

**Parental styles and indicators of physical activity in children and adolescents**

(pp. 97-115)

Emilio J. Martínez-López<sup>1</sup>, Felipe López-Leiva<sup>1</sup>, José E. Moral-García<sup>2</sup>,  
and Manuel J. De la Torre-Cruz<sup>1</sup>

<sup>1</sup>*University of Jaen;* <sup>2</sup>*Pontifical University of Salamanca (Spain)*

This study analyzed the relationship between parenting style and different variables associated to physical activity. In addition, it was explored whether these variables differed according to gender and educational level. 749 elementary and middle school children (10-16 years old) participated in the study. Children's perceptions related to physical activity were found to differ depending on the type of perceived parenting style. Those children raised in permissive and authoritative homes were found to be more intrinsically motivated towards physical education than children raised in authoritarian and negligent homes. They also found the contents of the course more useful and reported to feel more supported by their parents with regards to physical activity. Moreover, scores in task motivation approach, perceived physical competence, performance expectations, intrinsic motivation and utility of physical education, self-efficacy and parental support were higher in elementary school students than in middle school students. No differences based on gender were found. It can be concluded that a more relaxed atmosphere in permissive and authoritative households may encourage a greater tendency to and deeper social values about physical activity.