

Relationship between Parenting Style and Physical Activity Participation among Adolescents

1st Ani Mazlina Dewi
Mohamed
Faculty of Education
Universiti Teknologi MARA
Cawangan Selangor
Malaysia
animazlinadewi@gmail.com

2nd Nurul Atikah Missnan
Faculty of Education
Universiti Teknologi MARA
Cawangan Selangor
Malaysia
nurulatikahmissnan@gmail.com

3rd Mohd Rozilee Wazir Norjali
Wazir
Faculty of Educational Studies
Universiti Putra Malaysia
zirbams666@gmail.com

Abstract— Parents play an important role in the development of healthy lifestyle behaviors in their children. Therefore, this study was conducted to determine the relationship between parenting style and physical activity participation. A random 100 student's aged range from 13 to 17 years old were selected as respondents of this study. The Physical Activity Questionnaire for Adolescents (PAQ-A) was used as the instrument to measure respondent's general level of physical activity meanwhile the Parenting Style Questionnaire (PSQ) was used to assessed respondent's perceived parenting style of their parents. The results showed that majority of adolescent were involved in moderate level of physical activity and only 29% reported to be very active during physical education class and 40% claimed that they did not active after school hour. Data analysis also showed that 60% of the respondents perceived the parents are using authoritative style, authoritarian style (31%) and permissive style (9%). Finally, the statistical analysis showed that there is a significant relationship between parenting style and physical activity participation thus conclude parenting styles play as a role in the promotion and involvement of physical activity among adolescents.

Keywords - Parenting Style, Physical Activity, Adolescents

I. INTRODUCTION

Physical activity was very most important things nowadays, it's not only for reducing the risk of chronic diseases but it also for the enhancement of an individual's health. Physical activity was any part of body movement that produced by muscles and required energy expenditure [1]. It also promoted many benefits to an individual who participated in physical activity in daily lifestyle, for example, can reduce the risk of diabetes, stroke and increase cognitive function. The high level of physical activity in daily life can minimize 31% risk of stroke. "In a meta-analysis of 33816 nondemented subjects from 15 prospective cohorts, physical activity was found to protect against cognitive decline" [2]

Besides that, physical activities also can help people to increase their physical, emotional and social well-being among other people [3]. Physical activity can help children to improve their physical abilities such as improve gross and fine motor skill. Furthermore, the previous study proved that

physical activity also can help people to release their stress. They highlight that the involvement in physical activities can help them release the stress. Next, physical activities also can help people increase their social well-being with other people. People make connections with other people by the physical activities.

Even though the importance and benefit of physical activities widely recognized, people nowadays still not meet the recommended guidelines of physical activities either children or adult. This result will increase the concern for the health of young people [4]. The global analysis of combined data from Global School-based Health Survey (GSHS) and the Health Behavior in School-aged Children (HSBC) reported that 80.3% of adolescents did not meet the physical activity recommendation of doing at least 60 minutes of moderate to the vigorous intensity of physical activity (MVPA) per day. According to Watkins & Morgan (2014), children showed that majority did not meet the one hour a day recommendation physical activity.

In this modernization era, doing physical activity has been identified as one of main challenges where many people nowadays prefer to spend more time on gadgets. This includes the mobile phone, video games, computer and many others kind of electronic devices. Meanwhile, about more than half of the children and adolescent in Malaysia still in low levels of physical activities as reported by Malaysian School-Based Nutrition Survey 2012 and Nutrition Survey of Malaysian Children (SEANUTS Malaysia). People do little physical exercise as a consequence of modern civilization and life is much more comfortable because machinery has taken place hence the rate dropping in our everyday life. Keeping this matters moving without no action taken may contribute to a major problem to the nation health [5]

It seems to be agreed by many that physical activity is one of the best methods to improve and maintain our health. Numerous benefits have also been found to be associated with recreational sports involvement including: stress reduction, self-esteem, enhanced GPA, student development, and ease of social integration. Moreover, physical activity has been recognized internationally as a key factor of human health improvement and maintenance [6]. They added that there is concrete evidence showing that little or no physical activity were found to be commonly developed the chronic diseases in

individuals as compared with those who regularly engage in physical activity and sports. Experience, time and knowledge can give impact towards children's motor skill development. From the result, the effect of low physical activity level will bring negative effect to children such as health problem and their motor development.

