

## 保護者の運動・スポーツ実施の変化とその要因：縦断研究

学籍番号 4124001

氏名 池崎 桃子

### 【目的】

運動・スポーツは、体力の維持・向上を目的として計画的、意図的に実施される継続的な身体活動であり、生活習慣病の予防や精神的健康の維持、高齢期の介護予防に寄与する。しかし、本邦における成人の運動・スポーツ実施率は依然として低く、特に家事や育児を担う子育て世代では、時間的制約により実施が困難になりやすい。先行研究では、子どもの成長に伴い保護者の身体活動が増加することが示されているが、運動・スポーツ実施の変化やその関連因子については十分に明らかにされていない。そこで本研究では、若い子どもを持つ保護者の運動・スポーツ実施状況を縦断的に把握し、その変化に関連する因子を探索することを目的とした。

### 【方法】

スポーツ庁委託事業「幼児期からの運動習慣形成プロジェクト」に参加した保護者2000名（年齢 $39.2 \pm 5.4$ ：女性1454名 [72.7%]）を対象とした。運動・スポーツ実施は「過去7日間のうち30分以上の運動を1日以上」と定義し、1年間の変化を調査した。また、1年間での変化を「開始」「変化なし」「中止」に分類し、変化に関連する因子を探索した。

### 【結果】

1年間の観察期間で保護者の運動・スポーツ実施率は、38.4%から44.7%に増加した。また、1年で運動・スポーツ実施には有意な変化がみられた( $p < 0.05$ )。運動・スポーツ実施の変化に、保護者の性別や年齢、子どもの年齢や人数といった基本情報とは関連がみられなかったが、フィジカルリテラシーの身体領域・感情領域の変化、子どもの運動習慣との関連がみられた。

### 【結論】

1年間で保護者の運動・スポーツ実施率が増加していた。また、保護者の運動・スポーツの実施には保護者のフィジカルリテラシーの向上、子どもの運動習慣の継続が関連していることが示された。

## Changes in exercise and sports participation among parents: A longitudinal study

Student ID Number: 4124001

Name: IKEZAKI, Momoko

### [Purpose]

Exercise and sports are structured and intentional forms of physical activity aimed at maintaining and improving physical fitness and play an important role in the prevention of lifestyle-related diseases, maintenance of mental health, and prevention of the need for long-term care in older age. However, the prevalence of exercise and sports participation among adults in Japan remains low, particularly among parents with young children, for whom time constraints related to housework and childcare make participation difficult. Although previous studies have shown that parents' physical activity increases as their children grow, changes in exercise and sports participation and the factors associated with these changes have not been sufficiently examined. The aim of this study was to longitudinally examine exercise and sports participation among parents of young children and to explore the factors associated with changes in participation.

### [Methods]

A total of 2,000 parents (mean age:  $39.2 \pm 5.4$  years; female: 1,454 [72.7%]) who participated in the "Project for Establishing Exercise Habits from Early Childhood," commissioned by the Japan Sports Agency, were included in the analysis. Exercise and sports participation was defined as engaging in at least one day of 30 minutes of exercise within the past seven days, and changes over a one-year period were examined. Changes in participation were categorized as "initiated," "no change," or "discontinued," and factors associated with these changes were analyzed.

### [Results]

During the one-year observation period, the rate of exercise and sports participation among parents increased from 38.4% to 44.7%, and a statistically significant change in participation was observed ( $p < 0.05$ ). Changes in exercise and sports participation were not associated with basic demographic characteristics, such as parents' sex, age, or the number and age of children. However, significant associations were observed with changes in the physical and emotional domains of physical literacy, as well as with children's exercise habits.

### [Conclusion]

Overall, the rate of exercise and sports participation among parents increased over the one-year period. The findings suggest that the initiation of exercise and sports participation among parents is associated with improvements in physical literacy and the maintenance of children's exercise habits.