

Intervention To Increase Physical Activity For Adult

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Introduction

Physical activity levels in Malaysian adults are low. There is a growing problem of physical inactivity and approximately a quarter of the population report being completely sedentary. They spent their time (74% of the day) in sedentary activities.

Research supports the use of the social cognitive theory in designing physical activity intervention.

Methods

Aim

The aim of the study to increase the level of sedentary and inactive adults to involve in physical activity with self-learning element for helping them to participate in moderate-intensity physical activity.

Design

- Quasi-experimental time series design with single subject.
- 12 weeks intervention

Measures

- Accelerometer for 7-day.
- International Physical Activity Questionnaire (IPAQ) short form for PA.
- Self-efficacy and social support for PA²

Intervention

- Consisted personal exercise plan booklet, face-to-face, counselling session, telephone calls.

Results

Participants increase their step count/day over the baseline.

Accelerometer and IPAQ showed that significantly increased in steps-count/day, vigorous - moderate intensity (MET-min week⁻¹) and walking (MET-min week⁻¹).

Self-efficacy and social support were associated increasing adult participating in physical activity

Conclusion

The results show the effectiveness of interventions that emphasize self-learning elements of adult.

Increased self-efficacy and social support are important as a mediator in the effect of physical activity interventions.

Implications of this study as prevention of metabolic syndrome and increase the level of physical fitness as a whole in the future.

when designing future interventions on how to maintain social support as a motivator to increase participant in physical activity

References

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