



Iranian Adolescents' Insufficient Physical Activity: A Mixed Methods Explanatory Sequential Study

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Background: Adolescents' physical activity decreases from the stage of childhood to adulthood.

Objective: This study was addressed explaining of adolescents' Insufficient Physical Activity (IPA) and its related factors.

Subjects: 1201 adolescents in quantitative phase and 25 adolescents in qualitative phase.

Methods: An explanatory sequential mixed methods design with follow up explanations variant were used, and it involved collecting quantitative data (1201 adolescents) first and then explaining the quantitative results with in-depth interviews and written narrative (25 adolescents) during a qualitative study.

Results: The quantitative results showed that 98.8% of adolescents do not have recommended physical activity. Five themes were extracted in qualitative phase including the inhibitory effect of the school environment and the peers, the inhibitory effect of the family environment, Lack of availability and cultural barriers for the presence of girls in the community, the effect of self-feeling and self-understanding, Physical and mental exhaustion and permutation. According to the qualitative findings of the study the physical and mental exhaustion expressed the fact that although adolescents had an unfavourable sense of IPA, they were under effects of the intrinsic and extrinsic factors.

Conclusion: The comparison of these themes indicates that this behavior is imposable but not optional.

Keywords: insufficient physical activity, mixed methods research, Sequential Explanatory Study, adolescents, Iran