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| **The relationship of self-efficacy, family and environment with the practice of walking to school of schoolchildren** |
| **Background/Objectives**  Active commuting to school (ACS) can promote children’s physical activity and may prevent childhood obesity. Previous researchers in various disciplines, e.g., health, urban planning, and transportation, have identified various predictors of ACS. However, little research has been carried out into investigating the effect of self-efficacy, family and environment on ACS. This study aims to explore the relationship of self-efficacy, family and environment with the practice of walking to school of schoolchildren.  **Methods**  The fifth graders in Taipei, New Taipei and Miaoli County, which represented city and rural areas, respectively, were invited to participate in this research. 382 out of 536 students were composed of the sample with a response rate of 71%. SPSS for Window 20.0 statistical software was used for descriptive analysis, correlation, and logistic regression.  **Results:** (1)53.9% of schoolchildren walked to school and 46.1% went to school by other means. (2). Those schoolchildren with higher self-efficacy and more family support of active transportation, also with closer proximity from school to their residence and higher aesthetic environment were more likely to walk to school. In both urban and rural areas, self-efficacy was an important factor affecting schoolchildren walking to school. Also, education level of their mother and occupational level of the parents were the factors highly associated with the manners the children would take to go to school. Moreover, family support was an important factor in rural schoolchildren walking to school. The distance from home to school affects schoolchildren in the city, but in rural areas, the comfort level of the pedestrian environment was a significant environmental factor.  **Discussion:** The results indicated that family support factors and environment for walking influenced the choice whether students in the elementary schools would walk to school. Future school- and community-based programs promoting walking to school should take the difference of urban-rural difference into consideration and continue to focus on making walking to school not only safer, but also more enjoyable.  **Keywords:**environment, walk to school |