

Spirituality and Social Support on Health Behaviors of African American Undergraduates

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Objectives: To examine the role of spirituality and perceived social support as protective factors for preventing health-compromising behaviors among African American college students. **Methods:** Two hundred eleven African American college students completed a spirituality, perceived social support, and health behavior questionnaire. **Results:** Low spiritual well-being significantly increased the odds of smoking and alcohol use. Low perceived

parental support increased the odds of alcohol use whereas low perceived support from friends decreased the odds of alcohol use. **Conclusions:** Spirituality and perceived social support may serve as protective factors for smoking and alcohol use among African American college students.

Key words: African American, college students, health-compromising behaviors, spirituality, social support

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