

Mental health problems of children and adolescents from the perspective of sports sociology. Comment on Parental involvement in technology-assisted interventions for childhood adversity: a systematic review

Yuan Li, Qun Zhai, Weihang Peng

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Yuan Li¹; Qun Zhai¹; Weihang Peng²

¹Faculty of Health Sciences and Sports, Macao Polytechnic University Macao MO

²Faculty of Applied Sciences, Macao Polytechnic University Macao MO

Corresponding Author:

Qun Zhai

Faculty of Health Sciences and Sports, Macao Polytechnic University

Macao Polytechnic University, Comes Street, Macau

Macao

MO

Abstract

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Original Manuscript

Mental health problems of children and adolescents from the perspective of sports sociology. Comment on Parental involvement in technology-assisted interventions for childhood adversity: a systematic review

Yuan Li ¹, Qun Zhai ^{2*}, Weihang Peng ³

1 Faculty of Health Sciences and Sports, Macao Polytechnic University, Macao SAR, China; P2313845@mpu.edu.mo

2 Faculty of Health Sciences and Sports, Macao Polytechnic University, Macao SAR, China; zqun@mpu.edu.mo

3 Faculty of Applied Sciences, Macao Polytechnic University, Macao SAR, China; P2311702@mpu.edu.mo

Dear Editor,

We read the systematic review by Grace Aldridge et al with interest[1], and first, I would like to commend the authors' team for publishing this article. The topic of the article is not only relevant for The Times, but also shows a high level of academic rigor in research methods and data analysis. The article makes a particularly prominent contribution to adolescent mental health problems and children's adversity experiences. The author effectively provides a comprehensive evaluation of technology-assisted parenting programs through systematic review methods. Adverse childhood experiences (ACEs) at the family level are addressed. The data analysis section deserves special mention, where the authors used the Stouffer method to synthesize P values, providing preliminary quantitative evidence for the association between specific engagement strategies and engagement outcomes.

Although the article is excellent in multiple aspects, there are some limitations. The heterogeneity in the definition and measurement of engagement and the lack of engagement outcome data were mentioned in the article, which may have limited the depth and breadth of the analysis.

Mental health problems in adolescents are closely related to childhood experiences of adversity (ACEs). The field of sports sociology can also play an important role in this issue. From the perspective of sociology of sports, parental involvement plays a crucial role in the development of children. Parents are not only their children's first coaches, but also their life mentors, and their behaviors and attitudes have a profound impact on their children's mental health and physical activity participation[2].

First, parents' support and encouragement can enhance children's confidence and self-esteem, which is essential for their mental health. Parental involvement can stimulate children's interest in physical activity and help them establish positive exercise habits[3,4]. Regular participation in physical activity helps children maintain a healthy weight, prevent chronic diseases, and improve physical fitness. At the same time, positive family interactions and a supportive family environment can promote a child's overall development, including physical health and social skills[5].

In future research, we can explore the impact of family physical activity on parenting behavior, how positive interactions among family members can be promoted through physical activity, and how these interactions positively affect the family environment from a sociology of sports perspective. And further explore physical activity to reduce factors within the family that may adversely affect child development, such as stress and conflict.

Overall, this article provides us with valuable knowledge and insights that make an important contribution to the development of the field of adolescent mental health problems and childhood adversity experiences. Despite some limitations, these are precisely the areas that future research can continue to explore and deepen. By combining theories and methods from the sociology of sport, we are expected to find innovative solutions to current and future challenges. Thank you for the

opportunity to share our thinking with you from the perspective of sports sociology, discussing the mental health problems of children and adolescents.

Declaration of Competing Interest: The authors declare no conflicts of interest that pertain to this work.

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