered by Youth Program Leaders

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Griffith, Aisha; Larson, Reed W.

The leaders of youth programs encounter a range of challenging situations that involve youth's parents or families. This qualitative study obtained data on the variety and nature of these family-related "dilemmas of practice." Longitudinal interviews with leaders of 10 high quality programs for high-school-aged youth yielded narrative information on a sample of 32 family dilemmas that they had encountered. Grounded theory analysis identified four categories of family dilemmas: 1) problems at home that become a concern to the leader, 2) parents' expectations are incongruent with program norms or functioning, 3) parents do not support youth's participation in the program or an aspect of the program, and 4) communicating with parents on sensitive matters. Each of these categories of dilemmas entailed distinct considerations and underlying issues that effective leaders need to be able to understand.

Measuring the Effectiveness of the Leave No Trace PEAK Program

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Miller, Jennifer; Hill, Eddie; Shellman, Amy; Ramsing, Ron; Lawhon, Ben

The *Leave No Trace Center for Outdoor Ethics* developed the *Promoting Environmental Awareness in Kids (PEAK)* program to teach children the seven *Leave No Trace* principles. The purpose of this study was to assess the effectiveness of the *PEAK* program. A significant increase was found between the pre-test   (M = 3.41, SD = .34) and the post-test (M = 3.61, SD = .36) with the post-test scores being significantly higher, $F(1, 140) = 11.15$, $p<.01$. No significant difference was found between the pre-test   (M = 3.48, SD = .35), post-test (M = 3.63, SD = .35), and 8-month post-test (M = 3.38, SD = .41). The 8-month post-test indicated a drop in scores, though not statistically significant, below the pre-test. Results supported the *PEAK* program's effectiveness, in the short-term, in teaching children the *Leave No Trace* principles. However, longer-term retention was not supported.

Program Articles

The 4-H *Health Rocks!* Program in Florida: Outcomes on Youth Tobacco, Alcohol, and Other Substance Abuse Prevention

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Kumaran, Muthusami; Fogarty, Kate; Terminello, Amanda; Fung, Whitney M.

Youth tobacco, alcohol, and other substance abuse is a serious concern in the State of Florida, as well as across the nation. 4-H *Health Rocks!* is a positive youth development prevention program that utilizes experiential learning methods and youth-adult partnerships. The program and supporting curriculum were designed to foster personal and social skills to better equip adolescents to overcome pressures to participate in substance use. The purpose of this article is to describe the implementation of *Health Rocks!* in Florida and program evaluation including its impact on participants' drug knowledge, drug beliefs and attitudes, and drug resistance skills. Program evaluation indicates that 4-H *Health Rocks!* resulted in statistically significant improvement in each of these categories for hundreds of youth reached in 2009-2012. The importance of program components in preventing and influencing adolescent substance abuse are discussed.

Digital Media Creates Youth Voices Heard

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Sallee, Jeff; Dewitt, Corbin

Oklahoma 4-H clubs and military service centers partnered with the Adobe Youth Voices (AYV) program to give youth opportunities to raise their voices through digital media. This program reached out to underrepresented youth and gave them the tools and technology to effectively

express themselves. The intent of this project was for 4-H members to create videos to educate, help and raise awareness in their communities of topics that were important to the youth. These experiences help youth gain knowledge towards helping others solve farm, home, and community problems. Participating youth selected issues that were important to them and created a short video, educating others and sharing their convictions on the topics of horse therapy, citizenship, bullying, and distracted driving.

Research and Evaluation Strategies

From 4-H International Youth Exchange to Global Citizen: Common Pathways of Ten Past Program Participants

Arnold, Mary E.; Davis, Jamie; Corliss, Aimee L.
This qualitative study examined the life course of ten adults who participated as youth in the 4-H International Exchange program. The purpose of this research was to explore the pathways that led each participant to their exchange experience as a youth and how that experience set the stage for further development into an adulthood marked by cultural interest, awareness, competence and global citizenship. Using a grounded theory approach the data were analyzed through selective, open, and axial codings that elucidated a series of key events, opportunities, and qualities that form a common pathway among all participants. The results of this research contribute to the articulation of a theory of change upon which international youth exchange programs can be effectively developed and enhanced. Specific recommendations for international youth exchange programs are presented.

