

## عنوان مقاله:

Effects of the Social Climate of the Physical Education Class on Children's Participation in Physical Activities: The Mediating Role of Relatedness

## محل انتشار:

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## خلاصه مقاله:

Background: Positive social climate can influence academic performance, satisfactory cognitive and emotional results, and higher sport commitment. However, the social climate within the physical education class has rarely been investigated. The aim of this study was, therefore, to investigate the impact of social climate within the physical education class on the participation of children in physical activities, considering the mediating role of perceived relatedness. Method: This study followed a descriptive-correlational method. ۳۸۴ children (۱۹۲ girls) attending regular primary schools participated voluntarily in this study. Mean age of participants was  $10.37 \pm 1.07$  years-old. Standard questionnaires were used to measure the research variables. Data was analyzed by the use of Pearson correlation test, independent t-test, and structural equation modeling. Results: Level of physical activity among children was almost low ( $2.10 \pm 1.09$ ). In addition, boys had significantly higher amounts of physical activity than girls ( $t = -5.167$ ,  $P < 0.001$ ). Social climate in the physical education class had significant effects on the participation of children in physical activity ( $T = 6.366$ ). Also, perceived relatedness support was revealed to significantly affect physical activity ( $T = 5.947$ ). In addition, perceived relatedness support significantly mediated the association between social climate and physical activity ( $P < 0.001$ ). Conclusion: Social climate, relatedness support, and physical activity are critical concerns for children. Thus, there is a need to make a social and supportive climate in the physical education class. This can be achieved by increasing the quality of contacts and friendship among students

## کلمات کلیدی:

Children, social climate, Physical Activity, relatedness, Physical Education

## لینک ثابت مقاله در پایگاه سیویلیکا:

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