

The Study on Impact of Parental Sports Behavior on Adolescent Students' Sports Participation from the Perspective of Family Environment

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Abstract: *The family is the smallest basic unit of society, and the role of parents in the growth process of children is irreplaceable. With the changes in birth policies and family structures, the number of only or two child families has been increasing year by year, and the roles and responsibilities of parents are also changing. Modern parents are paying more attention to their children's education, health, and growth. To this end, parents have begun to seek more educational resources, encourage their children to participate in sports, and actively create an environment conducive to their healthy growth. Teenage students are at a critical time of growth, and good sports habits are crucial for their future development. Due to the longer time that adolescent students spend with their parents, their parents' behavior patterns can have a profound impact on them. This study is based on the perspective of family environment, analyzing the impact of parental sports behavior on the participation of adolescent students in sports, in order to provide assistance for the healthy growth of adolescent students.*

Keywords: *Family environment perspective; parental sports behavior; teenagers; sports participation*

1. Introduction

With the progress of society and the improvement of living standards, the lifestyle of teenagers has undergone significant changes and is facing many health challenges. Heavy academic workload, excessive nutrient intake, and insufficient exercise can all lead to excessive physical and mental stimulation, especially in the face of fierce competition. Adolescent students are prone to physical and psychological distress, and may develop various acute and chronic diseases^[1]. At present, some people have a biased understanding of sports, and the education system in China does not attach enough importance to the learning of sports skills and the cultivation of lifelong sports awareness. Therefore, many young students miss the opportunity to learn sports skills and experience sports activities. This phenomenon has directly led to a continuous increase in obesity rates among adolescent students in China. Although their physical development such as height and weight has improved, their basic physical qualities such as strength and agility have shown a significant decline. This paper explores the impact of parental sports behavior on adolescent students' participation in sports from the perspective of family environment, providing reference for adolescent students' physical exercise.

2. The connotation of sports behavior

Sports behavior refers to various forms of exercise and physical activity that humans engage in to meet their physical needs. The scope of this behavior is relatively broad, including school sports, leisure sports, competitive sports, etc^[2]. From a psychological perspective, sports behavior is closely linked to an individual's psychological state, such as their interest in sports, motivation to participate in sports, and attitude towards sports. Whether it is the cognition and emotional response in sports scenes, or the psychological tendency to actively participate in sports activities, they all constitute a part of sports behavior. Through sports activities, people can acquire knowledge and skills related to health, thereby promoting the healthy development of their body and mind. At the same time, sports activities help cultivate individuals' willpower, self-discipline, and team spirit, and have a positive impact on their future development. For adolescent students, the intrinsic drive to participate in sports activities includes cognitive evaluation, behavioral intention, and emotional experience of physical exercise.

3. Current situation of adolescent student sports participation

The current situation of sports participation among adolescent students presents a certain degree of complexity and diversity. Sports activities can help teenagers maintain a healthy weight, strengthen their cardiovascular function, and enhance their self-efficacy. Therefore, many teachers and parents have begun to pay attention to the exercise of adolescent students, encouraging them to participate in various sports activities through physical education courses, competitions, and other means^[3-4]. At present, teenage students participate in sports activities with low frequency and limited time, making it difficult to achieve the goal of physical exercise. Especially for students in the third year of junior high school, their physiological development reaches its peak, and coupled with the influence of physical education entrance exams, their bodies can withstand a certain amount of high-intensity exercise. However, the actual exercise pattern may be influenced by external factors such as academic pressure, making it difficult for third year students to ensure high frequency and duration of high-intensity exercise. In general, the exercise intensity of male middle school students is usually higher than that of female middle school students, which is determined by their physiological structural differences. Although the importance of sports activities for adolescent students has been widely recognized, in reality, their participation in sports still faces many obstacles and needs improvement.

