Effect of Parental Attitude toward Physical Activity on Sport Participation of Their Children in School

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**ABSTRACT**

The aim of this study was to examine the role of parents' attitudes toward physical activity and sports participation of their children in school. According to the purpose, the short form of attitude toward physical activity questionnaire with 36 question that developed Kenyon (1968) administrated to 210 parents of student who Studying in school at Tehran (district 2) who were randomly selected. The questionnaire was based on the norms set for a Likert scale of 5 points to making it slightly used. Validity and reliability of the instrument by experts in the pilot study with the Alpha (0.84) respectively. For data analyses also test way analysis of variance, Kruskal - Wallis test and Spearman Correlation significant (0.05) was used. The result showed that there was significant difference between parents attitude toward PE in motor activity subscale whit separate of active, hyper - active & inactive students (p = 0.029, \( r^2 = 0.051 \)) also there was no significant relationship between parents attitude & their physical education participation (p = 0.347, \( r = 0.065 \)), age (p = 0.822 , \( r = 0.016 \)), gender (p = 0.891, \( r = 0.010 \)), education (p= 0.964 , \( r = 0.003 \)). Generally, according to the result of the research, it seems the parents’ attitude toward physical activity is undesirable, lack of understanding of physical activity and finally, it’s transmission from parents to their children is undesirable.

**INTRODUCTION**

Undoubtedly, regular physical activity for any community is an ideal target[5,6]. Regard to such a finding, there was still a lot of communities or individuals are faced with a lack of physical activity. Certainly, regular physical activity considers one of the most influential components in a healthy lifestyle. Recent research suggests regular physical activity has undeniable influences on physical health, psychological and social from birth to end of life. It is certain, people’s understanding and attitude in proportion to advantages and disadvantages of participation in physical activity is considered as an effective factor on decision making to attend in a health axel regular activity and so that people’s assessment of knowledge and attitude in proportion to locomotors activities has devoted a special place in applied research to itself and in recent years, attitude is considered as an effective element on and behavior and predictive index, so that attitude as organization mental and neural preparation that leaves the found by experience that on people’s reactions in proportion to all the issues and opportunities related to dynamic and positive impact [4].

Attitudes determined behavior and this assumption imply implicitly, the people behavior can be changed by changing the attitude of the people. In other words, if we recognize people's attitudes, we can predict their behavior and have control over their behavior. So importance of parents’ attitude impact on physical participation appear to be outstanding until mental maturity time and their independence before last [2].

Due to the increasing development of technology and several inactivity factors such as computer games, Internet, etc, show the crucial role of parents pushing their children to participate in sports or dissuade them from this important. Doctors and health professionals have always sought to encourage parents to increase children's physical activity and prevention of inactivity factors such as watching TV and overuse of computer games, as behavior aimed at trying to prevent obesity. Some theories about the development of children's motivation in parental influence emphasis specially on cognitive processes, promote and protect children's participation in physical activity both outside and inside the school. This issue is important because Simon and
Smol argue whether the parents can cope with this problem that they have a direct impact on their child's development as an athlete, a student or a social activist[7].

Each parent may have different role in their child's socialization process. Speroff issued the role of mother to daughter and father to son that and shows its impact for boys and girls to participate in sports. So that a mother plays the role of a model and sports sample for her daughter. Some researchers believe that fathers pay more attention to their children's social role than mothers and opine about it. As children grow, their behavior will be influenced by some people, including family members, friends and neighbors. However, the children first look up to their parents as a backup, counselor and model. Today many parents are incurred too sedentary, because home entertainment systems, internet shopping, technology and other factors mean that parents living have become a machine. Hence heavy jobs, cleaning and housework, caring for younger children and just want to relax at home and in following full their free time watching television and more athletic competition, doesn’t show the right way to children in the dynamics and his interest in exercise and physical activity and ultimately led to the emergence of an unfavorable attitude on them[8,9].

Extensive research literature related to people attitude and approach to Motor and Sport activities shows the increasing importance of the subject. It’s considerably important that researchers focus on the attitudes of adolescents and youth. Majority of them believe that adolescence is the spatial period that attitudes grown-up after the approach and it will also provide fertile ground for change [11].

