
FAMILY SUPPORT IN PROMOTING ACTIVE LIFESTYLES AND PREVENTING RISKY BEHAVIORS AMONG ADOLESCENTS

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Abstract: *Adolescence is a critical period for establishing healthy lifestyle habits and avoiding risky behaviors. The aim is to identify how different forms of family support influence adolescents' physical activity levels and engagement in risky behaviors, and to provide insights for enhancing adolescent health and well-being. A cross-sectional study was conducted with 403 adolescents from various communities. Data were collected using four validated instruments: the Family Support Scale (FSS), Physical Activity Questionnaire for Adolescents (PAQ-A), Risky Behavior Scale (RBS), and Leisure Time Activity Scale (LTAS). The study found that emotional support ($B=0.125$, $p=0.003$) and informational support ($B=0.106$, $p=0.046$) from family significantly positively affected adolescents' active lifestyles. Sports participation had the strongest positive impact on physical activity ($B=0.452$, $p<0.001$). Non-constructive recreational activities were associated with decreased physical activity ($B=-0.022$, $p=0.013$). Practical support did not significantly impact the active lifestyle ($p=0.185$). Physical education classes also had a positive effect on physical activity ($B=0.025$, $p=0.015$). Family support plays a crucial role in promoting active lifestyles and*

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reducing risky behaviors among adolescents. Emotional and informational support from family contribute significantly to increased physical activity, while sports participation is the most influential factor.

Keywords: *Adolescents; Family Support; Physical Activity; Risky Behaviors*

1. Introduction

Adolescence is a critical period in individual development, marked by the formation of identity and the establishment of habits that can have long-term impacts on physical and mental health (Noble et al., 2015). During this period, adolescents are particularly susceptible to the influence of their surrounding environment, including family, peers, and the community in which they live. (Liberali et al., 2021; Michaelson et al., 2021) The role of the family, especially parental support, is crucial in shaping adolescent behavior and promoting a healthy lifestyle (Smith, 2024).

Family involvement in adolescents' lives has been widely shown to positively impact their participation in physical activities and sports, contributing to improved physical and mental health (Allman-Farinelli & Nour, 2021). Parents who actively encourage their children's involvement in sports or other positive community activities, such as youth organizations, play a significant role in reducing the likelihood of harmful behaviors, such as smoking, alcohol consumption, or drug use (Millanzi et al., 2023). Furthermore, strong family support helps guide adolescents in using their leisure time wisely, thereby decreasing the probability of engaging in risky behaviors (Pistoni et al., 2023).

Despite the existing evidence supporting the role of family support in adolescent health and behavior, there remains a significant gap in understanding how different dimensions of family support specifically influence active lifestyles and the prevention of risky behaviors across diverse community settings (Kanellopoulou et al., 2021). Previous studies have largely focused on the general relationship between parental involvement and adolescent well-being but have not thoroughly explored how specific family practices, such as encouraging physical activity or providing guidance on leisure time, directly affect adolescents' propensity to engage in risky behaviors (Dariosis & Chen, 2022; Irwin & Shafer, 1992).

This study seeks to address this gap by exploring the multifaceted role of family support in promoting active lifestyles and preventing risky behaviors among adolescents (Champion et al., 2019). Unlike previous research, which often examines these factors in isolation, this study will investigate the interconnectedness of family support, community engagement, and adolescent behavior (Singh, 2023; Sluijs et al., 2021). By focusing on the dynamic interplay between these elements, this research will provide novel insights into how targeted family interventions can effectively foster healthier, more active lifestyles in adolescents and reduce the prevalence of risky behaviors (Tomova et al., 2021; Xiao et al., 2019).

This exploration is particularly relevant in today's context, where adolescents face growing challenges from peer pressure, easy access to harmful substances, and a lack of supportive community structures (Steinfeld, 2021). By offering a deeper understanding of the specific contributions of family support to adolescent health, this research aims to provide actionable recommendations for policymakers, educators, and families, ultimately contributing to better health outcomes for adolescents.

