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A04: A Pilot Study on the Persistence of Children's Online Sports Games

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A04: A Pilot Study on the Persistence of Children's Online Sports Games

Abstract

Purpose: In the post-epidemic era, children's physical activity has decreased sharply, and smart sports at home have gradually emerged, making online sports games an important path for children's sports participation. This pilot study was to explore the persistence of children's online sports game participation through exercise frequency recording and provided guidance for online sports game intervention programs. **Methods:** A total of 29 primary school children were enrolled, including 24 boys and 5 girls. Participants exercise autonomously through motion software. In this study, the movement of each participant was recorded through the background of the software system and exported to Excel. Two-week period was used as one stage and a total of six stages were analyzed. After preliminary collation of the data, one-way ANOVA using SPSS23.0 was performed. **Results:** By analyzing the motion records of the 12 weeks of online exercise, overall trend of the first five stages is linear decreasing, and the trend of the fifth and sixth stages is flat; There was no significant difference between the first stage and the fourth stage ($p > 0.05$). The first and fifth and sixth stages showed that the differences ($p < 0.01$). The difference between the second and sixth stages was significant ($p < 0.05$), and the difference between the second and fifth phases was very significant ($p < 0.01$). **Conclusions:** Online sports games have a certain attraction to children, ensuring the frequency of children's early sports participation, but this attraction is difficult to last for a long time. Children's interest in sports will decline to varying degrees with time. It is recommended to further improve and stabilize the persistence of children's participation by formulating external behavioral intervention strategies and adjusting internal intervention programs.

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A04: A Pilot Study on the Persistence of Children's Online Sports Games

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