



## Parental influence on adolescent adherence to physical-sport practice [

2018

text (article)

Analítica

The aims of this paper were: a) to verify whether the importance granted by parents to leisure physical activity (PA), parental PA, and the parents' educational level enhance or weaken adherence to PA in their physically active children and, b) to explain the possible interference of such parental factors on adolescents' adherence to PA. Participants were 1978 children, aged 12 to 16 years. A quantitative and qualitative triangulation technique was employed, using a questionnaire (MACOFYD) and four discussion groups. Descriptive, bivariate, and multinomial regression analyses were employed. Conclusions: it is essential for parents not only to grant considerable importance to PA but also to let their children know about their appraisal. The fact that parents grant more importance to other issues, such as studies, than to motor activity does not reduce the likelihood of their children's consolidating their PA

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