

# **The Relationships among Exercise Behavior, Social Support, Self-control, and Junior High School Students' Academic Adaptation**

**Department and Graduate Institute of Criminology, National Chung  
Cheng University / Zhi-Wen, Tan  
Institute of Education at National Cheng-Kung University /  
Yuk-Ying, Tung**

## **Abstract**

The purposes of this study were to investigate the relationship among exercise behaviors, social support for exercise, low self-control, and academic adaptation problems. The effective sample in this study consisted of 784 regular class students from 12 junior high schools in Taipei city. The collected data were analyzed by multiple regression analysis. The findings of this research were as follows: 1. the sport type of high contact-high aggression, join sports team, and high-frequency exercise per week, were related to academic adaptation problems; 2. there was interaction effect on academic adaptation problems between parent social support and join sports team; 3. there were positive relationships between the academic adaptation problems and the sport type of high contact-high aggression, join sports team, short term exercise and low self-control; 4. the exercise behaviors cannot improve learning adaptation problems.

**Keywords: Exercise Behavior, Social Support, Low Self-control,  
Learning Adaptation Problems**