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Multiple Roles as Predictors of Subjective Well-Being in African American Women
Sha-Rhonda M. Green, PhD

Abstract
Through multiple regression analysis of the NSAL archival data, this study examined how the subjective well-being (SWB) of African American women ages 18-44 (n = 1,877) can be predicted by their age, years of education, household income, number of children, and marital, parental, and employment statuses.

Problem
Multiple studies have examined the impact of stress on health outcomes and the correlates of multiple roles.

African American women have higher occurrences of diabetes, cancer, and cardiovascular disease in comparison to other racial and cultural groups.

African American women experience unique layered stressors given their socio-cultural history. However, there is limited recent research on the within-group examination of African American women and well-being. This study will examine the impact of multiple roles on the subjective well-being (SWB) of African American women.

Purpose
The purpose of this study is to bridge the gap in the literature and assess the predictive impact of the multiple roles of marital status, employment status, parental status and age, household income, years of education and number of children on the SWB of African American women ages 18-44.

Understanding potential within-group dynamics of this population may help to educate and empower African American women on the implications of work-life balance and total wellness. This study may help to promote wellness initiatives to improve emotional health.

Relevant Literature
Theoretical Framework
- Role strain theory (Goode, 1960)
- Role demands require specific location and time to occur.
- How does one allocate resources to fulfill the demands?
- What are the role relationship and the norms associated with each relationship?
- Role relationships and expectations and then the demand on the role network.
- Role expectations can be incompatible with a person’s belief system and society’s standards.

Relevant Research
- Multiple roles are linked to stress, and stress is linked to adverse health outcomes (Kasimatis & Gaustell, 2012).
- Levels of SWB can be particularly exacerbated given the unique historical racial and gender context of African American women (Wood-Giscombe, 2010).

Research Questions
RQ1: To what degree does the multiple roles of marital status, employment status, and parental status predict the subjective well-being of African American women?
RQ2: To what degree does age, household income, years of education and number of children predict the subjective well-being of African American women?

Data Analysis
Multiple regression analysis using SPSS

Findings
Demographics
- Age: M = 31.69, SD=7.54
- HHIN: M=$31,447.31,SD=$27,777.989
- Married: 32.8 %, n=1,262
- Employed: 74.6, n=1,400
- Parents: 77.1 %, n=1,447
- No Child: 45.0%, n=981
- One Child: 26.7 %, n=501
- 12 Years of Education: 36.3%, n=682
- 3-item SWB scale (α=.0589)

RQ1: Model 1 statistically significantly predicted SWB (Marital, Parental, Employment Statuses)
F(3, 1873) = 12.271, p<.0005 , adjusted R² = 1.8
RQ2: Model 2 statistically significantly predicted SWB (7 IVs)
F(7, 1869)=8.358, p<.0005, adjusted R² =2.7

Procedures
Secondary analysis using The National Survey of American Life: Coping with Stress in the 21st Century (Jackson, et al., 2007) which was:
- A four-stage probability sampling method
- 6,082 face-to-face interviews
- Male and female respondents aged 18 and older who lived in 48 different urban and rural states of the United States w/ African American, Afro-Caribbean, Non-Hispanic Whites respondents

Social Change Implications
Encourage African American women to use coping and stress management strategies. Education on work-life balance and self-care practices.

Conclusions
Model 1
- Married, employed parents had increases in SWB
- Multiple demands of roles influence efforts to negotiate human energy, time, and resources (Goode, 1960)

Limitations
- The limitations to this study may have included:
  - The lack of other racial and ethnic groups
  - The NSAL data were over a decade old.
  - The 3-item SWB Index (α=.06) low alpha and low correlation

Methodologist: Scott Hershberger, PhD
Chair: Mary Bold, PhD
URR: Barbara Benoliel, PhD