

An Exploration of Middle School Students' Perceptions of Personal Adolescent Wellness and their Connectedness to School

By

¹*Kecia M. Ashley*, ²*Leslie Sturdivant Ennis*, ³*Angela Owusu-Ansah*

¹Trussville City Schools, Assistant Principal, Hewitt-Trussville High School, Alabama 35173

²Orlean Bullard Beeson School of Education and Professional Studies, Samford University,
800 Lakeshore Drive, Birmingham, Alabama 35229, lsennis@samford.edu

³Associate Dean and Associate Professor, School of Education, Elon University,
2105 Campus Box, Elon, North Carolina.

Abstract

Exploration of students' perceptions of personal adolescent wellness and connectedness to school is important in providing insight and information for enhancement of currently existing programs and in encouraging the implementation of programs that may further assist in promoting the healthy development of adolescents. Providing professionals with further knowledge about what constructs of wellness have the most positive impact on which dimensions of connectedness to school will enable them to make informed decisions about how best to work with students in their adolescent years to ensure a healthy school experience. This study revealed that a relationship exists between an urban adolescent's level of personal wellness and school connectedness. The adolescents' school experiences and the belief that their educators care about them as individuals and as student learners impacts the adolescents' state of balance among social relationships, intellectual development, and emotional, physical, and spiritual wellness.

Keywords: *Adolescent Wellness, Personal Wellness, School Connectedness*