Kenyon [10], is among the first researchers who designed and developed appropriate tools to determine the attitudes in the field of physical education and sport considering the defects limitations and related attitudes in the field of social psychology [10].

His attitude towards motor activity are assessed in six subscales: 1) motor activities for social development, 2) health and fitness, 3) motor activity coupled with the excitement and danger, 4) admire factor of movement beauty, 5) causes relaxation and relief from stress and 6) a difficult experience combined with austerity. In a national survey in the United States, Hart compared attitude of 1108 inactive people and 1006 active people over 18 years in proportion to motor and physical activity. The results showed 51% of the active population has assessed their health condition desirable and the rate of 21% was determined for inactive people. Inactive people noted their main reason for not participating in movement and physical activity is lack of time (43%). However, the 64% of them stated if they had time, they were interested in participating in physical activity and ultimately enhance their training participation [12].Cavanaugh [13] examined the attitudes of two groups of students who participated in physical education classes, physical fitness. Results showed a significant relationship was observed between the five domains of questionnaire attitudinal areas and only in the area of "social development" was not observed significant relationship. Based on his results there was observed no significant relationship between general attitude and generic state [13]. Canan et al., [14] studied the attitudes of 867 male and female high school students toward physical education and found the attitudes of athletes and non-athletes was significantly better and there was a significant difference between boys and girls attitudes toward physical education and of course, the boys have more favorable attitudes [14]. Grubbs [15] in their study investigated 147 students and found that there is a significant relationship between the tendency to regular activities with physical performance and appearance, and significantly female students were interested in maintaining an ideal situation and their appearance [15].

Sallis [16] and Trost et al., [17] in the same research found that young boys have more motor activity than girls and tendency to activity decreased with age in both sexes [16, 17].

Attarzade and Sohrabi [3] examined 976 men and women over 16 years of Mashhad in a research and found 32% people did not participate in sport and motor activity at the time of research. Also, they observed significant differences between attitude to sport and motor activities in individuals with different characteristics, age, marital status or celibacy, family size, type of employment, orientation and reluctance to motor activity and sport and while, it was not observed significant differences between attitude to sport and motor activities in individuals with different characteristics, gender, education level, monthly income, household expenses, the monthly cost of sports, number of training sessions per week, each session lasting training, welfare and safety of the sport places and sporting record [3] examined attitudes and participation rate of 490 students in sports and recreational activities in a research. Based on their findings, more than 75% of the subjects, stated regular participation in recreational sports cause healthy, physical fitness, improve sports skills and ultimately, improve their social skills. According to students, the most important obstacles to their participation in sports are factors such as lack of sports facilities, shortage of funds, lack of time and personal interests [1].

The author efforts have been inconclusive associated with finding a research on parental attitudes associated with sports participation of children in the country and present research seems necessary and practical from this perspective. While many managers focus on creating attitudes on the students, many researchers argue creating attitudes in schools and the community will be fruitless without the cooperation of parents [6].

In general, goal of this research was study the effect of parental sports attitudes on children's participation in school and plans to answer the question whether the sports attitude of parents affect on sports participation of children by age, sex, occupation, and different degrees of education in school or not?
No doubt this question is an effective step in solving the problems associated with sports participation of children and can provide grounds for planning operational programs based on parental attitudes toward students.

