

Social Support and Youth Physical Activity: The Role of Provider and Type

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Objective: To examine provider and type variation in social support (SS) for activity. **Methods:** Three hundred sixty-three fifth to eighth-grade students completed a questionnaire assessing self-reported activity and social support (SS) from 3 providers: mom, dad, and peers. Important covariates of activity were included in the analysis: age, BMI, sex, and maturation. **Results:** Structural equation modeling indicated peers,

transportation, and praise affected activity levels. Boys reported greater SS than girls did. Maturation, age, and BMI exhibited unique effects on SS. **Conclusions:** Increasing positive feedback, transportation to places to be active, and peer support may prove advantageous in improving activity levels in this age-group.

Key words: family, children, parents, peers, VPA, Sports

Am J Health Behav. 2006;30(3):278-289
