

Effects of Parental Involvement on the Participation of Students in Sports

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Abstract

Objectives: Parental involvement in sports activities of school-going children is considered as an important factor towards their sports participation. So, the purpose of this study was to analyze the impact of parental motivation, parental perception, and parental financial support on the participation of students in sports.

Methods: A sample of 387 male students were selected through simple random sampling. Descriptive statistics, correlation, and regression analysis techniques were applied.

Results: The Cronbach's alpha reliability for overall scales was 0.90. The average age of the participants was 15.46 years. The parental motivation level was close to moderate, the parental perception level was below moderate, the parental financial support level was above moderate and the sports participation level was equal to moderate level. All variables were positively and significantly ($p < 0.01$) correlated with each other.

Conclusion: Parental financial support had a positive and significant effect on students' sports participation. Therefore, parents and school management should provide sports equipment, coaching facilities, and a safe environment to improve the students' sports activities for their sound health and mind.

Keywords: Students, Parental Involvement, Perception, Financial Support, Sports Participation

Introduction

Sports is a physical movement completed under a concurred set of tenets, with a recreational reason: for rivalry or self-satisfaction or a mix of these. A diversion is a recreational action including at least one athlete, characterized by an objective that the athletes endeavor to reach, and some arrangement of guidelines to play it. The Council of Europe sanction on wear utilizes the accompanying definition: "Game means all types of physical movement, which through easy-going or composed investment, go for communicating or enhancing physical wellness and mental prosperity, shaping social connections or acquiring brings about rivalry at all levels". Historical underpinnings. "Sport" originates from the Old French disport signifying "recreation", with the most seasoned definition in English from around 1300 being "anything people find interesting or engaging" (Cervantes et al., 2006).

The main objective of this study was to examine the association between parental support, parental control, and sports participation. Moreover, this study finds out the reason for less interest of children in school sports activity and to determine the role of parents in inclining their children towards sports. At the end of this investigation, it will be found out whether parents are the most supporting character for inclination of kids towards sports activities and to know the proposition or recommendation of guardians for enhancing sports action. Fundamentally, on the off chance that we need to draw in youngsters in wear hone from an early age and advance to achieve their maximum capacity, at that point it is unquestionably basic to have a decent domain amid these developmental years, and guardians assume a vital part in this procedure (Brustad et al., 2005).

The expanding fame of computer games and TV makes the youngsters to be extremely latent in their lifestyles (Janssen, et al., 2010). The time spent on these things might be spent in some physical activities (Valadez and Ferguson, 2012). Guardians ought to be a good example for their

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youngsters. On the off chance that the guardians are looking dynamic, the kids will probably be dynamic and will remain dynamic for whatever is left of their life (Jago et al., 2013). Cooperation in sports and other physical exercises can have many advantages for youngsters. Games offer kids a change from the dullness of their everyday life. It is additionally a helpful means of amusement and physical movement for them (Harriss & Atkinson, 2015).

The absence of physical activity is a worldwide concern (Gråstén, et al., 2012). The components, for example, time spent via web-based networking media, sitting in front of the TV, playing computer games, and watching films influences youngsters' PA which prompts weight pick up. Further, TV is additionally the medium utilized for nourishment notices focusing on kids (Cheng To, 2005). One clear concentration for advancing physical action is inside the family (O'Connor TM, 2009). Children invest impressive energy inside the care of their folks, and for sure guardians give off an impression of being the "watchmen" of youngsters and their encounters amid family time (Stevenson, 2009).

Notwithstanding, because of the substantial scholastic weights in China's exam-arranged instruction framework, understudies spend a large portion of the day on examining. They do not have enough time to keep up the required exercise, which prompts a decrease in general understudy well-being status and physical wellness level. Notwithstanding, we can't disregard the critical part of relatives in building up youngsters' solid practices. Guardians impact their youngsters' games support, immediate or circuitous, purposeful or unexpected (Timperio et al., 2013). Guardians cannot pass all the duties of physical instruction to the school. Keeping in mind the end goal to plan more successful intercessions to enhance students' physical activity levels, we must distinguish the parental impact on their sports activities.

