**Preschool Parents’ Use of Social Control and the Relationship with Parents’ Regulatory Efficacy**

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**Methods**

- **Participants:** Recruited 23 preschool families to participate (parent and child)
  - 14 boys and 9 girls
  - 20 mothers and 3 fathers
  - The ages of preschool children ranged from 2-6 years old (M=3.9 years, SD=1.3 years)

- **Procedures:** Parents completed a questionnaire in person

- **Measures:**
  - **Self-efficacy** (SE; Bloomquist, 2010)
    - 0% (not at all) to 100% (completely confident)
  - **Scheduling Self-efficacy** (5 items)
  - **Barriers self-efficacy** (4 items)
  - **Social control** (SC; Wilson & Spink, 2011)

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**Introduction**

- Preschool physical activity (PA) has been related to the influences that parents provide (Loprinzi & Trost, 2010)
- Social control is a regulatory influence that parents use to prompt or persuade their child to perform PA (Wilson & Spink, 2011)
- Parents’ efficacy to manage their child’s behavior has been associated with physical activity (Smith et al., 2010) and sedentary behaviors (Wilson & Spink, 2012)
- Since social influences such as social control have been associated with children’s behavior (Wilson & Spink, 2011), one wonders if the influences parents provide would also be associated with the parents efficacy to promote physical activity

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**Analysis**

- Separate multiple regression was performed for each type of SC:
  - **DV:** Each type of social control
  - **IV:** Barriers SE and Scheduling SE

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**Results**

### Positive SC

<table>
<thead>
<tr>
<th>Predictors</th>
<th>$R^2$</th>
<th>$\beta$</th>
<th>$F$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barriers SE</td>
<td>21%</td>
<td>.44**</td>
<td>2.6*</td>
</tr>
<tr>
<td>Scheduling SE</td>
<td>21%</td>
<td>-.22</td>
<td></td>
</tr>
</tbody>
</table>

### Collaborative SC

<table>
<thead>
<tr>
<th>Predictors</th>
<th>$R^2$</th>
<th>$\beta$</th>
<th>$F$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barriers SE</td>
<td>44%</td>
<td>.66**</td>
<td>7.99**</td>
</tr>
<tr>
<td>Scheduling SE</td>
<td>44%</td>
<td>.04</td>
<td></td>
</tr>
</tbody>
</table>

### Negative SC

<table>
<thead>
<tr>
<th>Predictors</th>
<th>$R^2$</th>
<th>$\beta$</th>
<th>$F$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barriers SE</td>
<td>11%</td>
<td>-</td>
<td>1.19</td>
</tr>
<tr>
<td>Scheduling SE</td>
<td>11%</td>
<td>-</td>
<td></td>
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*p-value ≤ 0.1; **p-value ≤ 0.05

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**Discussion**

- For collaborative and positive SC, parents who were more confident in overcoming barriers reported using more influences
  - Supports concept that self-efficacy influences behavior (Bandura, 1997)
  - More confident parents use more ‘effective’ types of SC (Wilson & Spink, 2010)
  - In line with previous research showing that self-efficacy is associated with child’s behavior (Smith et al., 2010, Wilson & Spink, 2012)
- Parent self-efficacy was not related to use of negative social control
  - Possibly due to lower reliability (Cronbach alpha =.50)
  - Parents appear to report extremely low levels of nagging in this age group
- Scheduling self-efficacy did not emerge
  - Most parents were confidence (M=91.6%)
  - Lack of variability in the scale?

**Strengths**

- Explored both self efficacy in terms of barriers and parent scheduling with child
- Used measures developed for parents of preschool-age children

**Limitations**

- Small sample size (N=23) requires cautious interpretation
- Mostly mothers participated limits ability to generalize to fathers (20 mothers; 3 fathers)

**Future Directions**

- Examine the conceptualization of negative social control in this age group
- Examine whether parents’ self-efficacy relate to physical activity behavior
  - Consider social influences as a possible mediator

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**Purpose**

This study explored whether parent self-efficacy was associated with the use of social control in preschool age children.

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**Procedures:**
- Parents completed a questionnaire in person

**Measures:**
- **Self-efficacy** (SE; Bloomquist, 2010)
  - 0% (not at all) to 100% (completely confident)
- **Scheduling Self-efficacy** (5 items)
- **Barriers self-efficacy** (4 items)
- **Social control** (SC; Wilson & Spink, 2011)
- **Reported use during last week**
  - 0 (not at all) to 7 (daily)
- **Positive SC (4 items) – “encourage them”**
- **Collaborative SC (3 items) – “offer to be active with them”**
- **Negative SC (2 items) – “nag”**