MATERIALS AND METHODS

This research is a descriptive study, which has been conducted in a way the survey. It was used of 36-item questionnaire short form on attitudes toward physical activity by Kenyon (1968) to conduct the study. The questionnaire will be examined in the six areas of locomotors activity for social development (10 items), health and fitness (8 items), physical activity combined with the excitement and danger (5 items), admire factor of movement beauty (3 items), relaxation factor and relief from stress (7 items and) a difficult experience combined with austerity (3 items). The validity of the tool was computed by a group of experts and its reliability was computed in an elementary with the Alpha 0.84. In order to quantify was used of the 5-points Likert scale (1 = completely disagree to 5 = strongly agree). In order to control carefully the ratio of parental attitudes and sports participation of students, one of the schools in the2 area of Saadat Abad Tehran was chosen as a test geographic area whose leadership were desire to contribute in the research. According to the two surfaces of the sample and the population based on objective of research (with parents and students simultaneously) and its applications, there is no problem with research generalizability. Statistical sample were able to identify in two groups, group of students were considered 180 people and parents group were considered 360 people. To select a statistical sample, students were divided into 3 categories at first by using check the view List and after four consecutive sessions of viewing. More active group i.e. the students who had a great tendency to sports activity, active group i.e. Students who had a positive and natural attitude to sports activity, and the final group inactive students who did not tend to physical activity. Finally, 105 students of the school and 210 parents were selected using simple random sampling for statistical sample and questionnaires were distributed among the three groups of parents who had more active, active and inactive. The variance analyzed statistical method, kruskal-wallis test, spearman correlation test were used at a significance level of 0.05 for analyzing the data. While kolmogorovsmirnov test was used to diagnose the normal distribution condition.

Results:

Maximum age of parents whether fathers or mothers were in the age category 48–44 years. Most parents in both fathers and mothers group were Diploma and the minimum number of in both groups were high school graduated. According to the Spearman test, there was no significant relationship between attitudes and physical activity of parents \( r=0.065 \) and \( p = 0.347 \), age \( p = 0.822 \) and \( r = 0.016 \), sex \( p = 0.891 \) and \( r = 0.010 \) and also between attitude and the education level of parents \( P = 0.964 \) and \( r = 0.003 \). Given a normal distribution of attitude score with a mean 148.76 and subscale of motor activity as a social experience with mean of 42.26 has used of Parametric statistics and due to the lack of confirmation of a normal distribution of motion activity subscale for health and preparations with a mean of 31.04, motor activity combined with excitement and danger with a mean of 20, locomotors activity as admirable and beautiful experience with a mean of 11.99, locomotors activity as a factor of peace with a mean of 32.85 and finally, as experienced motor activity subscale as a difficult and arduous experience with a mean of 10.56, has used of nonparametric statistics to analyze variables. Table 1, show statistics related to the status of variables’ normal distribution.

<table>
<thead>
<tr>
<th>Variable</th>
<th>frequency</th>
<th>mean</th>
<th>S.d</th>
<th>K-S</th>
<th>Sig. level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitudes toward physical activity</td>
<td>211</td>
<td>148.76</td>
<td>12.179</td>
<td>0.785</td>
<td>0.569</td>
</tr>
<tr>
<td>Social experience</td>
<td>216</td>
<td>42.46</td>
<td>4.904</td>
<td>1.367</td>
<td>0.48</td>
</tr>
<tr>
<td>Factor of health and fitness</td>
<td>216</td>
<td>31.04</td>
<td>3.516</td>
<td>1.845</td>
<td>0.002</td>
</tr>
<tr>
<td>Combined with the excitement and danger</td>
<td>216</td>
<td>20.00</td>
<td>3.244</td>
<td>1.769</td>
<td>0.004</td>
</tr>
<tr>
<td>Admirable and beautiful experience</td>
<td>215</td>
<td>11.99</td>
<td>1.814</td>
<td>1.769</td>
<td>0.004</td>
</tr>
<tr>
<td>Relaxing factor</td>
<td>214</td>
<td>32.85</td>
<td>4.378</td>
<td>1.418</td>
<td>0.036</td>
</tr>
<tr>
<td>Difficult and arduous experience</td>
<td>215</td>
<td>10.56</td>
<td>2.562</td>
<td>2.683</td>
<td>0.000</td>
</tr>
</tbody>
</table>

