

Psychosocial characteristics in children with asthma regarding physical activity  
[Caracterização psicossocial da criança asmática em relação à atividade física]  
[Caracterización psicossocial del niño asmático con relación a la actividad física]

Román P.Á.L.

Martínez A.V.N.

Sánchez J.S.

Pinillos F.G.

Sánchez J.Á.H.

Introduction: Children who are more active enjoy sports, have confidence in their ability to engage in physical activity, feel competent and perceive fewer barriers to physical activity. Objective:

Psychosocially characterize the asthmatic child's relationship with enjoyable physical activity, physical self-concept, health and perceived quality of life. Method: Eighty asthmatic children (age =  $11.33 \pm 1.10$  years, body mass index [BMI] =  $20.52 \pm 3.83$  kg/m<sup>2</sup>) and 80 healthy children (age =  $11.18 \pm 1.00$  years, BMI =  $20.81 \pm 4.24$  kg/m<sup>2</sup>) participated in the study. The Physical Activity Enjoyment Scale (PACES), Physical Activity Questionnaire for Children (PAQ-C), the Physical Self-concept Questionnaire (CAF) and the Pediatric Asthma Quality of Life Questionnaire (PAQLQ) were used. Results: In the PACES questionnaire, healthy children had a better level of general physical activity while in the CAF questionnaire, significant differences were found in ability, physical fitness and general self-concept, which were higher in healthy children. There is a significant correlation between the PAQ-C and ability, general physical self-concept, PACES and total PAQLQ in asthmatic children. Conclusion: Asthmatic children had lower levels of physical activity, physical self-concept and enjoyment in physical activity than healthy children. Level of evidence II;

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Asthma

Child

Motor activity

Pleasure