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SPAHCO

FOCUS GROUP



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Two focus groups

- **Health committee (parents associations, schools, police, social services, sports...)**
- **Town council staff (from many different departments, all parents of children below 18) – Voluntary participation (people who came, they care about being a good parent)**



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Love and affection

- **In general parents think love and affection must be delivered unconditionally (although surprisingly, some men said it should be conditional)**



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Stress management

- **In general people know they need to do something to reduce their stress, but they do not do it on a regular basis and they lack of techniques to reduce their children's**



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Relationship skills

- **In general, work, children and home tasks surpass their relationship with their partner. They do not tend to look for moments to share.**
- **They try not to discuss in front of their children, although sometimes they cannot avoid it.**



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Autonomy & independence

- **Parents are overprotective.**
- **They are not patient, they do not wait for their children to do a task on their own and help them in the end.**
- **They know the theory, but do not apply it.**



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Education & learning

- **Parents provide reinforce when necessary**
- **Regarding extracurricular activities, children have too many and parents are aware of this, but they do it for the following reasons:**
 - **It is socially well accepted**
 - **It is a way to keep them occupied and have some free time**
 - **We project on them our tastes and desires**
 - **We want them to be competitive and have a better job than us**



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Life skills

- **Parents do not tend to provide life skills to their children, because they do not have the knowledge to do it (they do not teach to look for alternatives, because parents they do not even think about them)**



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Behaviour Management (1)

- **Parents use punishment very often, and they hardly reinforce.**
- **Both measures are out of proportion, they are neither specific nor consistent.**
- **Parents improvise both measures (they depend on the circumstances)**



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Behaviour Management (2)

- **Children do not know previously the rules they have to follow, which will be the specific consequences of their behavior**
- **The reinforce applied is not social, but materialistic (e.g. a travel to Disneyland for the good marks)**



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Healthy lifestyle

- **Parents in these groups follow a healthy lifestyle: good nutrition habits, good hygiene, not alcohol abuse...**
- **However, their lives are quite sedentary, so they do not do as much daily exercise as they would like**



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Religion & Spirituality

- **Only 10% of people found religion important in their lives, mainly because of their families tradition.**
- **Everybody agreed that moral principles are not associated with religion.**
- **Most people follow the Catholic religion and some traditions like confirmation, but more because of social reasons**



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Safety

- **Parents are overprotective (they accompany their children everywhere, a big difference to what happened when parents were children)**
- **They tend to keep all safety measures to prevent accidents**