

Nighttime Activities of a Family with Adolescent Children: A Photo-Elicitation Case Study

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Introduction

- Increased interest in the role of sleep in adolescent health¹
- Limited research examining adolescents and their nighttime activities
- Limited research on family occupations

Research Question

How do families with adolescent children enact nighttime activities?

Methods

- **Study design:** Qualitative Case Study
- **Participants:** Middle-class Caucasian family; convenience sampling
- **Data Collection:** Two photo-elicitation interviews, one semi-structured interview, and one home observation
- **Data Analysis:** Thematic analysis

Results

Theme 1: Family Togetherness and Technology

Theme 2: Solitude and Technology

Theme 3: Technology to Connect to Others
Outside the Home

Theme 4: Attitudes Toward Family Technology
Use

Discussion

- Family TV time is a valued way for the family to be together
- Shift to solitary technology use at bedtime ²
- Teens use technology to stay connected to their friends at nighttime^{2, 3}
- Results are not generalizable because it is the experience of one family

Implications

- Family occupations are changing
- Encourages OTs to consider family interventions that include technology use
- Future research is needed on the relationship between nighttime technology use & health

References

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²Livingstone, S. (2007). From family television to bedroom culture: Young people's media at home. In E. Devereux (Ed.), *Media studies: Key issues and debates* (pp. 302-319). London: SAGE Publications Ltd.

³Antheunis, M. L., Schouten, A. P., & Krahmer, E. (2016). The role of social networking sites in early adolescents' social lives. *Journal of Early Adolescence, 36*(3), 348-371.