Albeit the greater part of the guardians knows the centrality of physical action, great scholastic execution and average occupations, later are more imperative. Therefore, the present family training in China is more worried about scholarly instruction and tries to exchange the obligation of physical instruction to the school. This speaks to a genuine absence of familiarity with guardian's duty in their youngsters' physical training. The present theory of "exam comes about abrogate all" has affected them profoundly. Guardians have not understood either the significance of physical training or their potential capacities of expanding physical movement levels of their kids (Greene, R. J. 2011)

Schools and guardians should share the duty of physical instruction of the understudies, and the essential phase of self-teach collaboration to energize and advance physical movement is data sharing. This implies schools should tell guardians the genuine physical status of their kids. At that point, the collaboration can go assist in finding an answer for change low levels of active participation (Ning-ning 2015).

Parental Motivation

Motivation can be explained as a driving force resulting in the contribution or achievement of a given task or behavior. Motivation is essential to contribution and extended interest in each activity because motivation moves one to do impressive (Ryan and Deci, 2000). For example, motivated individuals are more probable to connect in and continue behaviors that are of interest to them. Parental Support is the importance of parents encouraging adolescent physical activity behavior (Brustad, 1993). Parental support is of concern because it has been related to adolescent physical activity in several studies (Rosenkranz et al., 2008). Part of the cause parents are important is through the development of modeling and encouragement, which are considered main predictors of adolescent physical activity (Madsen, et al., (2009). Moreover, offspring of guardians occupied in physically dynamic exercises will probably be occupied with similar exercises recommending the significance of displaying (Madsen, et al., 2009). Teenagers who got go down from their folks to be physically dynamic were more dynamic than the individuals who got practically no support from their folks. Adolescents who were motivated by their parents to participate or play a part in sports were more likely to be active than those who lacked motivational support from their parents (Beets, et al., 2010). Parents can control the physical activity of youth through motivation because previous research shows adolescent physical activity becomes internalized through parental support.

Parental Perception about Sports

As per Eccles' Expectancy-Value Theory, guardians' confidence about the value of physical activity (PA), impression of their kids' physical ability and its probability of accomplishment in socialization and impacts kids' interest in PA (Eccles et al., 1991). Exceptionally, guardians may bolster their

youngsters to practice more amid consolation, help, and setting a case with their lifestyle. Positive socialization air is upheld by large amounts of help or assistance, where juvenile's PA clarify into higher confidence, which improve guardians' assumptions about their kids' accomplishment. These hopeful religions about the probability of accomplishment in PA improve kids' association since their folks' confidence in PA altogether impacts juvenile's confidence frameworks. Roughly 80% of guardians would not permit youngsters to take part in entertainment unsupervised in parks for security reasons. As it were, youngsters' cooperation in PA was influenced by the availability of offices, as well as influenced by guardians' stresses over their security (National Playing Fields Association, 2000).

Guardians' desires depict their discernments about the probability of their kids prevailing in a given zone. With guardians' perception of youngsters' prior execution, guardians give unequalled help to their kids in various zones. For example, if guardians see that their kids are preferable at playing volleyball over singing, they will give more help to their youngsters to create volleyball aptitude while committing less to improve their kids to sing. Despite parental help for children's PA, watchmen's feelings about the estimation of PA, the impression of their adolescents' physical capacity, and the likelihood of their children's flourishing is gotten by their children.

Support in early puberty is an essential factor in continued commitment in recreations or PA. Families invigorate adolescents to be dynamic by working up their energy for sports (Brustad, 1993). Brustad and Parker (2005) found that gatekeepers' help was related to children's interest in PA, and their clear physical wellness.

Among the five watchmen's practices in the examination, which consolidate gatekeepers' relief, watchmen's instrumental practices, gatekeepers' illustrating, parental work affinities, and general parental help, the investigators found that gatekeepers' help, watchmen's instrumental practices, and watchmen's showing were unequivocally related to children's PA. In a later report (Toriola et al., 2011), the general parental cause was seen to be determinedly related to youths' PA.

