

## Experience of Adolescents of Promoting Family for Their Social Health: A Qualitative Study

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### Abstract

**Background:** Family is the first supportive mechanism, emotional and social for children. Access to health is not possible alone by community health service system. Children learn the meaning of health and understand roles, and societal values through family.

**Methods:** The aim of this study was to describe the experience of adolescents of promoting family to social health. This study was conducted using qualitative and conventional content analysis approach. Purposive sampling continued until data saturation. Adolescents 13-18 years were involved from both sexes and different class of socio-cultural and economic condition. Data were collected by 15 semi structured in depth interviews with 12 participants. Interviews were recorded and immediately transcribed. Then data were analyzed using MAX QDA10.

**Results:** In data analyze, three Main themes and ten subthemes were extracted, including: category of family communication and interaction context with subcategories "Intimacy of family members with each other", "communicate with family and friends" and "respect each other's dignity", category of functional domain, with subcategories of "acceptance of individual differences and generation", "guiding each other", "collaborate", "resiporical supportive", and "mutual honesty", category of cultural domain with subcategories, "adherence of family low" and "values".

**Conclusions:** Based on results, friendly climate and close interaction, compliance of rules and respect for ethical and social principles and values, also trying to fill the gap generation can be effective for formation promoting family for social health among adolescents. According to rapid and extensive developments in cultural, socio-economic, and their impact on family and community systems, family empowerment programs ensures social health of adolescents.

**Keywords:** Social Health; Family Health; Health Promotion; Adolescent Health; Qualitative Study