However factors such as age, sex, perception of ability, capacity and level of sport have been known as effective factors for participation in physical activities [6]. Essentially, the main focus of sport through personality, capability development, and transmission of culture is to cultivate people to live and maintain a healthy lifestyle. Sport aids us to occupy our free time in a useful way, promotes to our health and physical development, and to maintain our physical condition. For somebody who pursues a sport seriously than physical exercise, sport might become a goal of life. Meanwhile the researcher viewed that doing sports or physical activity is not only promotes the education of motion structure, but educates the individual to be persistent, self-caring, and to be able to make sacrifices.

There are many factors that influence students to participate in sports including psychological, social and physical developmental process to engage, learn and perform in sport. Social development in early childhood, parents support, peer relationship, coach influences, moral support, student abilities and psychomotor skill will effects participation students in sport or physical activity. Besides, some of the differences in sports engagement, skill acquisition and performance observed among children and youth are the reaction towards social climates.

Parenting Styles and Physical Activity Involvement. Family support is the most important thing that fosters children involvement in physical activity. It is defined as the perception of children about how well parents encourage children for the selection and engagement activities [7]. However, the definition which is often referred to is the help given to children to relieve mental stress and unhappiness. Family support is one way in which parents give support to their children and bridge the gap between children with parents physically and psychologically. Family support may also involve controlling parents of children who need help to develop behavioral or social and intellectual development. To support the participation of their children and meet their own expectation, parents undertake to continuously motivate, evaluate and motivate their children.

Determinants of individual physical activity within an ecological framework: individual or intrapersonal factors, physical environment factors, and social environment or interpersonal. In this era, relationships with family, peers, and society go through different changes. Adolescents begin to emphasize more autonomous control over their action,

emotions, decision, and they start to avoid from parental control [8].

Home environment can have lasting effects on children's physical activity trajectories [9]. Therefore, many researchers had been done to understanding the factors may influence on students' involvement in physical activity. Socialization agencies are the initial steps for increasing children's involvement in physical activity by changing their life style. In addition, they also stated that parents and peers who are the most powerful socialization agencies for children especially during the childhood years. In this case, social development especially parenting styles play as a main role to influence students to participate in physical activity [10, 11]

Parent supports are the most important things that are able to encourage students to participate in physical activity. Parents are positively influence children's enjoyment of sports and self-concept development [12]. Parenting style factors also affect support for the children. Four styles of parenting based on two aspects of parental behavior which are control and feeling [13]. When both aspects of parental behavior are combined in different ways it has triggered four main parenting styles authoritarian, authoritative, permissive and uninvolved. Therefore, this study highlights the relationship between parenting style and involvement in physical activity among children age of 13 to 17 [14]

II. MATERIALS AND METHODS

A total of 100 students (58 male, 42 female) age ranged between 13 to 17 years old were participated in this study. They were asked to answer the Parenting Style Questionnaire (PSQ) in order to identify the parenting styles of their parent's in view of their perception. Meanwhile the Physical Activity Questionnaire for Adolescents (PAQ-A) was used to measure their physical activity levels. In order to analyzed and interpreted data, researcher used the Statistical Package of Social Science (SPSS) program software version 20.0.

III. RESULTS AND DISCUSSION

Table 1 summarized the demographic profile of respondents. Majority of the respondents were from upper level age 16 to 17 years old and 58% of the total respondents are male students. By race it shows that 38% are Malay, 36% are Indian followed by 22% Chinese and others are 4%. Findings also showed the majority occupation of parents in professional and technical area only 3 respondents (3%), Clerical and Operator are both indicated a total of 5 respondents (5%), Service Worker 12 respondents (12%), Retired stated 12 respondents (12%) and Manager, Officer and Proprietor is 34 (34%) which is the most occupation among 100 respondents.

