Introduction

- Parents play a key role in their children’s physical activity (PA)
- Both parent support and modeling have been related to child’s PA
- Yao & Rhodes, 2018
- Social control occurs when one individual acts influence the behavior of another
- Social control related to positive health outcomes among spouses
- Craddock et al., 2015
- Less literature has examined social control provided by parents
- Social control use by parents has been related to physical activity behavior
- However, previous research has focused primarily on reports from either the parent or the child
- Parent and child reports of health behavior are not consistent
- Koning et al., 2018
- Previous qualitative research with dyads on social control suggest a dyadic perspective maybe beneficial given different perspectives
- Wilson, Spink & Brawley, 2014

Purpose

This study examined parental influences from a dyadic perspective.

Methods

Participants:
- 13 Parents:
  - 11 (84.6%) mothers & 2 (15.4%) fathers
  - Ethnicity: 8 (61.5%) White; 3 (23.1%) Multi-racial; 2 (15.4%) Asian American
- 13 Youth aged 8-12 years (M=9.8 years, SD=1.4 years)
  - 9 females & 4 males
  - Ethnicity: 6 (46.2%) White; 5 (38.5%) Multi-racial; 2 (15.4%) Asian American

Procedure:
- Dyads met with researchers to complete a background questionnaire and were trained on how to complete an online diary
- Parents and youth completed the diary individually each night for a 10-day period

Measures:
- In the diary, any attempt by the parent to prompt the child to engage in PA was reported
- How many times did you [your parent] try to get your child [you] to participate in more physical activity today?
- Reactions:
  - How did your child’s [your] PA level change?
  - How did your child [you] feel during this attempt?
  - How did you [your parent] feel during this attempt:
    - -3 (decrease a lot/very negative) to +3 (increase a lot/very positive)

Analysis:

- To characterize the parental influence attempts, descriptive statistics were used
- McNemar test was performed to compare whether parents or children reported more days with a parental influence attempt
- Kruskall-Wallis test was performed to compare responses (behavior & feelings by strategy type)

Number of Days with Parental Influence Attempt

Types of Strategies Used

- 2 of the 10 common attempts were reported as the same strategy by both parents and youth (one collaborative and one negative)

Reaction to Attempts

Summary of Strategies Used

- These findings highlight the complexity of the parent-youth relationship with respect to parental influences
- Very few common attempts were identified, and the strategies of those attempts only matched twice
- Only 28.6% days of parents’ attempts were recognized by youth
  - Only 28.6% days of parents’ attempts were recognized by youth
  - Koning et al., 2018
  - McNemar
  - Kruskall-Wallis
  - Positive: 14.0% (Order, Nag)
  - Negative: 27.9% (Order, Nag)
  - Other: 13.3% (Order, Nag)

Discussion

- These findings highlight the complexity of the parent-youth relationship with respect to parental influences
- Very few common attempts were identified, and the strategies of those attempts only matched twice
- Only 28.6% days of parents’ attempts were recognized by youth
  - Although parents report matches up with literature that report positive behavioral reactance associated with these strategies
- Youth report more negative strategies (41.4%; e.g., order, nag) than parents (27.9%)
- Parents may under-report these strategies or other strategies are perceived as nagging by youth (Pinkerton et al., 2014)
- Parents report more variability in different strategies with more collaborative strategies (48.4%) than youth (17.2%)
- These collaborative strategies associated with behavior change in previous research (Wilson & Spink, 2011)
- Positive reactions seen for positive and collaborative strategies as reported by parents but no difference in reactions identified by youth
- Parent report matches up with literature that report positive behavior change and affect in response to positive strategies (Lewis & Butterfield, 2005; Wilson & Spink, 2011)

Limitations

- Small sample size and only two fathers limits the generalization of findings
- Data analyzed at the ‘day’ level due to small sample size and the nested level of the data was not modelled
- Although attempts match up on same days, the attempts may not reflect same situation

Future Directions

- Further research is needed to explore outcomes of these influence attempts as related to PA participation
- Examine how these strategies are perceived and the potential behavioral reactance associated with these strategies

Strategies parents’ use to promote physical activity in their children: A dyadic diary study
Kathleen S. Wilson, Brandon L. Keyes, B. L., Nikki Saberi
California State University, Fullerton

Overall attempts

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Common attempts

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Parent reported attempts only

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Strategies reported (n=40)

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Positive reactions seen for positive and collaborative strategies as related to PA participation

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Parents reported more social influence attempts than youth (p < .001)