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Inter-Relation of Parenting Styles with Physical Fitness of Female Adolescents

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The purpose of the study was to check the inter-relation of parenting styles with the different components of physical fitness. Researcher had selected total six hundred forty six (646) school girls as subjects from three districts of Punjab. The age of the subjects were ranged between 13 to 18 years. The aim was to study the inter-relation of parenting styles with the different components of physical fitness of school going girls. The variables selected for the study were speed, strength and flexibility. The data was analyzed to find out the interrelation of parenting styles with physical fitness. Relationship between the variables was checked by using Spearman's correlation.

Keywords: Parenting styles, Speed, Strength, Flexibility

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Introduction

'Parenting' word means the way a parent connects with his/her kid. The three basic classifications of parenting style were introduced by Baumrind (1967) viz. Authoritative style which give positive direction and sincere discipline; Authoritarian style which is characterised as having dictatorial approach and obedience submission; and Permissive style which gives the liberty of decision making with nominal castigation. Consistent surveillance by parents is considered as effective on various risk behaviors among both upper and middle class populace. At the same time, lack of leading the child can increase the chances of sexual behavior and lack of communication between child and parents can lead to augmentation of sexual risk behaviors. A study considered components impacting psycho-social improvement of preschool kids in rural population (Kumar et al., 1997). Another investigation on domestic aspects impacting improvement of infantile kids of age 3-6 years in four zones of Thailand demonstrated that the children enjoying decent parenting have 2.3 times greater opportunity to have healthy growth than those getting poor parenting (Nanthamongkolchai et al., 2004).

Physical fitness alludes to an arrangement of inborn or accomplished individual ascribes that identify with the ability to perform physical action as well as exercise (Caspersen, Powell, and Christenson, 1985; Ortega, Ruiz, Castillo, and Sjöström, 2008). In spite of the known advantages of physical movement and wellness, PA levels incline to diminish with age (Trost et al., 2002), and time spent in inactive conduct increments, particularly amid teenage (Pate, Mitchell, Byun, and Dowda, 2011). A logical documentation of a decrease in teenagers physical fitnessstatus is constrained (Malina, 2007). Be that as it may, the predominance of overweight and stoutness (Neumark-Sztainer, Wall, Eisenberg, Story, and Hannan, 2006) with respect to the time spent in narcotic exercises (Pate et al., 2011) can in a roundabout way be an indication of such a pattern in this age gathering. Along these with physical fitness and movement levels in young people may create particular avoidance methodologies and advance a sound way of life.

Objective

The objective of the study was to analysis the inter-relation of parenting styles with the different components of physical fitness.

Hypothesis

There will be significant interrelation of parenting style with physical fitness

Material and Methods

Selection of Subjects: - Total six hundred forty six (646) school girls as subjects from three districts of Punjab. Seventy (70) college girls were selected as subjects. Parenting style was also assessed by administering questionnaires on the parents of the subjects. Physical fitness was checked by different physical tests.

Selection of variables:-The following three parameters of physical fitness were selected for the purpose of this research.

01. Speed

02. Strength

03. Flexibility

Tools of data collection

Table Enclosed as Annexure 01

Statistical Procedure

Demographic characteristics were described as a mean and standard deviation. Descriptive statistics were presented physical fitness components and different parenting styles. The data were found skewed; therefore, Spearman's rank ordered correlation was employed to find out the association between physical fitness and parenting style. Scatter diagrams were constructed to represent the figures graphically. The significance level was at 0.05.

Results

It is showed in table (As Annexure) that score of speed ranged from 6.51 to 15.19 with mean value of 9.45 and standard deviation of 1.75. The values for the variable strength ranged from 0.91 to 2.02 with mean score of 1.29 and standard deviation of 0.15. The score for the variable flexibility ranged from 8.00 to 50.00 with the mean score of 26.10 and standard deviation of 6.80. The scores for authoritative parenting style ranged from 1.00 to 5.00 with a mean score

Of 4.74 and standard deviation of 0.33. For authoritarian parenting style, score ranged from 1.00 to 5.00 with a mean value of 3.55 and standard deviation of 1.12. For permissive parenting style, the minimum score was 1.00, and the maximum score was 2.78 with a mean value of 1.22 and standard deviation of 0.32.

Table: 1

Descriptive Statistics of Physical fitness components and Parenting styles among female adolescents (N=646)

Table Enclosed as Annexure 02

Table: 2

Correlations between speed and parenting styles among female adolescents

Table Enclosed as Annexure 03

Table: 3

Correlations between strength and parenting styles among female adolescents

Table Enclosed as Annexure 04

Table: 4

Correlations between flexibility and parenting styles among female adolescents

Table Enclosed as Annexure 05

Discussion on Findings

Physical fitness is the key indicator of the health status of an individual. There are many factors which determine this health indicator like socio-economic statuses, age, gender, climatic conditions, social environment, daily routine habits, cultural influences and many more. Children health and well-being is significantly dependent on their parental care and parenting style whether it is their mental health or physical health. As we can see in results that in female adolescents, evidently from table 2 speed has a significant but weak positive correlation with authoritative and authoritarian parenting styles. However, no significant correlation was found between speed and permissive parenting style. On the other side no significant correlation of strength was found with Authoritative, Authoritarian and Permissive parenting style. Flexibility has a significant but weak negative correlation with Authoritative parenting style. No significant Correlation was found between flexibility and authoritarian and permissive parenting style. (Trudeau et al, 2008) estimated that sometimes youth do not meet physical activity guidelines.

Annexure

Annexure 01

Tools of data collection

Variable	Tool
Parenting style	Parenting Style & Dimension Questionnaire (PSDQ – Short Version) (Robinson et al., 1995)
Speed	50 meter dash
Strength	Standing broad jump
Flexibility	Sit and reach test

Annexure 02

Table: 1

Descriptive Statistics of Physical fitness components and Parenting styles among female adolescents (N=646)

Variable	Mean	Std. Deviation	Min.	Max.
Speed	9.45	1.75	6.51	15.19
Strength	1.29	0.15	0.91	2.02
Flexibility	26.10	6.80	8.00	50.00
Authoritative parenting	4.74	0.33	1.00	5.00
Authoritarian parenting	3.55	1.12	1.00	5.00
Permissive parenting	1.22	0.32	1.00	2.78

Annexure 03

Table: 2

Correlations between speed and parenting styles among female adolescents

Variable	Speed	
Parenting style	Coefficient of correlation	p-value
Authoritative	0.122*	0.002
Authoritarian	0.291**	0.001
Permissive	0.063	0.118

Annexure 04

Table: 3

Correlations between strength and parenting styles among female adolescents

Variable	Strength	
Parenting style	Coefficient of correlation	p-value
Authoritative	-0.012	0.765
Authoritarian	0.068	0.092
Permissive	0.071	0.079

Annexure 05

Table: 4

Correlations between flexibility and parenting styles among female adolescents

Variable	Flexibility	
Parenting style	Coefficient of correlation	p-value
Authoritative	-0.082*	0.043
Authoritarian	-0.068	0.093
Permissive	-0.008	0.845

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