

Transtheoretical Model Application on Exercise Behavior in Macau School Students

Abstract

The purpose of this study was to investigate the exercise behavior of Macau middle school students through application the Transtheoretical Model (TTM). By using stratified random sampling according to seven parishes, 1125 valid samples from seven schools of Junior 1, Junior 2, Senior 1 and Senior 2 were recruited to this study. The results showed that: (1) In the stages of exercise, 11.57% of the subjects were in precontemplation; 9.79% in contemplation, 48.58% in preparation, 11.65% in action, and 18.42% in maintenance. (2) Slightly high scores of perceived benefits for exercise and low scores of perceived barriers, self-efficacy and behavioral processes were found,(3) Differences in gender, grade, participation of physical activity group, self-health and study stress had different scores in perceived benefits, perceived barriers, perceived benefits. (4) Differences in gender, participation of physical activity group, self-health and study stress had different distributions in the stages of exercise. (5). As the stages of exercise behavior progressed, the scores of self-efficacy for exercise, perceived benefits for exercise, and behavioral processes increased. But the score of perceived barriers for exercise decreased. (6).The stages of progressed exercise behavior were positively related to the scores of perceived benefits & barriers for exercise, self-efficacy for exercise, and behavioral processes, and negatively related to the scores of perceived benefits & barriers for exercise. It suggests that TTM can be applied for Macau middle school students' exercise behavior. This model can be used in promoting exercise programs in the future.

Key Words: Transtheoretical Model, Exercise Behavior, Middle School Students, Macau