A Qualitative Evaluation of the 4-H Record Book in Light of the PYD Concepts: Belonging, Mastery, Independence, and Generosity

Bikos, Lynette H.; Haney, Deanna M.; Kirkpatrick-Husk, Katie; Hsia, Serena
The highlights of a study of the 4-H Record Book (RB) in light of the four positive youth development (PYD) concepts: *belonging*, *mastery*, *independence*, and *generosity* are discussed in this paper. Utilizing qualitative methods we interviewed 21 participants (14 leaders, 9 recent 4-H alumni) from 9 states. Results describe the ways in which participants perceived that the RB (a) supports the four PYD concepts (e.g., "RB fosters independence through the goal setting, monitoring, and appraising process") and (b) does not support, or should be revised to support the concept (e.g., "RB competitions may hinder mastery"). Our results support the RB as a PYD intervention but we recommend that states/counties consider these results when revising RBs. In light of concerns about age and developmental appropriateness, we suggest that the most pressing question is whether or not the traditionally formatted RB is appropriate for all 4-Hers. We encourage RB committees to engage professionals with developmental expertise (e.g., educators) in RB revisions.

Examining the Use of Social Media among Four-H Alumni in Louisiana

Zammit, Kali
The purpose of this study was to examine the use and determine the preferred method of social media among 4-H alumni in Louisiana. Based on a review of literature, communicating with youth through social media has become a major trend and necessity, especially among 4-H Youth Development and Cooperative Extension Service professionals. A 24-item instrument was developed and administered online to Louisiana 4-H alumni who received the 2011 Louisiana 4-H Senior Honor Cord and provided usable e-mails.

The overall preferred method of social media among Louisiana 4-H alumni was Facebook and text messaging. A majority of 4-H alumni use their smart phones or personal computers to utilize social

media. Some of the primary reasons that 4-H alumni use social media are to communicate friends, view photographs, and become updated with current events. Overall, 100% of surveyed 4-H alumni use some form of social media.

Explaining Research Utilization Among 4-H Faculty, Staff, and Volunteers: The Role of Self-Efficacy, Learning Goal Orientation, Training, and Previous Experience

Tillman, Julianne; Bikos, Lynette H.

An investigation of factors that facilitate the utilization of research evidence among faculty, staff, and volunteers in the 4-H Youth Development Program is presented in this paper. Participants (N= 368; 86 4-H faculty, 153 staff, and 129 volunteers) represented 35 states; structural equation modeling was utilized in the analyses. Results of the path analysis explained 56% of variance in research utilization and 28% in research utilization self-efficacy. Among the factors impacting research utilization, self-efficacy played the most important role. In turn, self-efficacy for research utilization was positively influenced by participants' learning goal orientation, frequency of 4-H training during the last 12 months, education in research-related areas, and investigative career interests. In addition, 4-H staff who were exposed to research at higher levels reported higher research utilization self-efficacy. The findings reinforce the importance of fostering research utilization self-efficacy among 4-H faculty, staff, and volunteers. Among the suggestions presented are regular 4-H training opportunities and on-going exposure to program evaluation and program improvement experiences.

Resource Review
Modern Rap Music: Mining the Melodies for Mental Health Resources

Abdul-Adil, Jaleel K.

Modern Rap music is a very popular, powerful, and controversial form of contemporary youth media. Despite clearly counter-productive aspects of certain lyrics, videos, and other cultural elements, Rap music also offers prosocial material that can enhance the appeal and impact of mental health interventions. This article describes the *Young Warriors* program as an example of a Rap-based program that promotes positive development in urban ethnic minority youth. Future directions and similar scholarly efforts are also highlighted.