Parental Financial Support

Subramanian et al., (2006) delineated that Parents with cut down pay and preparing were routinely resisted with more essential exercise limits. McMinn et al., (2012) cleared up that children from these families were less disposed to get to neighborhood resources, for instance, awesome quality space or amusement workplaces; they in like manner required transportation, and fail to give the costs of office charges, the cost of movement ventures, and required of extra time because of family commitments. McMinn et al., (2012) depicted those Investment openings in social organizations for those living in domains with cutting down wages disregard to give honest to goodness boulevards and walkway conditions, neighborhood security, and workplaces that may add to their perspective of movement limits. Taanila et al., (2007) told that guardians were fiscally unequipped for picking exercises, for example, obtaining wellness club enrolments. Furthermore, guardians with bring down livelihoods and training levels may have more noteworthy work responsibilities. As far as accessibility, they won't not have sufficient energy to take part in PA with their youngsters, which turns into another activity hindrance. Guardians who give more help to their kids can advance kids' PA. In this way, watchmen may construct their commitment in wear venture by being great illustrations, showing them about the estimation of PA, giving positive feedback about their abilities, and by giving cash-related help and transportation.

As in state-funded schools organized exercises are offered at any rate level. Alongside schools are given constrained budgetary assets and chances to partake in sports exercises outside the school. Because low-wage guardians don't have additional time vitality and assets to give sports offices and dynamic and inventive recess at the parks, grounds even at home. For abnormal state of advancement in the life of kids incorporates scholarly improvement as well as open doors for physical, psychological, social, and enthusiastic development offered in school, home, and group settings.

Al-Drees et al. (2016) studied the motivation social support, enjoyment, and physical activities of school-going children. They suggested that family socialization factors should be taken into consideration. They also proposed the efficacy of individual and community level strategies that enhance the physical activity of the children should be included and evaluated. Similarly, Jekauc et al., (2019) investigated the impact of availability of physical equipment, finance, logistic, emotional support, and reinforcement by parents on children's sports participation. They found that there was an

indirect & direct significant association between family environment variables & children's sports participation. They suggested that this enhances the family environment to support children. Keeping in view the same pattern and suggested ideas the current study is designed to identify the impact of three variables, parental motivation, parental financial support, and parental perception on students' sports participation in Pakistan. The significance of the study is to attract children and their parents towards sports in Pakistani society. In this research, the importance of the parent's role has been highlighted. So that in future, parents will motivate their children towards sports in good manners. The aim is to identify the impact of parent's involvement in their children's sports participation at the school level.

Objectives of the Study

- To determine the role of parents' motivation in their children's sports.
- To investigate the effects of the parent's involvement on the physical activities of the children.

Methodology

Study Design

The current study is analytical in nature; data is collected by using a questionnaire as the desired information is much trusted on the population of the study.

Population and Sample

The target population was students of 9th & 10th classes of Province Punjab, Pakistan. Sample size n=387 computed by Yamane (1967) formula is drawn through simple random sampling.

Hypothesis of the study

H₁: Parental motivation has an impact on student's sports participation.

H₂: Parental perception has an impact on student's sports participation.

H₃: Parental financial support has an impact on student's sports participation.

Instruments

Parental Involvement Structural Questionnaire (PISQ) by Lee and Maclean (1997) is used to collect data from prescribed samples. This questionnaire consisted of 15 items, that measures 3 dimensions of parental involvement in student's participation in sports which consist of parental motivation, parental perception, and parental financial including Direct Behaviour, Praise and Understanding, and Active Involvement. Adopted questionnaire of sports participation Omolayo, et al., (2013) is also used.

Procedure

A letter from the supervisor was issued to authorize the researcher to gain access to the randomly selected students at different schools from Province Punjab. Recourses of information about students were Principals of the Institutes and Physical Education Teachers. The researcher collected the data from those students who studied in different schools in Province Punjab through distributing scales Questioner.