4. The importance of strengthening the participation of adolescent students in sports activities

4.1. Enhancing the physical fitness of adolescent students

The health of young people is the cornerstone of a strong country. However, the physical health status of Chinese teenagers has been declining for a long time, and the fundamental reason is that teenagers lack sufficient physical exercise. Since 1979, the General Administration of Sport of China and ten other departments have conducted a physical fitness survey of young people nationwide every five years^[5]. Despite the gradual improvement in people's quality of life and the extension of life expectancy in the past thirty years, the physical health status of Chinese adolescent students has not fundamentally improved, and survey results still show a downward trend. This phenomenon indicates that although the material standard of living continues to improve, the health problems of adolescents have not been effectively addressed. Lack of physical exercise not only affects the physical health of adolescents, but may also have negative effects on their psychological development and academic performance. Therefore, strengthening physical exercise for young people and improving their physical health has become an urgent task. Regular physical activities can enhance the cardiovascular function, muscle strength, and endurance of adolescent students, improve their immunity, and reduce their risk of illness. Strengthening the participation of adolescent students in sports can stimulate bone growth, enhance joint flexibility, and promote normal physical development of adolescents.

4.2. Enhancing the mental health of adolescent students through exercise

Although China's education industry has developed in the direction of quality education, it still focuses on exam oriented education. Young students bear heavy academic pressure and psychological pressure, which can easily lead to negative emotions. Sports activities are an effective way to relieve stress, which can help teenagers and students alleviate the pressure brought by learning and life, reduce anxiety and depression^[6]. Sports can promote the release of hormones such as endorphins in the brain, which can play a certain emotional regulatory role and help adolescent students maintain a good emotional state. In addition, regular physical activity helps to improve blood circulation in the brain, enhance concentration and memory, thereby improving learning efficiency.

4.3. Improving students' social adaptability

Moderate participation in sports by adolescent students can better adapt to society and benefit their future development. The main reasons for this are as follows. Firstly, sports activities often come with the learning and adherence to rules, which helps young students establish a concept of fair competition and cultivate a sense of compliance with laws and regulations. Secondly, team sports programs can cultivate the spirit of teamwork, leadership skills, and sense of collective honor among young students, helping them better adapt and cooperate in their future social life. Thirdly, developing exercise habits from an early age can help young students establish a lifelong awareness of health, thereby reducing the risk of illness. Fourthly, sports activities help cultivate the willpower, self-discipline, and team spirit

of young students.

5. The impact of parental sports behavior on adolescent students' sports participation from the perspective of family environment

5.1. Emotional Participation

Teenage students are in a critical period of growth, and their parents' words, actions, and emotional expressions can profoundly influence their behavioral choices and emotional experiences. When parents actively participate in sports activities and show positive emotions, these positive emotions will be perceived and internalized by adolescent students, which is conducive to enhancing their enthusiasm for participating in sports activities. On the contrary, if parents show negative emotions towards sports activities, adolescent students will also be affected, think that participating in sports activities is not beneficial, and may even have a negative view of sports activities^[7]. The encouragement and support from family members have a significant impact on the healthy growth of students. If parents actively participate in sports activities and encourage their children to participate, and give recognition and praise when their children make progress, it can greatly increase the willingness of young students to participate in sports. In addition, parents and children participating in sports activities together can create many wonderful shared experiences, which can enhance parent-child relationships and boost the confidence of young students. Based on this, parents should pay attention to positive emotional transmission and support in their daily lives, and create a healthy sports participation environment for young students.

