

Questionnaire: How Does Physical Exercise Influence Adolescents' Self-Efficacy? A Study Based on the Mediating Role of Psychological Resilience

Dear Student,

Thank you for taking the time to participate in this questionnaire. This survey aims to explore how physical exercise affects adolescents' self-efficacy and the mediating role of psychological resilience in this process. The purpose of this research is to gain a deeper understanding of the relationships among physical exercise, self-efficacy, and psychological resilience, providing a scientific basis for enhancing adolescents' psychological well-being and physical fitness.

The questionnaire primarily consists of objective questions. Please respond based on your actual experiences. Since each student's situation is unique, there are no "right" or "wrong" answers. Additionally, this survey is strictly confidential, and the information you provide will only be used for scientific research and will not be disclosed or used for any evaluations. Feel free to answer honestly and choose the options that best reflect your situation.

I solemnly promise to keep all the information you provide strictly confidential.

Your support and cooperation are essential for this research, and I sincerely thank you for your participation!

Part 1: Personal information (Please check the appropriate option with "√")

1. Gender: Male () Female ()

2.Educational Stage: Middle School () High School ()

3.Home Location: Urban () Rural ()

Part 2: Physical Exercise Level Scale

Please recall your physical exercise over the past month and select the corresponding answer (A, B, C, D, E) in the parentheses based on your actual situation.

1. What type of physical exercise do you regularly engage in? ()

- A. Light exercise (e.g., walking, doing light calisthenics)
- B. Low-intensity, relaxed exercise (e.g., casual volleyball, table tennis, jogging, tai chi)
- C. Moderate-intensity, more vigorous and enduring exercise (e.g., cycling, running)
- D. High-intensity exercise with heavy breathing and sweating, but not very prolonged (e.g., badminton, basketball, tennis, soccer)
- E. High-intensity and prolonged exercise with heavy breathing and sweating (e.g., racing, aerobic routines, swimming)

2. When engaging in the above intensity of physical activities, how many minutes do you usually spend each time? ()

- A. Less than 10 minutes
- B. 11 to 20 minutes
- C. 21 to 30 minutes
- D. 31 to 59 minutes
- E. 60 minutes or more

3. How many times per month do you engage in the above physical activities? ()

- A. Less than once per month
- B. 2 to 3 times per month
- C. 1 to 2 times per week
- D. 3 to 5 times per week
- E. Approximately once per day

Psychological resilience scale

Please carefully read the items below, then indicate the extent to which each item applies to you. Check "✓" on the number that best reflects your actual situation.

Item number	Item	①Not at all applicable ②Mostly not applicable ③Mostly applicable ④Completely applicable			
1	I can adapt flexibly when changes occur.	1	2	3	4
2	I can handle difficulties when they arise.	1	2	3	4
3	I approach problems with a sense of humor.	1	2	3	4
4	Through accumulated experiences, I become stronger.	1	2	3	4
5	After experiencing illness or hardship, I have strong resilience.	1	2	3	4
6	I can achieve my goals even when faced with obstacles.	1	2	3	4

7	When under pressure, I can concentrate and think through problems.	1	2	3	4
8	I do not get discouraged by failure.	1	2	3	4
9	When facing challenges in life, I consider myself a strong person.	1	2	3	4
10	I am capable of managing unpleasant feelings, such as anger.	1	2	3	4

Self-Efficacy

Please carefully read the items below, then indicate the extent to which each item applies to you. Check "✓" on the number that best reflects your actual situation.

Item number	Item	① Completely incorrect ② Somewhat correct ③ Mostly correct ④ Completely correct			
1	If I try my best, I am always able to solve problems.	1	2	3	4
2	Even if others oppose me, I still find a way to achieve what I want.	1	2	3	4
3	For me, sticking to my ideals and achieving goals is easy.	1	2	3	4
4	I am confident in my ability to handle any	1	2	3	4

	unexpected situation effectively.				
5	With my intelligence, I am sure I can handle unexpected situations.	1	2	3	4
6	If I put in the necessary effort, I am certain I can solve most difficult problems.	1	2	3	4
7	I can face difficulties calmly because I trust my ability to handle problems.	1	2	3	4
8	When faced with a difficult problem, I can usually find several solutions.	1	2	3	4
9	When trouble arises, I can usually think of some ways to cope.	1	2	3	4
10	No matter what happens to me, I can handle it with ease.	1	2	3	4

The questionnaire is now complete. Thank you for your responses!