TABLE I. DEMOGRAPHIC PROFILE OF RESPONDENTS

Variables		%	f	N
1. Age	13 – 15	37	37	100
	16 – 17	63	63	
2. Gender	Male	58	58	100
	Female	42	42	
3. Race	Malay	38	38	100
	India	36	36	
	Chinese	22	22	
	Others	4	4	
4. Parents Occupation	Professional / technical	3	3	100
	Manager / officer / proprietor	34	34	
	Clerical	5	5	
	Operator	5	5	
	Service worker	8	8	
	Retired	12	12	
	Others	33	33	
5. Parents Income	1000 – 2000	27	27	100
	2000 – 3000	18	18	
	3000 – 4000	35	35	
	5000 – 6000	16	16	
	6000 above	4	4	

It is also indicated that majority parents' income is at the range of RM 2000 to RM 3000 (35%), followed by RM 1000 to RM 2000 (27%), RM 2000 to RM 3000 (18%) and RM 5000 to RM 6000 (16%) and lastly is RM 6000 and above *4%).

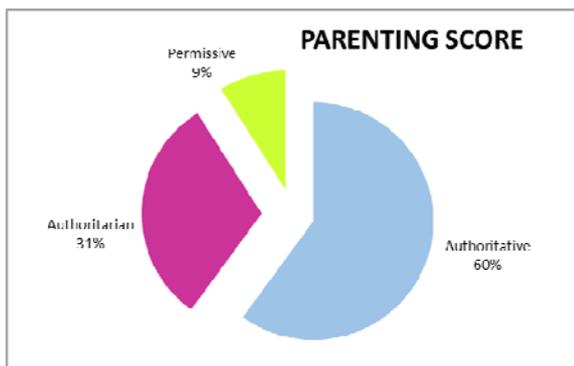


Fig. 1. Parenting Styles Distribution

As illustrated in figure 1, majority of respondents' parents are using authoritative style (60%) followed by authoritarian style (31%) and lastly permissive style (9%).

TABLE II. DESCRIPTIVE VALUES OF PHYSICAL ACTIVITY LEVEL OF RESPONDENTS

Physical Activity Level (PAL)	N (%)
VLPA	73
LPA	20
MPA	7
VPA	0
	100

Table 2 showed the descriptive analysis of data gathered through PAQ-A, most children are very low level of physical activity (VLPA) (73%), 20% low physical activity (LPA) and 7% moderate physical activity (MPA). Therefore, the Pearson Correlation test found that there is no significant correlation between parenting style and physical activity level as showed in table 3.

TABLE III. CORRELATION VALUE BETWEEN PARENTING STYLES AND PHYSICAL ACTIVITY LEVEL

Correlations		Physical Activity Level
Parenting Style	Pearson Correlation	1
	Sig. (2-tailed)	.48
	N	100

p < 0.05

Parents are important references to children in terms of funding and organizing their involvement in physical activities. Parenting styles play as a role in the promotion and involvement of physical activity among children with the different characteristic and approach for physical activity involvement. Authoritative and permissive parenting styles were negatively related to walking and cycling [15], the relationship between authoritative parenting is more related to moderate-to-vigorous physical activity. In addition, authoritative and permissive parenting styles were found to co-occur with promotion of physical activity by modelling and encouraging health behaviour. Besides, parents involve actively in physical activity can encourage and influence their children to involve together. Parents participation in physical activity, can promote the activity and provision of transportation to any sports events that has been associated with higher levels of activity among children and adolescents. Authoritative parenting style is regularly related with social acceptance outcomes for children. In previous studies, there are three suggested study with a positive relationship between authoritative parenting and physical activity. Consistent characteristics of authoritative that involve assistance, monitoring and nurturing can relate with children's positive health outcomes.

Social support from family and friend, enough facility and psychological can influence children to participate in physical activity. Family and friend was the biggest contribute the influence the children to involve in physical activities. A family who aware about the importance of physical activities normally will practice the active daily lifestyle. Normally, children in early age easy to follow what their family did.

