

Health Behaviors of Generation Z Students in Black Sororities and Fraternities

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Background

The **transition to college** can be a stressful time for students

Immersion in a university-sponsored **sorority or fraternity** can help ease this transition

Interdisciplinary literature demonstrates links between **Greek-life membership** and **diminished health and wellbeing**

A gap exists that addresses the health behaviors of **Generation Z students in Black sororities and fraternities**



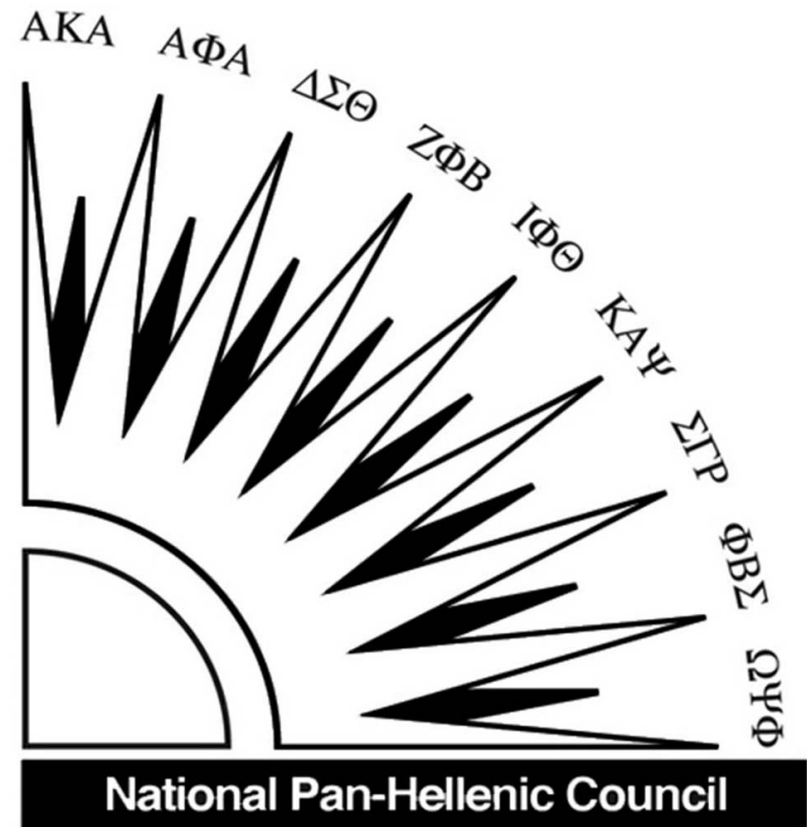
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The Divine 9

National Pan-Hellenic Council:

- collaborative organization
- nine historically African American, international Greek lettered fraternities and sororities.

The nine organizations are sometimes referred to as the "**Divine Nine**".



Population Characteristics

Generation Z

- Born 1995-2010
- Financially focused, entrepreneurial
- All about technology
- Enjoys other people
- Competitive
- Welcoming of change
- Diversity is all they've known
- Independent

Divine 9

- Emphasis on respect, character, and holding oneself to a high standard
- Community-seeking; creating positive and intentional connections with others
- Life-long allegiances
- Rich with proud tradition



Purpose

Describe findings from our pilot study:

- explored the **health, safety, and risk behaviors**
- Generation Z students
- active within **Black university-sponsored sororities and fraternities.**



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Methods

Qualitative phenomenology

- **Data collection** methods:
 - unannounced observation of human group behaviors
 - windshield surveys
 - individual interviews
- **Data analysis** guided by Colaizzi's (1978) seven-step method, using NVivo software



Results

Identified themes center upon the role of Black sorority/fraternity social influences on members’:

Risk-Related Behaviors:

- Drinking behaviors
- Substance and E-Cigarette patterns of use

Health-Related Decision-Making Factors:

- Eating and physical activity
- Active involvement in community service and outreach



Discussion



Individuals with **strong, loyal identifications to Greek life** as part of his/her overall sense of self **can be powerfully influenced** by their organization, thus affecting multiple facets of living, decision-making, and sharing of experiences.



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