The Kruskal-Wallis test indicated; There was observed no significant difference between the subscales of motor activity for health and fitness and parental attitudes toward physical activity, separation of more active, active and inactive \( (7.051=X^2 \) and \( P=0.029 \). There was observed no significant difference between the subscales of motor activity as social experience \( (X^2 = 0.732 \) and \( P=0.632 \), motor activity combined with the excitement and danger \( (X^2 = 5.247 \) and \( P=0.073 \), motor activity as admirable and beautiful experience \( (X^2 = 2.342 \) and \( P=0.310 \), motor activity as a relaxing factor \( (X^2 = 0.338 \) and \( P=0.844 \), motor activity as a difficult and arduous experience \( (X^2 = 1.380 \) and \( P=0.502 \) and attitudes toward physical activity separate students more active, active and inactive.
Is no significant difference according to one-way Variance analyze test results based on the comparison of parental attitudes toward physical activity (p = 0.074, F = 2.632) and subscale of motor activity as a social experience (p = 0.633, F = 0.459) separate students more active, active, and inactive.

Table 3 shows one-way analysis of variance test the resolution separate students.

Table 3: Statistics relating to the F-test for comparison of parental attitudes and subscales of physical activity as social experience to separate students.

<table>
<thead>
<tr>
<th>Subscales</th>
<th>Separation of students</th>
<th>Mean</th>
<th>d.f</th>
<th>F</th>
<th>Sig. level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitudes toward physical activity</td>
<td>More active</td>
<td>151.23</td>
<td>2</td>
<td>2.632</td>
<td>0.074</td>
</tr>
<tr>
<td></td>
<td>Active</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inactive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motor activity as a social experience</td>
<td>More active</td>
<td>11.081</td>
<td>2</td>
<td>0.459</td>
<td>0.633</td>
</tr>
<tr>
<td></td>
<td>Active</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Inactive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conclusions:

The results of the study show there is no significant difference between subscales of the motor activity as a social experience, motor activity combined with the excitement and danger, motor activity as admirable and beautiful experience, motor activity as difficult and arduous experience. 

It’s important that do parents understand fully health relation with physical activity? Or they pay more attention to other impact aspects on their children health. Because health is one of the most blessings and is surety of thought, mind and emotions, and given that participation in physical activity can improve the child's body health, increase the resistance against diseases, rebuild the inability of the body and so on. It seems essential that parents understand and have a positive attitude.

According to parents’ lack of understanding of the effects of exercise on individual and community actions, freshness and vitality as well as maintaining motor and mental preparedness, it proposed, the school is one of the important bases in the notification, by preparing a program that contains brochures, publications, databases - electronic and ... are transferring the positive attitude to the parents.

According to the study can be stated that parents who believed to bad attitudes that sports can be harmful and is an activity combined with excitement and danger. Therefore, it feels that The Ministry of Education is primarily and secondarily media - visual, aural, electronic have the responsibility to change parental attitudes toward ambiguity in the exercise and awareness should change in this regard to continuum and intelligent activity from all impressive entities. Based on research findings, educational level and degree of parents are not influence on their attitude towards movement and sport activities. It implies to weakness of educational system and lack of information accurately from start to finish school, university. It recommends the enrichment of the general physical education units 1 and 2 at the University and directing it toward making positive attitude find replacing boring and unnecessary activity.

According to the findings, parents physical activity have no impact on children's physical activity , means the parents who have regular physical activity , are not guarantee for their children activity, this finding is consistent with Cavanaugh [11]. Given these findings, we can infer several factors such as school facilities, kind of behavior and trainer’s attitude, active or inactive friends in school and also sport attitude of authorities, teachers and managers can be effective on sport participation of person inside and outside of school.
The results showed there was no significant difference between parental attitudes to sex. This finding is inconsistent with results spertizer [7, 6]. The results indicated a shared locus of control, reference, knowledge, information, and no differences in sports participation of both sexes in our country.

According to the immobility, development machinery life, resulting in obesity among population groups, especially parents, and widespread problem among children, importance of addressing this issue appears for the Ministry more particularly, the Ministry of Education that spare no effort to develop a strategic and operational planning to solve these anomalies, and finally the great responsibility which is to provide and develop public health. In general regard to unfavorable attitude of parents and lack of correct understanding of physical activity and conclusions the transmission cycle of favorable attitudes from parents to children is a problem. And also the contradiction that exists between home and school training, it suggests that schools provide information in the field of sports on parental attitudes with students invest parallel.

REFERENCES