Parental support such as provide encouragement, transportation, watching children involved in activities and actively engaging with children in activity is very important to influence their children to participate in physical activities. However, children also easy to influence their friends' behavior. friend support was more contribute children to involve in physical activity rather than parental support. Children in an early stage, spend more time with their friends and they will play together make interaction with each other. Children who have supportive friends and peers be more physically active meanwhile negative peer interactions will less physical active. Intrapersonal, interpersonal, and community and environmental resource of the part of socio-ecological based that influence Chinese children to participate in physical activity.

IV. CONCLUSION

In conclusion, the importance of physical activities was revel in many previous studies. Lack of physical activities can increase the risk of the chronic disease. Many studies showed the involvement in physical activity has a relationship with motor skill improvements among children. The mastery of basic movements among children can help children to explore and learn the complex skill. However, in Malaysia, the percentage of children's physical activities is still not meeting the recommendation of guidelines. The parents, teachers, and peers should play the important role to give support and motivate the children to involve in physical activity.

REFERENCES

- [1] W. H. Organization, "Physical Activity," 2017. [Online]. Available: <http://www.who.int/ncds/prevention/physical-activity/en/>.
- [2] McKinney, J. Lithwick, D. J. Morrison, N. B. N., H. Issserow, S. Heilbron and A. Krahn, "The Health Benefits of Physical Activity and cardiorespiratory Fitness," vol. 2, pp. 68-73, 2016.
- [3] M. T. Bloemen, "Factors associated with physical activity in children and adolescents with a physical disability : a systematic review," 2014. [Online]. Available: <https://doi.org/10.1111/dmcn.12624>.
- [4] E. Murtagh, E. Murphy, M. Murphy, N. Woods and A. Lane, "Stay Active: The Physical Activity, Ageing and Health Study," 2014.
- [5] F. Boka, "The Effect of Regular Physical Activity on Health and Health Behavior. Department of Public Health, Faculty of Medicine, University of Szeged,," *Unpublished Journa*, 2010.
- [6] A. H. Chu and F. Moy, "Reliability and validity of the malay international physical activity questionnaire (IPAQ-M) among a malay population in malaysia," *Asia-Pacific Journal of Public Health*, 2012.
- [7] N. Benar, M. Hemmatinezhad, A. Behrozi, R. Andam and M. Yousefi, "The relationship between parenting styles, parenting practices, maternal education level with physical activity levels among adolescent girls," *International Journal of Sport Studies*, vol. 2, no. 9, pp. 436-443, 2012.
- [8] J. Anderson, J. Funk, R. Elliot and P. Smith, "Parental Support and Pressure and Children's Extracurricular Activities: Relationship with Amount of Involment and Affective Experience of Participation," *Journal of Applied Developmental Psychology*, vol. 24, no. 2, pp. 241-257, 2003.
- [9] J. Sallis and N. Owen, "Ecological models of health behavior," *Health Behaviorand Health. Education: Theory, research, and practice*, pp. 462-485, 2002.
- [10] K. Davison and L. Birch, "Childhood overweight: a contextual model and recommendations for future research," *Obes Rev*, vol. 2, pp. 71-159, 201.
- [11] A. Yiannakis and M. Melnick, *Contemporary issues in sociology of sport*, Champaign: Human Kinetics Publisher, 2011.
- [12] J. Sallis, J. Prochaska and W. Taylor, "A review of Correlates of Physical Activity of Children and Adolescents," *Medicine and Science in Sports and Exercise*, vol. 32, pp. 963-975, 2000.
- [13] R. Brustad, "Attraction to Physical Activity in Urban Schoolchildren: parental socialisation and gender influences," *Research Quarterly for Exercise and Sport*, vol. 63, no. 3, pp. 316-323, 1996.
- [14] D. Baumrind, *Parenting styles and adolescent development*, New York: The Encyclopaedia of Adolescence, 1991.
- [15] N. Darling, "Parenting Style and Its Correlates," 1999. [Online]. Available: <http://www.athealth.com/Practitioner/ceduc/parentingstyles.html#Baumrind91>.
- [16] J. Saunders, C. Hume, A. Timperio and J. Salmon, "Cross-sectional and longitudinal associations between parenting style and adolescent girls' physical activity," *International Journal of Behavioral Nutrition and Physical Activity*, vol. 9, p. 141, 2012.