

KidsHealth® KidsPoll – Coping Poll: Summary of Findings

KidsHealth® KidsPoll is collaboration among the Nemours Foundation/KidsHealth, the Department of Health Education and Recreation at Southern Illinois University Carbondale, the National Association of Health Education Centers, and participating health education centers. The purpose is to gather information (opinions, attitudes, and feelings, etc.) about current health issues from children. The information is gathered using handheld data collection devices from children ages 9 to 13 as they attend classes in health education centers. The information is shared with educators, caregivers, health care organizations, the media, and other interested parties at national and local levels. The goal is to provide insightful information that will enable them to develop programs to help children make healthy life decisions, prevent disease and injury, and understand their bodies. This poll focused on issues related to coping with stress and worry.

Individual Demographics

Individual-level information was collected anonymously from each child who participated.

- 875 children
- 45% girls, 55% boys
- 9 to 13 (average age 11.1)

- 6 centers participated in this poll:
 - HealthWorks! Kids Museum – South Bend, IN
 - Health World Children’s Museum – Barrington, IL
 - Robert Crown Center for Health Education – Hinsdale, IL
 - Ruth Lilly Health Education Center – Indianapolis, IN
 - Poe Center for Health Education—Raleigh, NC
 - Susan P. Byrnes Health Education Center – York, PA

School Demographics

School-level information was not collected from each child but is based on statistics for the schools that the children attend.

- 19 schools
- The schools participating averaged: 75% White, 10% Black, 12% Hispanic, 3% Asian/Pacific, 0% Native American
 - 79% of the schools had student bodies that were 0% to 33% Black/Hispanic/Asian/Native American combined
 - 5% of the schools had student bodies that were 33% to 67% of these groups
 - 16% of the schools had student bodies that were 67% to 100% of these groups
- 25% students in participating schools qualified for free or reduced lunch
 - 83% of the schools had 0% to 33% of their student body qualifying for free or reduced lunch
 - 15% of the schools had 33% to 67% of their student body qualifying for free or reduced lunch
 - 2% of the schools had 67% to 100% of their student body qualifying for free or reduced lunch

The U.S. Census Bureau and Department of Education use measures of city size and location called Core Based Statistical Area (CBSA) and Consolidated Statistical Area (CSA). The categories are:

- Large city center = center of a CBSA or CSA city with population >250,000
 - Midsize city center = center of a CBSA or CSA city with a population <250,000
 - Large city fringe = urban fringe of a large CBSA or CSA city
 - Midsize city fringe = urban fringe of a midsize CBSA or CSA city
 - Large town = not within a CBSA or CSA with a population >25,000
 - Small town = not within an CBSA or CSA with a population 2,500-25,000
 - Rural outside = not within an CBSA or CSA with a population <2,500
- Of the participating schools: 36% large city center, 10% midsize city center, 28% large city fringe, 26% midsize city fringe, and 0% small town or rural
 - Average school size--440
 - 36% of the schools had enrollment of 0-300
 - 32% of the schools had enrollment of 301-600
 - 22% of the schools had enrollment of 601-900
 - 10% of the schools had enrollment of 901+

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Descriptive Statistics

KidsHealth® KidsPoll Questionnaire – How Do You Handle Stress and Worry?

Are you a boy or girl? (X one box)	BOY	GIRL
	55%	45%

How old are you? (X one box)	9	10	11	12	13
	4%	29%	34%	20%	12%

What makes you feel stressed or upset? (please list your top 2)

grades, school, homework	36%	yelling or loud noise	9%
my family	32%	fighting	9%
friends/peers don't like/tease/lie/gossip about me	21%	sports	8%
my brothers or sisters	20%	not allowed to do something/autonomy	7%
mean or annoying people	20%	getting in trouble	7%
my parents	14%	exhausted/tired/overextended	6%
		all others (each less than 5%)	52%

When you are feeling stressed or upset, how often do you do each of these? (X only one box for each)

	A LOT	SOMETIMES	NEVER
play or do something active	52%	37%	11%
listen to music	44%	38%	18%
watch TV or play a video game	42%	43%	15%
talk to a friend	30%	42%	28%
try not to think about it	29%	50%	21%
try to work things out	28%	53%	19%
eat something	26%	48%	25%
lose my temper	23%	60%	17%
talk to a parent	22%	50%	28%
keep it to myself	21%	68%	11%
feel bad about myself	15%	47%	38%
cry	11%	42%	47%

Have you ever hurt yourself on purpose when you were stressed or upset?	NO	YES
	75%	25%

If YES, what did you do?

bang head or body on object	8%	cut/stab self	4%
hit/bite/burn self	5%	all others (each less than 1%)	7%

What should parents do to help kids when kids are stressed or upset? (please list your top 2 ideas)

talk with them about it	57%	nothing/don't care	3%
help them feel better/comfort/cheer up/help	43%	stop yelling or whatever else is going on	3%
give attention/listen/play/do something special	27%	don't make them feel worse	2%
teach/guide or help solve problem	18%	help them get their minds off it	2%
let kids do what they want/leave them alone	15%	all others (each less than 1%)	8%