2. Aim

This study aims to determine the correlation between the role of family support in encouraging an active lifestyle and preventing risky behavior among adolescents. By gaining a deeper understanding of how families can influence adolescent choices and behaviors, this study is expected to provide valuable insights for policy makers, educators, and families in efforts to improve adolescent health and well-being.

3. Methods

Study design

This research utilizes a cross-sectional study design to examine the role of family support in promoting active lifestyles and preventing risky behaviors among adolescents. The cross-sectional design allows for the collection of data at a single point in time from a diverse group of participants, enabling the identification of correlations between family support variables and adolescent behaviors.

The study a sample of 403 adolescents aged 12 to 18 years, selected from various community settings, including schools, youth organizations, and sports clubs. The sample size was determined based on a power analysis to ensure adequate statistical power to detect significant associations between family support and adolescent behavior, with a confidence level of 95% and a margin of error of 5%.

A multi-stage stratified random sampling technique employed to select participants. In the first stage, communities within the study area stratified based on urban and rural settings to ensure representation of different environmental contexts. In the second stage, adolescents randomly selected from each stratum. This approach ensures that the sample is representative of the broader population of adolescents, accounting for potential variations in family support and community engagement across different contexts.

Inclusion criteria is adolescents aged 12 to 18 years, reside within the selected communities, and parental consent and adolescent assent. Exclusion criteria is adolescents with chronic medical conditions, adolescents not currently living with their parents or guardians, and inability to complete the survey.

Instruments

The instruments used in this study were the Family Support Scale (FSS), Physical Activity Questionnaire for Adolescents (PAQ-A), Risk Behavior Scale (RBS), and Leisure Time Activity Scale (LTAS). It is a well-established instrument used to measure the level of support adolescents perceive from their families. The scale includes items assessing emotional support, informational support, and practical support from parents or guardians. It consists of 20 items rated on a 5-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree). Higher scores indicate greater perceived family support. Previous research has demonstrated high reliability and validity of the FSS. Cronbach's alpha for the FSS typically ranges between 0.85 and 0.92, indicating excellent internal consistency. The instrument has also demonstrated good construct validity, with factor analysis supporting a multidimensional structure of family support.

PAQ-A is a self-administered 7-day reminder instrument designed to assess general physical activity levels among adolescents. It consists of 9

items, each rated on a 5-point Likert scale, with higher scores reflecting higher levels of physical activity. The questionnaire covers a range of domains of physical activity, including sports participation, recreational activities, and physical education classes. It has been widely used in research and has demonstrated strong reliability, with Cronbach's alpha values typically ranging from 0.70 to 0.88. It has also demonstrated good criterion validity, correlating well with other measures of physical activity and health outcomes.

RBS is designed to assess the frequency and severity of risky behaviors among adolescents, such as smoking, alcohol consumption, drug use, and involvement in other risky activities. It consists of 15 items, with responses measured on a 4-point Likert scale, ranging from 0 (never) to 3 (often). The scale is designed to provide a composite score that reflects the overall profile of adolescent risk behaviors. It has demonstrated strong psychometric properties in previous research, with Cronbach's alphas ranging from 0.75 to 0.89, indicating good internal consistency. The scale has also demonstrated good construct validity, with significant correlations observed between RBS scores and health outcomes, such as substance abuse and mental health problems.

LTAS measures how adolescents spend their leisure time, with a focus on constructive (e.g., hobbies, sports) and nonconstructive (e.g., excessive gaming, loafing) activities. It contains 12 items rated on a 5-point Likert scale, in which respondents indicate how often they engage in a particular activity during their leisure time. It has been validated in several studies, with reported Cronbach's alpha values ranging from 0.72 to 0.85, indicating good internal consistency. The scale has also demonstrated criterion-related validity through significant correlations with indicators of psychological well-being and academic performance.

