

# **Associations between Behavior Regulation, Competence, Physical Activity and Health for Adolescent Females**

**Craike, M., Symons, C., Eime, R., Harvey, J., Payne, W.**

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## **Abstract**

Background: This study investigated the association between the different types of behavior regulation and competence on sport and physical activity (PA) and perceived health, and the influence of school year level (i.e., year 7 and year 11) and setting (i.e., metropolitan and rural) on these relationships. Methods: A cross sectional self-complete survey was conducted. Competence was measured using the 5-item perceived competence subscale of the 21-item Athletic Identity Questionnaire (AIQ); behaviour regulation was measured using a modified version of the Behavior Regulation in Exercise Questionnaire (BREQ-2); PA was measured using an item to assess if adolescents are meeting recommended levels of PA; and perceived health was measured using the Short Form 1 (SF-1). Results: 732 participants, 71.2% from metropolitan schools, 66.8% in year 7. Self-determined behavior regulation and competence were positively associated with PA and health. Intrinsic motivation was more strongly related to older adolescents' PA than it was for younger adolescents. Behavior regulators and competence were more strongly associated with health than PA. Conclusions: The findings of this study suggest that strategies that enhance intrinsic motivation and PA competence may improve the health of adolescent females; enhancing these may lead to greater health regardless of level of PA.