

HABITUAL PHYSICAL ACTIVITY AND SOCIAL SUPPORT IN ADOLESCENTS

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INTRODUCTION

The support of parents and friends seems central to the involvement of young people in physical activity (PA) (Atkins et al., 2015).

The purpose of this study was to analyse the importance of social support on PA levels in adolescents.

MATERIAL AND METHOD

864 adolescents of both sexes were included, participants were divided into two groups: Group 1: 12-15 years (Girls n=225; Boys n=202) and Group 2: 16-18 years (Girls n=226; Boys n=209).

To determine PA and sedentary behaviour (SB), the short version of the International Physical Activity Questionnaire (IPAQ) was used; the specific types of PA assessed were walking (W), moderate (MPA), vigorous (VPA) and total score (TPA); a question about seating time was included to determine SB.

Perception of social support for PA was assessed with an adaptation of the Friend Support Scale for Portuguese language (Jago, Page, & Cooper, 2012) and a question about the influence of friends, best friend and parents for the involvement in PA, was included.

Statistical analyses were conducted using *software* SPSS *Statistics* (v.23.0) and were based on descriptive statistics and Spearman correlations between different types of PA and friends, best friend and parents.

RESULTS

Table 1 Descriptive Statistics of PA

	Group 1 (12-15 years)				Group 2 (16-18 years)			
	Girls (n=225)		Boys (n=202)		Girls (n=226)		Boys (n=209)	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
W	796.863	879.090	980.890	1457.303	833.171	858.959	887.662	1073.566
MPA	716.99	665.490	1035.41	1177.305	770.50	762.415	944.97	802.662
VPA	1476.02	1105.687	2433.98	1990.053	1705.74	1099.952	2464.53	2134.930
TPA	2362.36	1766.582	3794.524	3231.767	2295.594	1763.855	3643.252	2986.690
SB	9.827	2.387	9.297	2.279	10.306	2.156	9.742	2.066

Table 2 Descriptive Statistics of social support

	Group 1 (12-15 years)				Group 2 (16-18 years)			
	Girls (n=225)		Boys (n=202)		Girls (n=226)		Boys (n=209)	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Friends	2.849	0.620	3.054	0.611	2.631	0.648	3.049	0.594
Best friend	2.826	0.716	2.950	0.689	2.688	0.681	2.935	0.655
Parents	2.764	0.640	2.894	0.632	2.541	0.605	2.820	0.614

Table 3 Spearman correlations between different types of PA and friends, best friend and parents (Group 2)

	Group 1 (12-15 years)					
	Girls (n=225)			Boys (n=202)		
	Friends	Best Friends	Parents	Friends	Best friends	Parents
W	0.56	0.115	0.88	0.098	0.010	-0.026
MPA	0.76	0.44	0.112	-0.041	-0.197*	0.089
VPA	0.142	0.115	0.67	0.036	0.008	0.001
TPA	0.219**	0.257**	0.195**	0.053	-0.003	-0.054
SB	0.006	-0.023	0.001	0.001	0.052	-0.039

* P<0.05; ** P<0.01.

Table 4 Spearman correlations between different types of PA and friends, best friend and parents (Group 1)

	Group 2 (16-18 years)					
	Girls (n=226)			Boys (n=209)		
	Friends	Best Friends	Parents	Friends	Best friends	Parents
W	-0.075	-0.028	0.032	-0.063	-0.017	-0.020
MPA	0.087	0.057	0.043	0.046	-0.013	-0.013
VPA	0.215*	0.216*	0.101	0.163*	0.101	0.085
TPA	0.167*	0.064	-0.009	0.158*	0.102	0.079
SB	-0.137	-0.099	0.020	-0.008	0.030	0.007

* P<0.05; ** P<0.01.

DISCUSSION AND CONCLUSIONS

Consistent with the literature, social support from parents, peers, and best friends appears to play a key role in PA levels in adolescents. However, parents, friends and best friends seems to play different roles in PA social support.

REFERENCES

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