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## 02. Family Science

Northeastern State University

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## **Abstracts from the 2015 Oklahoma Research Day**

**Held at Northeastern State University**

### **02. Education and Professional Studies**

#### **02. Family Science**

##### **02.02.01 Is the Health Care Bill Healthy for Physical Therapy?**

**Rachel,Payne** *University of Central Oklahoma*

With a new national health care system in place, many industries in the medical field will experience rapid and unexpected changes. These changes that occur in one sector will also have an impact on others, making it important to be aware of the evolution. This paper focuses specifically on the field of physical therapy, a crucial service of rehabilitation, pain management, preventative care, and maintaining overall health. This paper will show how supply and demand for the industry will be affected, breaking down factors that will contribute to the increases and decreases in the supply and demand for the market. These factors include everything from new regulations placed directly on physical therapy to the indirect affects of other industries changing. Through critical analysis of the past trends in the physical therapy business and the new Affordable Care Act, this paper will discuss the future of physical therapy in a new and changing health care environment.

##### **02.02.02 Exploring the Dialectics in African American Female Perceptions of Healthy Foods**

**Jalea,Shuff** *University of Central Oklahoma*

**Jeanetta,Sims** *University of Central Oklahoma*

Dialectics are the tensions navigated in relationships (e.g., love/hate, joy/anger). Through 30 interviews with African American females, this project explores dialectics from a racio-ethnic and gendered perspective, which has not yet been employed to discern the health perceptions of minority women. Identification of the tensions associated with African American women's perceptions of "healthy" and "unhealthy" foods will extend the contextual area of relational dialectics theory and improve health education among African American women.

### **02.02.03 Preparing Young Adults for Successful Relationships through the Within My Reach Relationship Education Program**

**Brooke, Kuns** *University of Central Oklahoma*

**Dr. Brandon, Burr** *University of Central Oklahoma*

**Dr. Glee, Bertram** *University of Central Oklahoma*

Many struggle with forming and maintaining healthy romantic relationships. The incorporation of the research-based Within My Reach (WMR) relationship education curriculum into an existing marriage course allows young adult college students, who may be contemplating important relationship decisions, the opportunity to raise awareness and learn important skills that build healthy relationships. The overall objective of this research was to assess how student attitudes change regarding healthy relationship knowledge and attitudes over the course of a semester based on core principles taught through the WMR curriculum. Our hypothesis was that those in the revised marriage course would show significant gains in key relationship areas over the semester. Results showed students in the revised classes reported significant gains in Relationship Confidence, Relationship Vision, Relationship Insight, Sliding vs. Deciding behaviors, and Listening Skills. Furthermore, the individuals who were not in a relationship showed more pronounced gains when compared with individuals who were currently in a relationship. The findings indicate the students who received the revised class have a better understanding at the end of the semester of how to not only choose a good fit for a partner, but also have gained important relationship skills such as communication and conflict resolution techniques.