



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

Chia-Ming Chang¹, Li-Wei Liu², Hsiu-Chin Huang^{3*} and Mei-Siu Wang⁴

¹*Department of Physical Education, Health and Recreation, National Chiayi University, Chiayi 621, Taiwan*

Telephone: 886-9-12994703, E-mail: gr5166@yahoo.com.tw

²*Department of Leisure Service Management, Chaoyang University of Technology, Taichung 413, Taiwan*

Telephone: 886-9-21643007, E-mail: ijofsrms@gmail.com

³*Department of Tourism, Leisure, and Entertainment Management, Tatung Institute of Technology, Chiayi 600, Taiwan*

Telephone: 886-9-12930877, E-mail: op5166@yahoo.com.tw

⁴*Department of Physical Education, Health and Recreation, National Chiayi University, Chiayi 621, Taiwan*

Telephone: 886-5-2769783, E-mail: mingche.mayshow@msa.hinet.net

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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.