Statistics

Cronbach's alpha test, descriptive statistics, correlation, and regression techniques are used for data analysis.

Results

The response data of (n =387) male students coded and compiled with SPSS software. The overall reliability of the scale was 0.90. The average age of the students was 15.46 ± 1.06 years. The parental motivation (PM), parent perception (PP), parental financial support (PES), and sports participation response (SP) mean and standard deviation (SD) of these variables is listed in Table-1.

Table-1: Descriptive Statistics of Scale Variables (n=387).

Scale Variables	Mean ± SD
Parental Motivation (PM)	2.63 ± 0.95
Parental Perception (PP)	2.16± 0.92
Parental Financial Support (PFS)	3.54± 1.15
Sports Participation (SP)	3.34± 1.06

PM=Parental Motivation, PP=Parental Perception, PFS=Parental Financial Supports, SP=Sports Participation

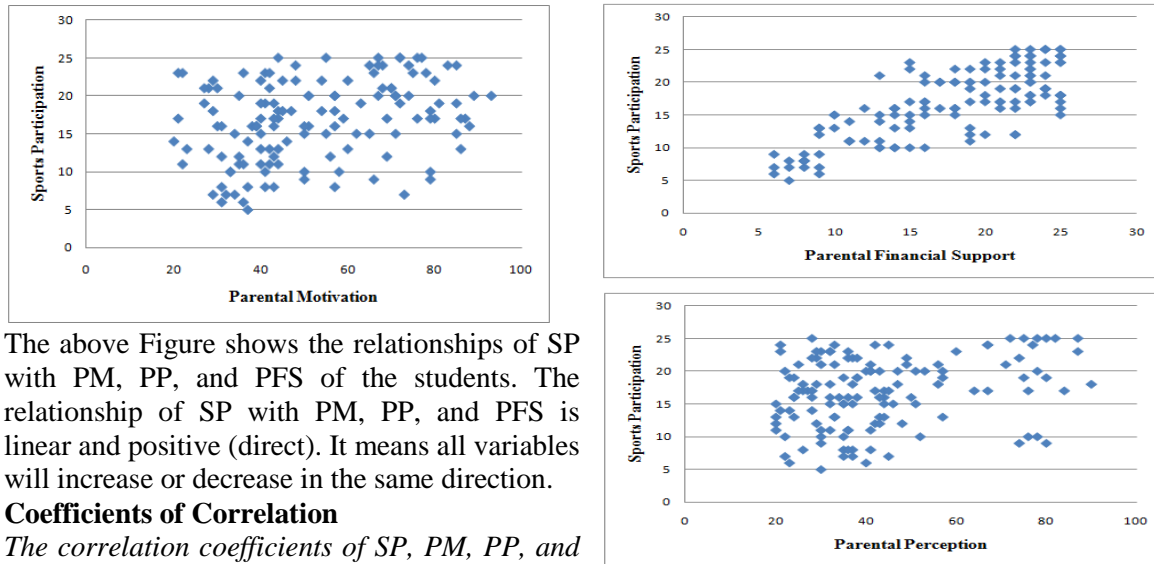
The mean and the SD of PM show that the parental motivation level of the respondents is close to moderate level which means the response of the participants lie towards "sometimes". The mean value of PP is indicating that parental perception is below-average level and close to the response "hardly ever", which shows that the perception of the students about their parents regarding

their sports is not good. The PFS mean value of 3.54 shows that financial support from the parents is above to moderate level. It indicates that the response of the students regarding financial support from the parents for sports is "quite often". So, it may be concluded that most parents provide funds for sports equipment and transportation for sports activities. The sports participation scale has a mean value is 3.34 ± 1.06 , which shows that the involvement of the participants in sports activities is on average level.

Relationships within the Variables

The scatter plot of the variables PM, PP, PFS, and SP is given in Figure-1, which shows a trend of relationships among the variables.

Figure-1:- Relationships between variables PM, PP, PFS & SP (n=387).



The above Figure shows the relationships of SP with PM, PP, and PFS of the students. The relationship of SP with PM, PP, and PFS is linear and positive (direct). It means all variables will increase or decrease in the same direction.

