Parental PA Motivation and PA Level of their Children with Developmental Disabilities

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Background

- Individuals with developmental disabilities have been showing lower physical activity (PA) levels, and even larger decrease during the pandemic.
- **What has been done:**
  - Ku et al, (2019)’s conceptual model explains how the parental influence variables affect PA of children with developmental disabilities.
- **What has not been done:**
  - Motivation has been overlooked among the parental influence though it is a key part in increasing the want of exercising.
  - People with developmental disabilities have not been studied.

Purpose

1. To examine whether parental PA motivation significantly predict PA level of children with developmental disabilities.
2. To find the basic psychological needs that significantly contribute to predicting children’s PA level.

Methods

- **Participants** recruited were primary caregiving parents/caregivers of individuals with developmental disabilities.
- **Procedure:** cross sectional study. Qualtrics online questionnaires.
  - International Physical Activity Questionnaire-Short form (IPAQ)
  - Self-Regulation Questionnaire-Exercise (SRQ-E)
  - Intrinsic Motivation Inventory (perceived competence, autonomy, relatedness).
- **Data Analysis:** Multiple Linear Regression for main data analysis.

Results

- **Ten Participant responses have been included.** This is our preliminary result.
  - Only PA motivation significantly contributed to the prediction equation.
  - 44.3% explains PA level of children with the equation.

Discussion

- **Main finding:** The parental PA motivation did notably predict their children’s PA level.
- **Limitation:** Could not found influential basic psychological needs, as well as,
  - More sample size is needed
  - Control of children’s ages

Follow-up plan: Develop home-based PA program for parent-child pair

References