



Increasing physical activity among schoolchildren through parental autonomy support

Invitation to participate in the survey for schools in Tartu County!

I am Pille-Riin Meerits, a PhD student at the Institute of Sports Science and Physiotherapy of the University of Tartu, and I am conducting a survey to assess the impact of parent-led autonomous motivation enhancement training on children's extracurricular physical activity. Today's children have a low level of physical activity and sedentary lifestyles have become a common phenomenon, which all together lead to various health problems. It is important to understand the motivational processes to increase the proportion of physical activity during leisure time.

Research from the Institute of Sports Science and Physiotherapy at the University of Tartu allows us to investigate how parental support for autonomy influences children's physical activity outside school. Parents are guided to support children's three innate psychological needs that, when met, enable optimal functioning and growth - the needs for competence, relatedness and autonomy. This research provides insights on how to promote health behaviours in adolescents in relation to physical activity, as well as new information for health educators and parents on how to increase physical activity levels in the out-of-school environment.

The survey will be carried out by randomly selecting sixth and seventh grade students from schools in Tartu County. In the survey, students will be asked to fill in questionnaires on physical activity and motivation. The questionnaire will take 20 minutes to complete.

Participation in this survey is voluntary. The participant has the right to access the data concerning him/her and to obtain any further relevant explanations from the researcher (Pille-Riin Meerits). The data collected will be used for scientific purposes only and will be handled in such a way as to ensure the anonymity of the respondents. Participants have the right to withdraw from the survey at any stage.

The research has been approved by the Human Research Ethics Committee of the University of Tartu (approval no. 327/T-4, 19.10.2020).

Sincerely,

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