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Examining the association between parenting styles and physical activity levels in male adolescents

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Abstract

The purpose of this study was to examine the association of different parenting styles with the physical activity levels of male adolescents. The subjects were recruited from the various schools of three districts of Punjab viz. Amritsar, Gurdaspur and Hoshiarpur. Sample consisted of 388 male students. The age group of the subjects was 13 to 18 years. Parenting style questionnaire was filled by parents and physical activity questionnaire by students. Relationships between the variables were examined by using Spearman's correlation. Results revealed that no significant correlation of authoritative and authoritarian parenting styles with physical activity level was observed. Meanwhile, permissive parenting style was negatively correlated with physical activity level ($p < 0.05$).

Keywords: authoritative, authoritarian, permissive, physical activity

Introduction

Physical activity has enormous ramifications for the physical and emotional well-being of kids. In Canadian population, it has been assessed that 49% of kids matured 5-12 years (53% of young men and 44% of young ladies) are sufficiently physically dynamic to accomplish medical advantages (CFLRI, 2000). The lower pervasiveness of physical activity among youngsters is a worry since physical idleness in kids impacts heftiness (Kelishadi *et al.* 2003) ^[1] and other cardiovascular hazard factors, for example, lower levels of high-density lipoprotein cholesterol, higher levels of triglycerides (Al-Hazzaa, 2002) ^[2], higher levels of low-density lipoproteins (Vasankari *et al.* 2000), and higher levels of aggregate cholesterol. Researches in the USA and Canada recommend that patterns of physical activity may track from youth to adulthood. Consequently, physical activeness propensities shaped in youth may foresee levels of physical activity sometime down the road and impact a person's danger of stoutness and other unending maladies such as coronary problems, insulin disturbance etc. and conditions such as raised blood pressure, bone health, back torment, sadness, and diminished adaptability.

Methods

Selection of subjects

The sample was taken from the various schools of three districts of Punjab viz. Amritsar, Gurdaspur and Hoshiarpur. The total number of subjects were 388 male students. The age of the subjects was between 13 to 18 years.

Parenting style

Parenting Style & Dimension Questionnaire (PSDQ – Short Version) prepared by Robinson *et al.* (1995) was utilized to examine the parenting style. The questionnaire contains 62 items which can be scored at a 5-point Likert scale. It includes 27 items for Authoritative style, 20 items for Authoritarian style, and 15 items for the Permissive style.

Physical Activity Level

A self-administered questionnaire PAQ-A was used to assess the levels of physical activity. It is appropriate for administration on 13 to 19-year-olds.

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It consists of 8 items that provide physical activity data of the last seven days. Each item is scored on a 5-point scale.

Table 1: Validity of PAQ-A

Instrument	Convergent validity
PAQ-A and Activity rating	0.73
PAQ-A and Leisure Time Exercise Questionnaire (LTEQ)	0.57
PAQ-A and 7-day physical activity recall	0.59
PAQ-A and Caltrac motion sensor (Caltrac)	0.33

Based on Kowalski *et al.* (1997)

Results

Table 2: Correlations between Physical activity level and parenting styles among male adolescents

Variable	Physical activity level	
	Coefficient of correlation	p-value
Authoritative parenting	0.024	0.639
Authoritarian parenting	-0.011	0.835
Permissive parenting	-0.115*	0.024

Table-1 shows the coefficient of correlation between Physical activity level and parenting styles among male adolescents. Correlation coefficient between Physical activity level and authoritative parenting style was 0.024 (p=0.639), authoritarian parenting style was -0.011 (p=0.835), and permissive parenting style was -0.115 (p=0.024). It can be noted that no significant correlation of authoritative and authoritarian parenting styles with physical activity level was observed. Meanwhile, permissive parenting style was negatively correlated with physical activity level (p<0.05).

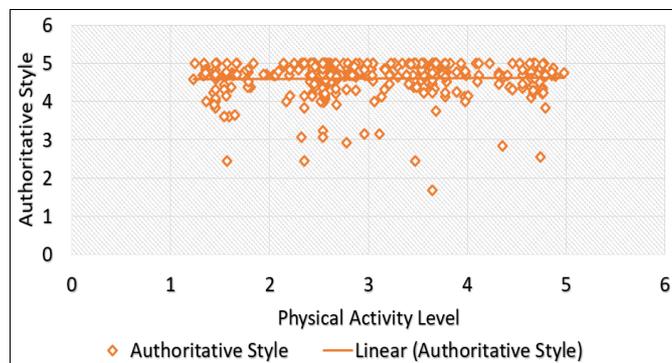


Fig 1: Graphical representation of correlation of Authoritative parenting style with Physical activity level among male adolescents.

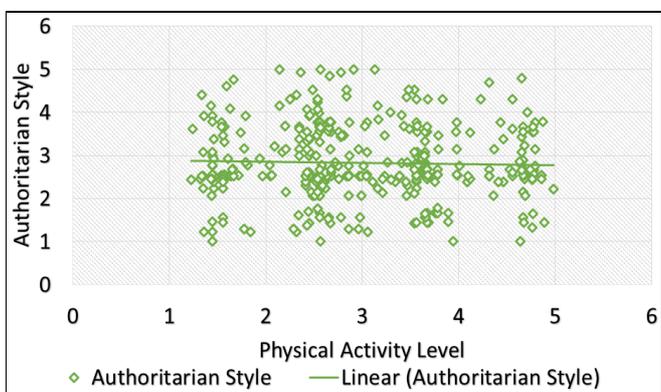


Fig 2: Graphical representation of correlation of Authoritarian parenting style with Physical activity level among male adolescents.

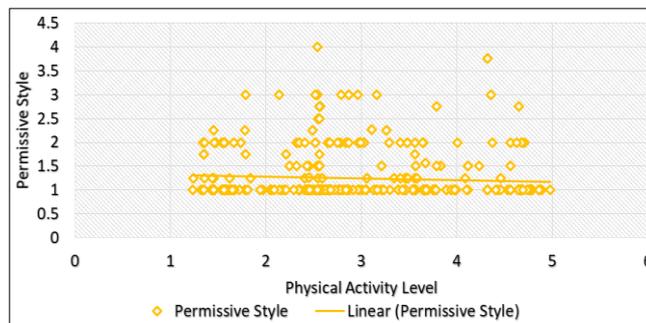


Fig 3: Graphical representation of correlation of Permissive parenting style with Physical activity level among male adolescents.

Discussion

The study was conducted to assess the relationship of various parenting styles with physical activity levels of male students. In male sample, the significant association was found only permissive parenting style and it was a negative association that if parents are more permissive, the male adolescents tend to less engage in physical activity.

In our sample, the significant association was found only for permissive parenting style and it was a negative association that means if parents are more permissive, the male adolescents tend to less engage in physical activity. A previous study found no association between the parenting style and physical activity level (Van der Geest., 2017) [6]. Liszewska *et al.* (2017) [7] suggested that a positive social control or complete parental support by parents may be unproductive in adolescents having higher body weight who require to enhance their level of physical activity. A study found a weak association between parental and their children’s physical activity level (Jago *et al.*, 2017) [3]. A further study found a weak relationship between parental activity and children activity level on weekend days (McMurray *et al.*, 2016) [5]. In male sample, the significant association was found only permissive parenting style and it was a negative association that if parents are more permissive, the male adolescents tend to less engage in physical activity.

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