Coefficients of Correlation

The correlation coefficients of SP, PM, PP, and PFS scores are calculated and listed in Table-2.

This table shows the strength and direction of the relationships between the variables.

Table-2: Correlation Coefficients of Score Variables (n=387).

Variables	SP	PM	PP	PFS
SP	1	0.31**	0.27**	0.78**
PM		1	0.64**	0.28**
PP			1	0.28**
PFS				1

PM=Parental Motivation, PP=Parental Perception, PFS=Parental Financial Supports, SP=Sports Participation, **Significant (p<0.01).

The results show that the four variables are positively and significantly (p<0.05) correlated. This also shows that all the variables have a direct relationship which means they increase or decrease in the same direction. So, it is a clear indication that SP scores will increase with increasing the PM, PP, and PFS (independent variables).

Regression Analysis

The multiple regression model (Eq-1) determines the dependency of dependent variable SP on independent variables PM, PP, and PFS. The multiple regression model can be written as:-

$$SP = \beta_0 + \beta_1(PM) + \beta_2(PP) + \beta_3(PFS) + e \dots (Eq - 1)$$

Sports Participation = f (Parental Motivation, Parental Perception, Parental financial support) + error term

Where, β_0 is intercept of SP line, $\beta_1, \beta_2, \beta_3$ are slopes of the line and e is the random error term, under the assumption that $\sum e = 0$ (sum of random error term is zero)

Table-3: Summary of Regression Model (n=387).

Items	R ²	Adj R ²	S.E	F	p-value
Values	0.62	0.61	3.31	69.34	0.000

R=Correlation Coefficient, R²=Coefficient of Determination, SE=Standard Error of Estimate, F= F-statistic Value; Independent Variables= PM, PP, PFS, INV, & Dependent Variable=SP; level of significance= $\alpha=0.05$

Table-4: Significance of coefficients (n=387).

Variables	Coefficients	S.E	T	p
Constant	$\beta_0 = 3.040$	1.10	2.76	0.01
PM	$\beta_1 = 0.024$	0.02	1.21	0.23
PP	$\beta_2 = 0.003$	0.02	0.14	0.89
PFS	$\beta_3 = 0.694$	0.05	13.15	0.00

SE=Standard Error of Estimate, T=T-test statistic, Independent variables= PM, PP, & PFS, Dependent variable= SP, Level of significance= $\alpha=0.05$

The values of R^2 and adjusted R^2 are 0.62 and 0.61 respectively (Table-3), which are indicating that model is a good fit and 62% of the variability in SP can be explained by the regression model Eq-1. The F and p-value show that the fitted regression model is significant ($p < 0.05$) as well. Thus, this model can be used to predict the SP of the students of secondary classes based on their PM, PP, and PFS scores.

Table-4 shows the values of regression coefficients intercept and slopes, and the t-test results for the significance of the variables individually. The t and p values for PM, PP, and PFS are indicating that these variables have a positive effect on SP, but only the PFS variable significantly ($p < 0.05$) contributes towards the regression model of SP. The significant regression model (Eq-1) can be written mathematically as:-

$$SP = 3.04 + 0.024 (PM) + 0.003 (PP) + 0.694 (PFS)$$

The above model is a regression model to predict the sports participation of the students of secondary classes based on their PM, PP, and PFS scores. This model is established based on a sample of 387 (male) students from secondary schools of district Rawalpindi. So, if this model is applied for the prediction of sports participation of other students, then the results may have differed.

Data Normality Test

The normality test is applied to verify the major assumption, “the sum of standardized regression residuals is zero”. Thus, this assumption is verified by the Kolmogorov test.

Table-4: Results of Kolmogorov Normality Test (n=387).

Items	Kolmogorov-Smirnova		
	Statistic	Df	p-value
Standardized Residual	0.07	387	0.200

Kolmogorov test results are listed in Table-4 under the null hypothesis that the distribution of the population from which the sample is drawn is normal. The p-value is greater than $\alpha=0.05$, so there is no evidence to reject the null hypothesis. It indicates that the null hypothesis is accepted, and it can be concluded that the distribution of regression standardized residuals is normal.

