

PAPROM07**DOES THE RELATIONSHIP BETWEEN PARENTAL MODELING AND CHILD AND ADOLESCENT PHYSICAL ACTIVITY DEPEND ON AGE AND GENDER?****Anne Kerstin Reimers, Darko Jekauc, Filip Mess, Stefanie Everke-Buchanan, Alexander Woll***Faculty of Health Sciences, University of Bielefeld, Bielefeld, Germany*

Background: Physical activity is important for children's and adolescents' health. Many different biological, morphological, psychological and genetic factors as well as the environment and social influences affect the physical activity behavior of children and adolescents. Social learning theory proposes that children learn by imitating the behavior of their social models.

Objective: The purpose of this study was to determine whether parental modeling of physical activity has a differential impact on children's and adolescents' physical activity both in and outside of sports clubs by age and by gender.

Methods: The motorik modul, as part of the German Health Interview and Examination Survey for Children and Adolescents (KiGGS), is a representative study for all of Germany on motor abilities and physical activity among children and adolescents. The sample includes 4,529 young people aged between 4 and 17. Physical activity was assessed by self report (4 to 10 years: parent report) using a questionnaire on the settings of school, club, leisure time sport and everyday activity (i.e. playing outside), which includes the duration, intensity and frequency of the children's activities. Participants were also asked if their parents are regularly physically active.

Results: Descriptive analyses have shown that boys participate in more club and leisure time sport than girls. The range of physical activity increases with age for both genders. Both the mother's physical activity (PAmother) [$F(1,23) = 8.54, p = .004, \eta^2 = .002$] as well as the father's physical activity (PAfather) [$F(1,23) = 19.34, p < .001, \eta^2 = .005$] are significant predictors for the club and leisure time physical activity of children and adolescents. The variance analysis points to significant interaction effects "PAmother * gender" [$F(1,23) = 4.15, p = .042, \eta^2 = .001$], "PAmother * age" [$F(2,23) = 4.89, p = .008, \eta^2 = .003$], "PAfather * age" [$F(2,23) = 7.05, p = .001, \eta^2 = .004$] and "gender * age" [$F(2,23) = 8.57, p < .001, \eta^2 = .005$]. The significance of the mother as a model for the physical activity of children and adolescents lessens with increasing age, and the mother is a more important model for girls than for boys. The significance of the father increases with age for girls and boys.

Conclusions: The results of this study can largely confirm the differential assumptions of social learning theory. Model learning among children and adolescents changes with age and is dependent on gender.

Keywords: Children, parents, physical activity, age, models, gender.

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