

Family Communication and Reproductive Health Conversations among Seventh-day Adventist

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Abstract

This study determined how reproductive health was discussed in the family; what topics were discussed under reproductive health; and determined the reasons why they discuss reproductive health. Premised on the Family Communication Pattern Theory (McLeod & Chaffee, 1972), the study determined the nature of family communication of Seventh-day Adventists families in terms of cohesion and conversation levels. The study employed a one-shot survey and convenient sampling. The respondents of the study are 82 Filipino SDA parents who have children between 15-20 years old, with life stage where adolescents experience various physical and emotional changes; belonged to generation X, and worked from 8:00 AM to 5:00 PM. The results revealed that both parents carry out decision-making in the home with regard to reproductive health issues. An open communication environment of reproductive health issues using casual objective approach was found effective for teenagers. Proper timing and current issues are anchors to start a reproductive health conversation leading to more transparent and communicative learning families. Having an open mind can lead to healthier discussions and implies getting away from the dangers of teenage pregnancy or unwarranted sexual behaviors. This means that the respondents of the study know how to deal with their teenagers as far as reproductive health conversations are concerned. Parents who reaffirm the value of their children could help in the development of positive and healthy attitudes.

Keywords: *family communication, reproductive health, Seventh-day Adventist families*