5.2. Role Model Learning

Parents are the first teachers of their children, and there is a significant correlation between their physical behavior and their students' participation in sports. Generally speaking, the better the parents' physical behavior, the higher the frequency of students' participation in sports. Parents' sports behavior can have a certain exemplary effect on adolescent students' participation in sports, mainly reflected in the following aspects. One is observation and learning. Teenage students learn specific sports skills and habits by observing their parents' physical behavior, while parents demonstrate a healthy lifestyle through their own practical actions, setting a good example for teenage students^[8-9]. Another is result analysis. Teenage students will observe the positive or negative outcomes of their parents' physical activities, in order to predict the possible consequences of similar behavior. Positive results will enhance the expectations of young students for sports activities and greatly stimulate their willingness to participate in sports. The last one is value transmission. Parents convey their emphasis on health and physical activity through their own behavior, which is beneficial for young students to establish correct health values. At the same time, parents' physical behavior may become the standard for adolescent students to judge and evaluate their own and others' physical behavior. If parents frequently participate in sports activities, teenage students will consider it a normal and commendable behavior, and thus be more willing to participate in sports activities.

5.3. Time investment

The time and energy invested by parents in sports activities not only directly affect the exercise habits of young students, but also indirectly affect their participation in sports through various channels such as family atmosphere, resource provision, and emotional support. When parents spend time participating in sports activities with teenagers, this shared participation behavior provides a direct demonstration for teenage students^[10]. Even if parents do not engage in sports activities with their adolescent students, their own time investment in sports activities can still serve as a model. Meanwhile, how parents allocate their time, especially work and leisure time, has a significant impact on the time management concepts of adolescent students. If parents can take time out of their busy work to engage in sports activities, teenage students will learn from their parents how to find time to participate in sports in their studies. If parents often emphasize the importance of health and exercise, and practice this in real life, adolescent students are more likely to see exercise as an essential part of their lives. According to the World Health Organization's "Guidelines for Physical Activity and Sedentary Behavior" for adults, in order to meet the minimum exercise standards, for example, exercising twice a week requires at least 75 minutes of moderate intensity exercise or at least 37.5 minutes of high-intensity exercise per session. However, in reality, only a few parents exercise for more than 50

minutes per week, and parents of adolescent students generally participate in sports for shorter periods of time. This may be because the parents of teenage students are generally over 35 years old, and they are busy with work and taking care of their families, which puts a lot of pressure on their lives, making it difficult to arrange more exercise time.

5.4. Material Support

Youth students who want to engage in sports activities need certain material support, which not only includes providing necessary sports equipment and facilities, but also involves economic support, information resources, and environmental conditions^[1]. Parents can improve the comfort and safety of adolescent students' participation in sports activities by purchasing suitable sports equipment such as running shoes, rackets, swimsuits, etc. Parents bearing the cost of physical education courses, training classes, or competitions for their adolescent students can eliminate economic barriers and create a good sports environment for students. Parents can also collect and share information about sports activities through the Internet, books, magazines and other channels to help young students understand different sports and training methods and guide them to conduct scientific training. If conditions permit, parents can create a dedicated sports space at home, such as installing table tennis tables, basketball hoops, or fitness equipment, to provide a convenient sports environment for young students. They can also organize weekend hiking, cycling, and other family sports activities to provide more opportunities for students to exercise, thereby helping young students establish healthy habits, improve physical fitness, and promote comprehensive development.

6. Conclusion

Reasonable sports activities can not only promote the physical and mental health of young students, but also have a positive effect on preventing various chronic diseases. For adolescent students, the family is a crucial place to cultivate early sports awareness and learn sports skills. The physical behavior of parents has a significant positive relationship with the participation of adolescent students in sports. A family environment with a strong sports atmosphere helps adolescent students develop a love for sports and establish regular exercise habits. Therefore, parents should actively participate in sports activities, convey the correct attitude towards sports to their children, set a good example for them, create a good sports atmosphere in the family, provide necessary sports resources for children, and stimulate their enthusiasm for participating in sports activities. Improving parents' sports behavior can not only meet their own health needs, but also have a positive effect on the comprehensive development of young students.

Acknowledgement

This study was supported by Ministry of Education Humanities and Social Sciences Projects, China: Influence of Parents' PA Behavior on Adolescents' PA Participation from a Family Environment Perspective. (No.20YJC8900204).

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