Social control (SC) has been examined in physical activity (PA) lapses in children and associated with behavior change (Wilson & Spink, 2010). Conceptually, SC is used in response to deviations from a norm (Lewis & Butterfield, 2005). With PA, norms were related to the use of SC by parents (Wilson & Spink, 2010). Separate multiple regressions were performed for each type of SC (positive, collaborative, negative):

- Positive SC
  - F(2,121)=2.28,p=.1
  - \( b = .04, p = .2 \) on age
  - \( b = .16, p = .1 \) on satisfaction
  - \( R^2 = .04 \)

- Collaborative SC
  - F(2,121)=8.78,p<.001
  - \( b = -.08, p = .02 \) on age
  - \( b = .33, p = .001 \) on satisfaction
  - \( R^2 = .13 \)

- Negative SC
  - F(2,119)=4.2,p=.02
  - \( b = .04, p = .2 \) on age
  - \( b = -.22, p = .008 \) on satisfaction
  - \( R^2 = .07 \)

**Table 1. Descriptive Statistics**

<table>
<thead>
<tr>
<th>Sample item</th>
<th>Number of items</th>
<th>α</th>
<th>Mean (SD)</th>
<th>Min-Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive SC Say to your child that physical activity is good for him/her</td>
<td>4</td>
<td>.76</td>
<td>4.6 (1.6)</td>
<td>1-7</td>
</tr>
<tr>
<td>Collaborative SC Offer to be active with them</td>
<td>3</td>
<td>.78</td>
<td>4.6 (1.6)</td>
<td>1-7</td>
</tr>
<tr>
<td>Negative SC Nag the child</td>
<td>2</td>
<td>.79</td>
<td>2.1 (1.4)</td>
<td>1-7</td>
</tr>
<tr>
<td>Satisfaction with PA How satisfied were you with the amount of time spent being active</td>
<td>1</td>
<td>N/A</td>
<td>1.8 (1.5)</td>
<td>-3-3</td>
</tr>
</tbody>
</table>

**Results Summary**

- Parent’s satisfaction with amount of time being physically active was associated with social control use differently depending on the type of SC:
  - Negative SC: Less satisfied = more use
  - Collaborative SC: More satisfied = more use
  - Positive SC: approached significance
  - Similar to collaborative SC
  - Age not strongly related
  - Different types used at different ages?
  - Less collaborative SC with older children

**Discussion**

- Mixed findings for the support of the SC use relationship
  - Dissatisfied parents used more negative SC
    - Implications for this type of SC as its use has not been related to behavior (Wilson & Spink, 2010)
    - Supports conceptual framework that SC is a response to norm violation (Lewis & Butterfield, 2005)
  - In contrast, more satisfied parents used more collaborative SC
    - Contrary to norm violation
    - Perhaps positive behaviors that are associated with collaborative SC (Wilson & Spink, 2010) may lead to greater satisfaction

**Strengths**

- Correspondence between satisfaction (over past week) and social control (use during past week)
- Considered types of SC separately as they appear quite different in their uses

**Limitations**

- Cross sectional survey, which limits ability to see direction of relationships
- Majority of parents were mothers so it is unclear whether these patterns remain in samples of fathers

**Future Directions**

- Examine this satisfaction using a prospective design to see if changes in satisfaction affect changes in SC use
- With age differences in collaborative SC, explore how all ages of children respond to this type of SC in terms of behavior