





























































(n=84), disagree 6.2% (n=12), strongly disagree 1.0% (n=2). Exercise increases children physical fitness strongly agree are 25.1% (n=49), agree 60.0% (n=117), disagree 12.3% (n=24), strongly disagree 2.6% (n=5). Exercise facilities do not have convenient schedules for children strongly agree are 25.1% (n=49), agree 52.8% (n=103), disagree 21.5% (n=42), strongly disagree .5% (n=1). Children muscle tone is improved with exercise strongly agree are 24.1% (n=47), agree 57.4% (n=112), disagree 14.4% (n=28), strongly disagree 4.1% (n=8). Exercising improves functioning of children cardiovascular system strongly agree are 26.2% (n=51), agree 50.3% (n=98), disagree 18.5% (n=36), strongly disagree 5.1% (n=10). Children are fatigued by exercise strongly agree are 34.9% (n=68), agree 45.1% (n=88), disagree 15.4% (n=30), strongly disagree 4.6% (n=9). Children has improved feelings of wellbeing from exercise strongly agree are 30.8% (n=60), agree 43.6% (n=85), disagree 20.5% (n=40), strongly disagree 5.1% (n=10). Spouse does not encourage exercising strongly agree are 27.2% (n=53), agree 46.7% (n=91), disagree 19.5% (n=38), strongly disagree 6.7% (n=13). Exercise increases children stamina strongly agree are 31.3% (n=61), agree 42.6% (n=83), disagree 18.5% (n=36), strongly disagree 7.7% (n=15). Exercise improves children flexibility strongly agree are 24.1% (n=47), agree 47.2% (n=92), disagree 17.4% (n=34), strongly disagree 11.3% (n=22). Exercise takes too much time from family relationships strongly agree are 28.2% (n=55), agree 47.7% (n=93), disagree 18.5% (n=36), strongly disagree 5.6% (n=11). Disposition is improved by exercise strongly agree are 27.2% (n=53), agree 47.7% (n=93), disagree 24.1% (n=47), strongly disagree 1.0% (n=2). Exercise helps children sleep better at night strongly agree are 30.8% (n=60), agree 43.6% (n=85), disagree 22.6% (n=44), strongly disagree 3.1% (n=6). Children live longer if they exercise strongly agree are 32.8% (n=64), agree 42.6% (n=83), disagree 20.0% (n=39), strongly disagree 4.6% (n=9). Children thinks people in exercise clothes look funny strongly agree are 22.1% (n=43), agree 51.8% (n=101), disagree 23.1% (n=45), strongly disagree 3.1% (n=6). Exercise helps children to decrease fatigue strongly agree are 27.7% (n=54), agree 44.6% (n=87), disagree 24.6% (n=48), strongly disagree 3.1% (n=6). Exercising is a good way for children to meet new people strongly agree are 24.1% (n=47), agree 47.2% (n=92), disagree 24.6% (n=48), strongly disagree 4.1% (n=8). Physical endurance is improved by exercising strongly agree are 24.6% (n=48), agree 44.6% (n=87), disagree 29.7% (n=58), strongly disagree 1.0% (n=2). Exercising improves children self-concept strongly agree are 27.2% (n=53), agree 45.1% (n=88), disagree 23.1% (n=45), strongly disagree 4.6% (n=9). Family members do not

