



The Effects of Family Socio-economic Status, Parental Rearing Attitude toward Exercise, and Exercise Participation on Subjective Well-being among Elementary School Teachers

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KEYWORDS Family-of-Origin. Happiness. Parents. Provider of Experience. Sports Participant

ABSTRACT The purpose of this study is to examine the impact of family's social-economic status, parents' rearing attitude of exercise, and exercise participation on subjective well-being among elementary school teachers. The research subjects consist of 696 elementary teachers from Taiwan. According to the study results, family-of-origin socio-economic status has a significant negative impact on father's and mother's rearing attitude toward exercise. However, socio-economic status is significantly and positively related to exercise participation. Unlike the fact that father's rearing attitude toward exercise has a significantly positive impact on exercise participation, mother's attitude shows no impact on subjects' exercise participation. Exercise participation of elementary school teachers is reported to have a significant positive impact on their subjective well-being.