Adolescents perception of parents and peers diet and physical activity behaviour and encouragement

Ferro-Lebres V1,2, Ribeiro JC1, Moreira P1,3
1 Research Centre in Physical Activity, Health and Leisure, Faculty of Sport, University of Porto, Portugal
2 Superior Health School, Polytechnic Institute of Braganza, Portugal
3 Faculty of Nutrition and Food Science, University of Porto, Portugal
E-mail address: viorelebres@gmail.com

I. Introduction

• It has been well documented that parents and peers behaviour influence children and adolescents, namely regarding physical activity and eating behaviours. (Conteiro et al. 2006; Boutelle et al., 2007; Vagstrand et al., 2009).

• It is fundamental to understand how adolescents perceive their parents and peers behaviour and encouragement to adolescents own physical activity and eating behaviour.

II. Aim

• To study the perception Portuguese adolescents have about their parents and peers behaviour and the encouragement to adolescents own physical activity and eating behaviour.

III. Methods

• 748 volunteer adolescents from North Portugal were recruited in four (4) junior high schools.

• A questionnaire about adolescents’ perception of parents and peers behaviour and encouragement was design specially for this research.

• Data were analyzed using descriptive statistics and Cohen’s kappa, in the statistical software SPSS version 18.0.

IV. Results

• The mean (SD) age was 16.7 (+/- 2.0) years.

V. Conclusions

• There are more adolescents perceiving there parents to have a healthy diet, than being physically active, suggesting that more physical activity interventions involving parents are needed.

• Regarding eating behaviours, adolescents perceive their mothers to follow a healthy diet, more than their fathers. In opposite, fathers are perceived as having a more physically active life than mothers, these results are in accordance with previous studies.

• Perception of peers behaviour and encouragement to adolescents behaviour has a moderate consistency, suggesting perceived coherence in peers.

VI. References


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