Discussion

Shen et al. (2018) conducted a study on parental social support, perceived competition & enjoyment in-school physical activity. They studied motivation social support, enjoyment, and physical activity variables. They found that family socialization factors have a significant impact on students' sports participation at the school level, while the current study shows financial supports from parents has a significant effect on school-going children's sports activities.

Timperio et al. (2013) investigated the direct & indirect association between family physical activity environment & sports participation among 10-12 years old European children. They considered physical equipment, finance, logistic, emotional support, reinforcement variables from parents. They found a significant association between family environment variables & children's sports participation. This study validates the findings of Timperio et al. (2013) in terms of financial supports from parents.

This study shows that the relationships of sport participation of schoolboys with parent's motivation and financial support are linear and positive (direct). It means all variables will increase or decrease in the same direction. The correlation coefficients of SP, PM, PP, and PFS scores variables show that all variables are positively and significantly ($p < 0.05$) correlated with each other. PFS is highly correlated ($r=0.78$) with SP as compared to PM and PP variables (Table-4). Gallahue (1996) reported that children's support in sports exercises offers the chance to enhance their wellness and increase sound propensities besides offers critical psychomotor advantages with psychosocial improvement. As this study shows, Beets et al (2010) also showed that parents were the essential defenders or inhibitors of their kids' support towards physical activities.

The multiple regression model (Eq-1) determines the dependency of dependent variable SP on independent variables PM, PP, and PFS. The value of R^2 (0.62) shows that model is a good fit and 62% of the variability in SP can be explained by the regression model (Eq-2). The F (69.34) and p-value (0.000) show that the fitted regression model (Eq-2) is significant ($p < 0.05$) (Table-5). Thus, this model (Eq-2) can be used to predict the SP of the students of secondary classes based on their PM, PP, and PFS scores. The values of regression coefficients, intercept and slopes, show that PM, PP, and PFS have a positive effect on SP, while the PFS variable has a significant ($p < 0.05$) impact on SP in the model provided in Eq-2. The independent variables are not highly associated with each other (Table-6). The model in Eq-2 is established based on sample data of 387 (male) students.

Golan (2006) also illustrates that the family is viewed as the most critical setting for molding kids' physical actions. Parental involvement and co-investment with schoolboys help them to improve their sports preparing and empowering their physical action (Cleland et al., 2011). The current study also shows that parent motivation and support have positive effects on student's sports participation. The results of this study are close to the same as Lavoie et al (2008) reported that fathers were being more included and more powerful in their youngsters' game interests. Greendorfer (2002) concluded that fathers have by and large been viewed as a more colossal impact on contenders than mothers have. The piece of mothers is more unequivocally associated with surrendering their specific entertainment or diversions activities to influence their adolescents' amusements to intrigue charming (Palomo-Nieto et al., 2011).

Conclusion

A data of 387 male students is analyzed. The average age of the participants is 15.46 years. The parental motivation level of the respondents is close to moderate, parental perception level is below moderate, parental financial support level is above moderate, and sports participation level of the students is equal to the moderate level. All these variables are positively and significantly correlated with each other. Parental financial support is highly correlated with sports participation as compared to other independent variables. Parental motivation and parental perception have positive but insignificant while parental financial support has a positive and significant impact on sports participation of the students. The results of this study will be helpful for parents and sports instructors/teachers to improve the sports participation of school-going boys.

Recommendations

Some other significant factors that may affect the participation of students in sports including gender, parents' social status, and sports culture may be investigated in Punjab or Pakistan for better results. Researchers may use the results of this study to compare the student's sports participation at the national and international levels. This investigation includes only students of 9th and 10th classes; therefore, the researcher may include elementary or intermediate classes. Sports participation and parental involvement are significantly and positively correlated with each other. Therefore, it is recommended that parents, teachers, and institutes must involve in student's sports activities.

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