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The Relationship Between Physical Activity and Family Support Among School Students at Negeri Sembilan



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Abstract | This study aimed to investigate the relationship between family support and physical activity among school students at Negeri Sembilan. The sample of this research is the school's students at Negeri Sembilan. This study involves 464 respondents (256 = male, 208 = female). There are three sections to the questionnaire. Section A, demographic; section B, physical activity questionnaire for adolescents; and Section C, activity support scale for multiple groups. The data analysis method used for the first and second research questions was descriptive analysis. For the third research question, the relationship between physical activity and family support among school students at Negeri Sembilan was using Pearson's Correlation.

Keywords: *Physical activity, PAQ-A, family support, ACTS-MG.*

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I. INTRODUCTION

Physical exercise is very important today, as it not only reduces the risk of chronic illnesses but also improves an individual's general health [5]. Physical exercise boosts the immune system, possibly lowering the incidence of communicable illnesses such as bacterial and viral infections [3]. Nonetheless, powerful technological advancements have resulted in a considerable decrease in physical activity in modern lives, directly contributing to the growth of several noncommunicable illnesses such as diabetes, cardiovascular disease, and obesity [3]. Moreover, children who do not participate in physical exercise miss out on the beneficial social and emotional benefits that may be achieved, such as increased self-esteem, decreased anxiety, and reduced stress [4].

Families have an important role in shaping a child's physical exercise behaviour by encouraging active participation [1]. In the home, parental assistance allows parents to bridge the physical and psychological distance between themselves and their children. This help includes advice for children who need aid with their behavioural, social, and intellectual development. To promote their children's participation and align with personal goals, parents commit to continually encouraging, evaluating, and inspiring them [5]. These aspects affect and influence students' engagement in sports and physical activities [5]. Certainly, parents not only accompany their children to the competition place but also remain there, demonstrating their potential effect on the kid and their behaviour in a variety of situations [2].

II. METHODS

A quantitative research design was used in this study by using the survey method. For this study, the population refers to school students in Negeri Sembilan who are in primary school. The Statistical Package for Social Science (SPSS) version 28 was used for analysing all the data. The questionnaire consisted of three sections. The first section was the demographic profile of respondents, followed by the Physical Activity Questionnaire for Adolescents (PAQ-A). Moreover, the next section was the Activity Support Scale for Multiple Groups (ACTS-MG). There were four factors or domains that were accessible in the questionnaire, which were logistic support, modelling, use of community resources, and restricting access to sedentary activity. In addition, the hypothesis was tested using Pearson Correlation.

III. RESULTS AND DISCUSSION

The correlation analysis showed a weakly correlated relationship between family support and physical activity ($r = 0.271$, $p < 0.05$). Thus, the null hypothesis was rejected because there is a significant relationship between physical activity and family among school's students at Negeri Sembilan.

TABLE 1
CORRELATION BETWEEN FAMILY SUPPORT AND PHYSICAL ACTIVITY

		Family Support
	Pearson's Correlation	0.271**
Physical Activity	Sig. (2-tailed)	0.001
	N	464

** 0.05 level (2-tailed)

IV. CONCLUSIONS

In conclusion, a body of previous research has emphasized the critical importance of physical activity in promoting health and well-being. According to studies, adolescents who do not have sufficient familial support are less likely to engage in physical activity. Studies have found that adolescents' levels of physical activity are directly connected to the support they receive from their families, such as encouragement, involvement in joint activities, and positive comments on their performance.

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