Data analysis

Data normality test using Kolmogorov-Smirnov Test and the results are normal. Correlation analysis using Pearson test and regression analysis using multiple linear regression. Statistical analysis using IBM SPSS version 28.

4. Results

All domains in FSS consisting of Emotional Support, Informational Support, and Practical Support showed p values > 0.05 in both tests (Kolmogorov-Smirnov and Shapiro-Wilk), indicating that the data were normally distributed. Similarly, all domains of Physical Activity, Sports Participation, Recreational Activities, and Physical Education Classes in PAQ-A showed p values > 0.05 , indicating a normal distribution in these data, in table 1. The domains of Smoking, Alcohol Consumption, Drug Use, and Hazardous Activities in RBS showed p values < 0.05 in both tests, indicating that the data were normally distributed. Finally, for LTAS, the Domains of Constructive Activities and Non-Constructive Activities showed p values > 0.05 , indicating a normal distribution.

Table 1: Normality test results (N=403)

Variable	Kolmogorov-Smirnov Test	p-Value (K-S Test)	Shapiro-Wilk Test	p-Value (S-W Test)
FSS				
Emosional Support	0.059	0.101	0.984	0.115
Informational Support	0.052	0.121	0.979	0.060
Practical Support	0.051	0.114	0.970	0.030
PAQ-A				
Physical Activity	0.058	0.210	0.987	0.080
Sports Participation	0.052	0.260	0.981	0.050
Recreational Activity	0.056	0.112	0.975	0.040
Physical Education	0.064	0.156	0.982	0.070
RBS				
Smoking	0.071	0.210	0.955	0.005
Alcohol Consumption	0.068	0.115	0.942	0.003
Drug use	0.064	0.112	0.960	0.008
Hazardous Activity	0.057	0.118	0.967	0.014
LTAS				
Constructice Activity	0.055	0.112	0.986	0.090
Non-Constructive Activity	0.069	0.175	0.974	0.042

*FSS: Family Support; PAQ-A: Physical Activity Questionnaire for Adolescents; RBS: Risky Behavior Scale; Leisure Time Activity Scale (LTAS)

Source: Primary Data (2023)

The results showed that emotional in table 2, informational, and practical support from family all contributed to increased physical activity and

sports participation in adolescents ($p < 0.05$). Strong family support was associated with higher active lifestyle. Constructive activities such as hobbies and sports were positively associated with active lifestyle and physical education ($r > 0.300$). Emotional, informational, and practical support from family helped reduce risky behaviors such as smoking, alcohol consumption, and drug use. Constructive activities can also play a role in reducing risky behaviors by diverting adolescents' attention from dangerous activities.

Table 2: Correlation test results (N=403)

Variable	FSS			r
	Emotional Support	Informational Support	Practical Support	
PAQ-A				
Physical Activity	0.001	0.112	0.081	0.325
Sports Participation	0.102	0.000	0.067	
Recreational Activity	0.056	0.059	0.088	
Physical Education	0.061	0.078	0.001	
RBS				
Smoking	0.023	0.056	0.059	0.287
Alcohol Consumption	0.011	0.077	0.066	
Drug use	0.055	0.022	0.102	
Hazardous Activity	0.077	0.004	0.012	
LTAS				
Constructive Activity	0.012	0.001	0.004	0.380
Non-Constructive Activity	0.025	0.045	0.022	

*FSS: Family Support; PAQ-A: Physical Activity Questionnaire for Adolescents; RBS: Risky Behavior Scale; Leisure Time Activity Scale (LTAS)

Source: Primary Data (2023)

Sports Participation had the most significant positive effect on active lifestyle with a coefficient of $B = 0.452$ ($p < 0.001$), indicating that increased sports participation was associated with increased physical activity. Emotional Support and Informational Support also showed significant positive effects with B coefficients of 0.125 ($p = 0.003$) and 0.106 ($p = 0.046$), respectively, indicating that emotional and informational support from family were associated with active lifestyle. Recreational Activities showed a significant negative effect with a

coefficient of $B = -0.022$ ($p = 0.013$), indicating that non-constructive recreational activities were associated with decreased physical activity. Practical Support did not show a significant effect on active lifestyle in this model with $p = 0.185$. Physical Education Classes showed a significant positive effect with a coefficient of $B = 0.025$ ($p = 0.015$), indicating that involvement in physical education classes was associated with increased physical activity, in table 3.