encourage children to exercise strongly agree are 31.8% (n=62), agree 37.4% (n=73), disagree 25.6% (n=50), strongly disagree 5.1% (n=10). Exercising increases children mental alertness strongly agree are 24.1% (n=47), agree 46.7% (n=91), disagree 24.1% (n=47), strongly disagree 5.1% (n=10). Exercise allows children to carry out normal activities without becoming tired strongly agree are 24.1% (n=47), agree 41.5% (n=81), disagree 29.2% (n=57), strongly disagree 5.1% (n=10). Exercise improves the quality of children work strongly agree are 25.6% (n=50), agree 43.6% (n=85), disagree 22.6% (n=44), strongly disagree 8.2% (n=16). Exercise of children takes too much time from family responsibilities strongly agree are 27.2% (n=53), agree 43.6% (n=85), disagree 23.1% (n=45), strongly disagree 6.2% (n=12). Exercise is good entertainment for children strongly agree are 30.3% (n=59), agree 37.9% (n=74), disagree 24.6% (n=48), strongly disagree 7.2% (n=14). Exercising increases children acceptance by others strongly agree are 24.1% (n=47), agree 47.2% (n=92), disagree 23.6% (n=46), strongly disagree 5.1% (n=10). Exercise is hard work for children strongly agree are 20.0% (n=39), agree 48.7% (n=95), disagree 26.2% (n=51), strongly disagree 5.1% (n=10). Exercise improves overall body functioning for children strongly agree are 21.0% (n=41), agree 51.8% (n=101), disagree 22.1% (n=43), strongly disagree 5.1% (n=10). There are too few places for children to exercise strongly agree are 24.1% (n=47), agree 43.1% (n=84), disagree 24.6% (n=48), strongly disagree 8.2% (n=16). Exercise improves the way children body look strongly agree are 23.1% (n=45), agree 48.2% (n=94), disagree 21.0% (n=41), strongly disagree 7.7% (n=15). The mean score for the parents ideas about exercise is 1.99 and the overall mean score is  $\pm 0.799$ .

## Discussion

This study is based on the parent's perception of children physical activity, data was collected from Ali Raza Abad community parents of primary school children. Likert scale questionnaire is used to conduct data. The sample size for this study is 195 parents, total male parents were 31.8% and female parents were 61.2% participate to fill the survey questionnaire. 40.5% of parents are going to primary school and only 2.1% of parents went to tertiary school it means the illiteracy rate is higher among parents. The only parent's rate is 11.8% and the other parent's life partners are alive 88.2% it means both parents participate in children development. The main focus of this study is to analyze firstly the parent's perception about the children physical competence the results shows that children who have very minimum physical competence are 54.9% and the children who have maximum physical competence are 11.8%. Secondly parents who support their children in physical activity one day a week maximum is 44.1% and five days a week minimum is 1.5%. Thirdly parent's perception about neighborhood safety of their children maximum parents are worried about safety measure which is 48.7%, and minimum 1.5% of parents are not excessively worried about the children safety in neighborhood. Fourthly parent's ideas about exercise for their children 57.4% of parents believe that exercise is beneficial for their children and 1.0% of parents are strongly disagree on it. This study determines that parent's knowledge, education and participation is very important for children physical growth.

The other studies suggested that parent's perception and knowledge is very important for children physical activity. Parents should aware about its benefits and its consequences. Environment and school is the main provider of children physical activity, for girls there is a cultural related physical activities (Trigwell, 2015).

Some studies shows that, Lower street connectivity and higher neighborhood aesthetics correlated with higher reported child activity in the neighborhood, while reported safety from crime and walk and cycle facilities correlated positively with reported child activity in public recreation spaces (Tappe, 2013).

## **Strength of the Study**

There are several strength in this study for example parenting status dual parents are more capable of providing an environment best for the children for physical activities and single parent is mostly afraid because of neighborhood and other safety measures. Secondly there were no study conducted in Pakistan related to parent's perception about children physical activity. The study in Pakistan, Hyderabad conducted on the topic of parental and school influences on physical activity level of high school students (Ahmed et al., 2016).

## **Limitation**

The limitation for this study was to focus on the parents and children. Time duration for this study is too short. The study involved cross sectional design. Closed ended questions related to the topic are used.

## **Conclusion**

This study examined parent's perceptions about children's competence of physical activity, neighborhood safety, exercise benefits and exercise barriers, parental support, and parents views about the children's physical activity. Each of the relationships among the above constructs was analyzed. Parent's involvement is very significant for children physical activity. The parents who have minimum knowledge about physical activity had a weaker children throughout life span. Some parents afraid from neighborhood environment and don't support their children especially girls for physical activity. There are also some socio-cultural factor that effect physical activity of children.

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