

The Knights of the Self-Efficacy

Table: Taking Back the Table as a Family

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INTRODUCTION

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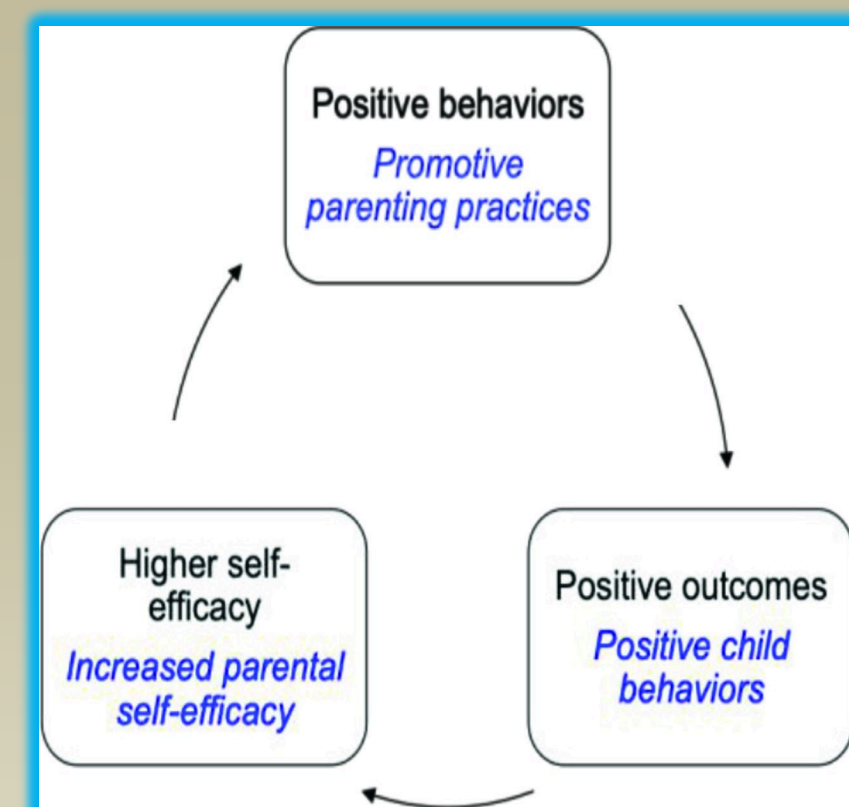
- Family meals can be described as a socializing process as well where parents can teach the children their family's food culture, teach broad food tastes and to prepare the child to experiment with different food types (Anving & Sellerberg, 2015)
- Shared family mealtimes do not only promote a change in the consumption of food and BMI, but a change in academic achievement, language development and overall improvement of the family climate (Fiese & Schwartz, 2008)
- Bandura's Self-Efficacy Theory (1977) is a social cognitive construct that describes a person's confidence to perform a certain behavior in a particular situation. Parenting self-efficacy refers to the caregiver's beliefs in their ability to parent propitiously (Jones & Prinz, 2005).
- Emotion regulation is a broad definition that refers to people's ability to alter the intensity and course of emotional experiences and expressions in order to meet individual goals and be successful in managing arousal (Thompson, 1994)



METHODS

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- I will be conducting a systematic review of literature on shared family mealtimes to catalog the predictors and outcomes related to implementing family mealtimes. A secondary investigation will be on how family mealtime is assessed.
- Parents and their children from ages 3-5 enrolled in the Early Head Start program will be considered for this Study. Parents will be presented with questionnaires yet to be determined.
- Already available data may be used to determine a relationship between shared family mealtimes and children's ability to self-regulate.
- Mediation analysis, t-tests and chi-square tests will be conducted in SPSS.



RESULTS

CURRENT STUDY

- The present study will examine parental Self-Efficacy as a mediator between shared family mealtimes and child outcomes as an aid to promote overall childhood and family wellbeing.
- There is a gap in literature in “coining” Self-Efficacy as a mediator between shared family mealtimes and child behavior outcomes and health
- For my research I want to establish parental Self-Efficacy as a mediator between shared family mealtimes and children's behavior and general health, more specifically emotional regulation.
- Also, I want to investigate the role that shared family mealtimes play in child emotional regulation.