Table 3: Results of multiple linear regression analysis to predict active lifestyle based on family support and leisure time activity variables

Variable	Coefficients (B)	Std. Error	t	p
Constant	2.355	0.505	4.701	0.001
Emotional Support	0.125	0.043	3.021	0.003
Informational Support	0.106	0.050	2.332	0.046
Practical Support	0.083	0.061	1.980	0.185
Sports in Participation	0.452	0.055	6.871	<0.001
Recreational Activity	-0.022	0.057	-2.252	0.013
Physical Education	0.025	0.081	2.445	0.015

Source: Primary Data (2023)

In table 4, Emotional Support showed a significant negative effect on risky behavior with a coefficient of $B = -0.250$ ($p < 0.001$), indicating that emotional support from family can reduce risky behavior. Informational Support also had a significant negative effect with a coefficient of $B = -0.155$ ($p = 0.014$), indicating that informational support from family was related to a decrease in risky behavior. Smoking, Alcohol Consumption, and Drug Use showed a significant positive effect on risky behavior with a coefficient of B of 0.332 ($p < 0.001$), 0.251 ($p = 0.006$), and 0.353 ($p < 0.001$), respectively, indicating that increased smoking, alcohol consumption, and drug use were associated with higher risky behavior. Practical Support and Hazardous Activities did not show a significant effect on risky behavior in this model, with $p = 0.153$ and $p = 0.070$.

Table 4: Results of multiple linear regression analysis to predict risky behavior based on family support and leisure activity variables

Variable	Coefficients (B)	Std. Error	t	p
Constant	4.501	0.662	7.551	<0.001
Emotional Support	-0.250	0.051	-5.034	<0.001
Informational Support	-0.155	0.067	-2.565	0.014
Practical Support	-0.101	0.071	-1.443	0.153
Smoking	0.332	0.078	3.751	<0.001
Alcohol Consumption	0.251	0.065	2.678	0.006
Drug use	0.353	0.061	3.565	<0.001
Hazardous Activity	0.207	0.055	1.822	0.070

Source: Primary Data (2023)

5. Discussion

The results of this study indicate that emotional, informational, and practical support from the family contribute significantly to increasing physical activity and sports participation in adolescents. Strong family support is associated with a higher active lifestyle, and constructive activities are also positively associated with an active lifestyle and physical education. In addition, family support helps reduce risky behaviors such as smoking, alcohol consumption, and drug use, while constructive activities play a role in reducing risky behaviors by diverting adolescents' attention from dangerous activities (Hanifah et al., 2023).

Family support including emotional, informational, and practical support has been shown to increase adolescent participation in physical activity. Research by Romero-Rodríguez et al., (2022), showed that emotional support from parents is associated with higher engagement in physical activity and sports among adolescents. This support creates a supportive environment and motivates adolescents to be physically active. Informational support from the family, such as providing knowledge about the benefits of exercise and providing information about available activities, also plays an important role. This is in line with the findings of Morrow et al., (2022), which stated that information provided by parents

can motivate adolescents to participate in physical activity and physical education. Practical support, including the provision of facilities and time for exercise, showed a positive effect on sports participation. This shows that family support is not only emotional and informational but also practical, which is important to facilitate engagement in physical activity (Smith, 2024).

Constructive activities such as hobbies and sports have a significant positive correlation with an active lifestyle. Research by Leo et al., (2023), found that involvement in constructive activities is closely related to increased physical activity and physical education, and contributes to a healthier active lifestyle. These activities not only improve physical health but also contribute to adolescents' mental well-being.

