

FEELINGS OF SADNESS and YOUTH RISK and PROTECTIVE FACTORS

2007 Minnesota Student Survey Statewide Data

9th Grade Students

What is the purpose of these tables and graphs?

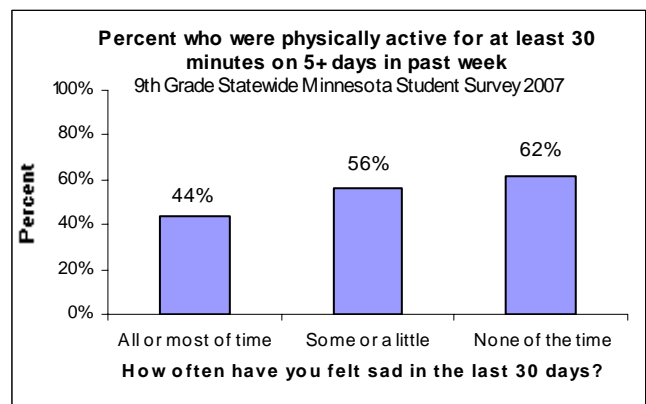
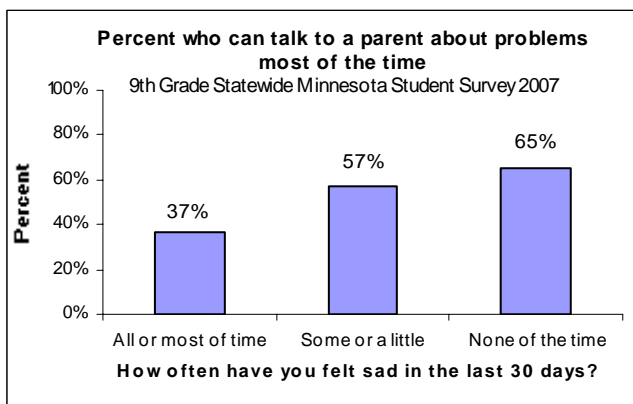
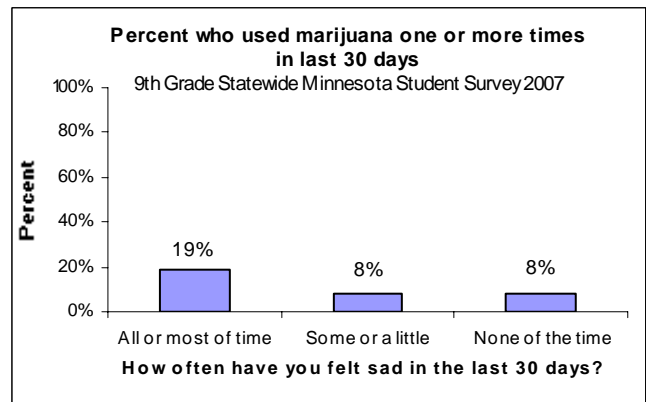
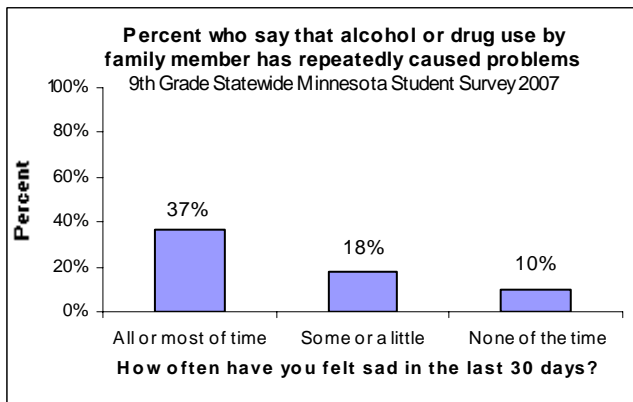
This issue brief provides data showing the extent to which selected risk and protective factors are associated with feelings of sadness. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could be investigated. Each brief in this series uses the same set of risk and protective factors. An association only means that two factors often occur together. It is important to remember that the survey results alone cannot tell us if one factor “causes” or “predicts” the other. Just because two factors are associated with each other does not mean they are causally related.

How should I read these tables and graphs?

In this brief, 9th grade students are divided into three groups based on the levels of sadness they feel. The table on the reverse side compares these three groups on various risk and protective factors. For example, 6,785 students said they felt sad all or most of the time in the last 30 days; of these students, 37 percent reported alcohol or drug problems by another family member. In contrast, 9,254 students said they felt sad none of the time, and 10 percent of these students reported alcohol or drug problems by another family member.

What do these tables and graphs say about feelings of sadness and other risk and protective factors?

In general, 9th grade students who report frequent sadness are much more likely to engage in or be exposed to each of the *risk factors* examined in the table than are students who do not feel sad very often. In addition, students who feel sad none of the time or only some of the time are more likely to engage in or be exposed to many of the *protective factors* examined in the table than are students who are frequently sad. Exceptions to this general pattern include watching TV, DVDs and videos, eating fruits and vegetables, amount of time spent on homework, and participation in religious activities.



This brief is based on responses by students in regular public schools to questions on the 2007 Minnesota Student Survey. Over 90 percent of the regular public school districts in the state participated in the 2007 survey. The participation rate for all 9th grade students was 76 percent. Statewide and county results can be found on the web at <http://www.health.state.mn.us/divs/chs/mss>.

FEELINGS OF SADNESS AND YOUTH RISK/PROTECTIVE FACTORS
 2007 Minnesota Student Survey Statewide Data
 9th Grade Students

(continued from reverse side)

Risk Factors	How often have you felt sad in the last 30 days?		
	All or most of the time	Some or a little	None of the time
Number of Students (N)	6,785	32,971	9,254
Smoked cigarettes on one or more days in last 30 days	26%	10%	8%
Drank alcoholic beverages on one or more days in last 30 days	40%	23%	17%
Used marijuana on one or more days in last 30 days	19%	8%	8%
Have ever had sexual intercourse	34%	17%	16%
Tried to kill themselves during past year	17%	2%	1%
Hit or beat up another person one or more times in last 12 months	36%	25%	22%
Skipped or cut one or more days of school in last 30 days	35%	19%	17%
Have been kicked, bitten or hit at least once on school property in last 12 months	38%	24%	19%
Have been teased, made fun of or excluded by other students once a week or more often	31%	11%	5%
Alcohol or drug use by family member has repeatedly caused problems	37%	18%	10%
Have experienced physical and/or sexual abuse by someone in their family	33%	11%	4%
Spend 11 or more hours per week watching TV, DVDs or videos	26%	22%	23%

Protective Factors	How often have you felt sad in the last 30 days?		
	All or most of the time	Some or a little	None of the time
Number of Students (N)	6,785	32,971	9,254
Had 5 or more servings of fruits & vegetables yesterday	18%	18%	20%
Were physically active for at least 30 minutes on 5 or more days in past week	44%	56%	62%
Always wear a seat belt when they ride in a car	50%	59%	59%
Like going to school "very much" or "quite a bit"	33%	49%	46%
Say that "all" or "most" of their teachers show respect for students	59%	76%	76%
Live with two parents	60%	72%	71%
Can talk to at least one parent about problems "most of the time"	37%	57%	65%
Feel their friends care about them "very much" or "quite a bit"	55%	78%	76%
Spend 6 or more hours per week doing homework	25%	31%	24%
Participate on school sports teams 1 or 2 times per week or more often	33%	50%	51%
Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often	35%	45%	37%

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