

THE THREE-YEAR DEVELOPMENTAL CHANGES IN SOCIAL CORRELATES OF PHYSICAL ACTIVITY AMONG GIRLS AND BOYS FROM SELECTED HIGH SCHOOLS IN THE TLOKWE LOCAL MUNICIPALITY

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Abstract

Background: Cross-sectional evidence has been consistent in supporting family social support and peer social support, as significant indicators of adolescents' Moderate to Vigorous Physical Activity (MVPA). The objective of the study was to investigate the changes in social correlates of physical activity over a period of three years among learners in high schools in the Tlokwe local municipality, South Africa.

Methods: A total of 206 (boys=73 and 133 girls) at the third measurements of 2012 to 2014 of the Physical Activity and Health Longitudinal Study (PAHLS) were used. Anthropometric measurements of height, weight, skinfolds thickness and waist circumferences were measured using the standard procedures by International Standard of Advancement of Kinanthropometry (ISAK). Waist-to-height ratio (WtHR), body mass index (BMI) and percentage body fat (%Bf) were calculated. A standardised questionnaire on the Social Support for Physical Activity was used to gather information on social correlates for physical activity.

Results: There were significant statistical ($p < 0.05$) changes and high correlation coefficient (ranged from $r = 0.90$ to $r = 0.97$) as well as larger effect sizes in BMI, %BF and WtHR over a three year period. There were small but not significant statistical ($p > 0.05$) changes in social correlates through the period (Encouragement, coactivity, transportation). A significant change ($p = 0.04$) for someone who watched you participate in PA or sport among girls was revealed.

Conclusions: High correlation coefficients for the developmental changes in body mass, stature, BMI, %BF and WtHR over a period of time. The adolescents did not receive any transportation support over time. Adolescents were motivated and watched by others for participation in physical activity.

Key words: Correlates, changes, physical activity, tracking, coactivity, modelling