

# The Effect of Social Connectedness and Substance Abuse on Young, Homeless Women's Quality of Life

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## **Abstract**

Young, homeless women experience various negative stressors that can poorly affect their quality of life. Social connectedness can be a way that people form relationships between each other. A group of peers along with other factors can affect the level of substance abuse a young homeless woman uses. This paper aims to find the relationship that social connectedness and substance abuse have on a young, homeless woman's quality of life through a secondary analysis of an intervention study that looked at 80 young women using services at a community outreach facility. Pearson's correlation was used to describe a relationship between quality of life and social connectedness and quality of life and substance abuse (alcohol use, cigarette smoking, and marijuana use). The study found a weakly positive correlation between quality of life and social connectedness and weakly negative correlations between quality of life and all three forms of substance abuse. None of the correlations were statistically significant with the exception of the negative correlation between quality of life and cigarette smoking. The results indicate a need for a qualitative study that might better indicate relationships between these variables in this population.