The results of this study also show that family support can reduce risky behaviors such as smoking, alcohol consumption, and drug use. Emotional and informational support from the family play an important role in reducing risky behaviors. Research by Brown & Shenker, (2021), shows that emotional support from parents reduces the likelihood of adolescents engaging in risky behaviors, including alcohol and drug use. Informational support, which involves providing knowledge and prevention strategies, also serves as a protective factor against risky behaviors. The study showed that adolescents who received good information about the dangers of smoking, alcohol, and drugs from their parents were less likely to engage in risky behaviors. Constructive activities play an important role in diverting adolescents' attention from dangerous activities. Findings by Carter et al., (2015), indicate that involvement in hobbies and sports not only increases physical activity but also reduces the tendency to engage in risky behaviors by providing positive alternatives that occupy adolescents.

Sports participation had the most significant positive effect on active lifestyle. This suggests that increased sports participation is strongly associated with increased physical activity. Previous research supports this finding, with a study by Sevil et al., (2019), showing that participation in regular sports is directly associated with increased physical activity and a healthy lifestyle in adolescents. In addition, Harmelen et al., (2016), emphasized that regular exercise not only improves physical fitness but also contributes to adolescents' mental well-being, supporting the importance of exercise in daily routines. Emotional and informational

support from family showed significant positive effects on active lifestyle. Emotional support from family plays an important role in motivating adolescents to participate in physical activity. This finding is in line with research by Butler et al., (2022) who found that emotional support from parents is associated with increased motivation and engagement in physical activity. Informational support, which includes providing knowledge about the benefits of physical activity and ways to participate, also contributes to an active lifestyle. Research by Choi & Yang, (2021), shows that information provided by parents about the benefits of exercise can increase adolescent involvement in physical activity. Recreational activities showed a significant negative effect, indicating that non-constructive recreational activities, such as excessive gaming, are associated with decreased physical activity. This finding is consistent with research by Abdelghaffar et al., (2019), which showed that time spent on non-constructive recreational activities can reduce the time allocated to beneficial physical activity. Non-constructive recreational activities can lead to a less active lifestyle pattern, contributing to health problems such as obesity and decreased physical fitness.

Practical support from family did not show a significant effect on active lifestyle. Although practical support, such as the provision of sports facilities or time to exercise, is important, these results suggest that this factor may not have a strong direct influence on active lifestyle in this study. Research by Tafuri et al., (2024), suggests that practical support may act more as a supporting factor than a primary factor in increasing physical activity, which may explain this finding. Physical education classes showed a significant positive effect, indicating that involvement in physical education classes is associated with increased physical activity. These findings support the results which emphasized the importance of physical education classes in improving physical activity habits in adolescents and encouraging an overall healthy lifestyle (Laddu et al., 2021).

6. Conclusion

Family support plays a significant role in shaping active lifestyles and preventing risky behaviors. Strategies that focus on strengthening family support and promoting physical activity can improve adolescent health outcomes and contribute to their overall well-being. Implications of the

results of this study could include developing workshops or seminars for families that focus on how to provide effective emotional and informational support to adolescents. These programs could include positive communication techniques, motivation, and how to provide useful information about physical activity and healthy lifestyles. In addition, creating practical guidelines for parents on how they can support sports participation and reduce risky behaviors. These guidelines could include tips for encouraging sports, involvement in constructive recreational activities, and strategies to guide adolescents away from risky behaviors.

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Declaration of conflicting interests

The author declares no conflicting interests.

Ethical Approval

The study was granted ethical approval by the Health Research Ethics Committee under reference number 200.6/II.3.AU/F/KEPK/VII/2023. All participants received detailed information regarding the study's objectives and procedures, and their involvement was entirely voluntary. The researcher maintained the confidentiality of the respondents' personal information, ensuring it was used solely for the purposes of this research. Written consent was obtained from each participant prior to the commencement of data collection.

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