		PREDICTOR VARIABLES							
Total		Gender		Age				Hurt self	
		boys	girls	10 or less	11	12	13 or more	no	yes
What makes you feel stressed or upset? (open-end coding)									
grades, school, homework	36%	35%	37%	27%	29%	54%	51%	42%	27%
my family	32%	28%	37%	36%	30%	26%	33%	30%	39%
friends/peers don't like/tease/lie/gossip about me	21%	19%	22%	19%	19%	24%	25%	24%	13%
my brothers or sisters	20%	17%	23%	27%	20%	13%	14%	19%	21%
mean or annoying people	20%	17%	22%	21%	21%	19%	15%	21%	15%
my parents	14%	12%	16%	12%	15%	10%	20%	11%	22%
yelling or loud noise	9%	9%	10%	10%	10%	7%	8%	8%	10%
fighting	9%	7%	11%	8%	11%	7%	7%	9%	9%
sports	8%	10%	5%	7%	10%	9%	3%	8%	7%
not allowed to do something/autonomy	7%	8%	7%	7%	8%	6%	9%	7%	8%
getting in trouble	7%	7%	6%	8%	9%	4%	2%	5%	10%
exhausted/tired/overextended	6%	7%	5%	4%	6%	4%	12%	7%	5%
When stressed or upset, do you do these "A LOT"? (closed-end choices)									
play or do something active	52%	56%	46%	56%	48%	59%	38%	53%	47%
listen to music	44%	37%	51%	32%	45%	54%	48%	41%	51%
watch TV or play a video game	42%	50%	32%	43%	40%	49%	38%	41%	45%
talk to a friend	30%	24%	37%	26%	33%	37%	24%	32%	29%
try not to think about it	29%	30%	29%	33%	30%	28%	22%	30%	24%
try to work things out	28%	25%	32%	34%	27%	25%	20%	31%	21%
eat something	26%	28%	24%	25%	26%	27%	33%	24%	36%
lose my temper	23%	24%	21%	26%	25%	16%	23%	19%	36%
talk to a parent	22%	19%	25%	25%	23%	21%	12%	21%	21%
keep it to myself	21%	24%	18%	21%	19%	20%	31%	19%	26%
feel bad about myself	15%	12%	20%	17%	16%	11%	19%	13%	20%
cry	11%	4%	20%	13%	12%	9%	11%	10%	16%

	Total	PREDICTOR VARIABLES							
		Gender		Age				Hurt self	
		boys	girls	10 or less	11	12	13 or more	no	yes
When stressed or upset, do you do these "SOMETIMES" or "A LOT"? (closed-end choices)									
keep it to myself	90%	87%	92%	91%	87%	90%	91%	91%	86%
play or do something active	89%	91%	87%	90%	88%	94%	82%	89%	87%
watch TV or play a video game	86%	90%	80%	81%	87%	92%	86%	86%	85%
lose my temper	83%	83%	83%	86%	82%	78%	88%	80%	94%
listen to music	82%	80%	85%	73%	83%	88%	87%	81%	82%
try to work things out	81%	77%	86%	76%	73%	72%	58%	83%	75%
try not to think about it	80%	80%	79%	78%	80%	82%	80%	81%	75%
eat something	75%	77%	72%	76%	76%	71%	75%	74%	80%
talk to a friend	73%	65%	82%	66%	74%	80%	75%	75%	66%
talk to a parent	72%	71%	73%	76%	73%	72%	58%	73%	69%
feel bad about myself	63%	56%	71%	67%	64%	55%	59%	60%	74%
cry	54%	37%	74%	58%	55%	47%	52%	51%	61%
What have you done to hurt yourself on purpose when you were stressed or upset? (open-end coding)									
nothing	75%	72%	79%	73%	73%	82%	74%	100%	0%
bang head or body on object	8%	11%	4%	10%	7%	5%	9%	na	37%
hit/bite/burn self	5%	5%	5%	4%	6%	2%	8%	na	23%
cut/stab self	4%	3%	5%	3%	3%	5%	6%	na	18%
What should parents do to help kids when they are stressed or upset? (open-end coding)									
talk with them about it	57%	50%	66%	58%	60%	54%	50%	60%	50%
help them feel better/comfort/cheer up/hug	43%	44%	43%	50%	53%	38%	37%	45%	43%
give attention/listen/play/do something special	27%	27%	26%	22%	29%	24%	35%	26%	28%
teach/guide or help solve problem	18%	16%	21%	17%	17%	22%	18%	19%	17%
let kids do what they want/leave them alone	15%	16%	14%	11%	12%	20%	29%	14%	19%
nothing/don't care	3%	4%	2%	2%	3%	6%	4%	2%	5%
stop yelling or what is going on	3%	2%	4%	2%	3%	3%	6%	2%	4%
don't make them feel worse	2%	2%	3%	3%	3%	2%	2%	2%	3%
help them get their minds of it	2%	1%	3%	2%	1%	4%	3%	2%	2%

(patterns of differences that are statically significant (P <0.05) are highlighted in yellow)

Margin of error is not reported for this study:

Margin of error is a measure of how precise a reported proportion is within the population represented by the sample. It is a calculation based on the proportion, the confidence level, and the sample size. The larger the sample size, the smaller the margin of error. Margin of error relies on two primary assumptions: 1) the distribution within the population is normal – with large sample sizes this can usually be assumed; and 2) the sample is representative (i.e., random). Our survey cannot be considered random; therefore, we do not report a margin of error.

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