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Journal Homepage






## Mediating Role of Enjoyment in the Associations between Social Support and Participation in Physical Activity among Female Adolescents

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E d i t o r	R e v i e w e r s
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### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

While you refer to “Ecological Systems Theory” multiple times, the theoretical underpinnings and their relevance to your model are not sufficiently unpacked. Consider briefly outlining Bronfenbrenner’s key levels (microsystem, mesosystem, etc.) and linking them directly to the study’s variables.

The claim “90 percent of adolescent girls aged 13 to 15 globally do not meet the recommended physical activity guidelines [31].” is critical and striking. Please clarify the geographic source and year of this data to enhance interpretability.

The authors state that “necessary assumptions” were checked before structural equation modeling but do not specify what assumptions were tested (e.g., multivariate normality, absence of multicollinearity). Listing these would strengthen methodological transparency.

The mean score for physical activity is reported as 1.39, which falls into the “low” category, yet this is not interpreted in the text. Please comment on the low activity level observed in your sample.

While the composite reliability and AVE are commendable, the explanation in the paragraph lacks citations for acceptable thresholds. Refer to Hair et al. (2014) or similar SEM guidelines to justify your cutoff criteria.

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The manuscript reports that “a significant positive structural relationship exists between enjoyment and physical activity” but does not elaborate on the practical effect size of this link. Consider providing an interpretation of the standardized coefficients ( $\beta$ ) to illustrate their magnitude.

The indirect effect ( $\beta = 0.16$ ) is statistically significant. However, please provide the confidence interval for this estimate, which is standard in mediation analysis and would provide more robust support.

You report an  $R^2$  value for “social support,” but this is a predictor, not an outcome variable. Please double-check whether this  $R^2$  belongs to physical activity or enjoyment instead. Clarify this ambiguity in the text.

The sentence “The results reinforce the importance of focusing on social support...” could benefit from citing specific prior studies on adolescent girls (not general populations), especially given the gendered nature of your analysis.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

The sentence “There is a notable gap in research examining how these factors collectively influence increased physical activity levels.” could be improved by citing recent literature reviews that explicitly highlight this gap.

The enjoyment measure is described only as “three items rated on a Likert scale”, but the scale points listed are confusing: “from never [2] to always [5, 34].” Please clarify whether “never” is scored as 2 and if the scale truly omits 1. This raises questions about the scoring procedure.

The procedure describes consent but does not mention ethical approval. Please indicate the ethics board that reviewed the study and provide its reference number if available.

The statement “enjoyment was found to play a critical role as a mediator” is accurate but too general. Discuss the practical implications—how much of the effect of social support on physical activity is transmitted through enjoyment?

Several theories are mentioned (social cognitive, self-determination, ecological), but the synthesis is superficial. Consider presenting a diagram or paragraph that explicitly connects each theory to the study’s variables (social support → enjoyment → physical activity).

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.