

## عنوان مقاله:

The status of Tension Exercise Behavior among Iranian Office Workers based on Trans Theoretical Model

## محل انتشار:

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## خلاصه مقاله:

Background: Exercise behavior is associated with decreased risks of mortality resulted from all causes. While people suffer from inactivity, doing stretching exercise as an important daily activity increases joints and muscles full range of motion and flexibility. This study aimed to assess the status of tension exercise behavior among Iranian office workers based on Trans- Theoretical Model (TTM). Methods and Materials: In this cross sectional study, 420 office workers were selected randomly. The A self-reported questionnaire based on TTM and tension exercise behavior were used to collect data through self-reporting and analyzed by SPSS software version 16. Results: Totally 420 office workers with mean age  $37.12 \pm 8.031$  years were assessed. The results found that 11.7 % of the participants (N = 49) were in pre-contemplation stage, 32.9% (N = 138) in contemplation, 10 % (N = 42) in preparation stage, 24.5% (N = 103) in action stage and % 21 of participants (N = 88) were in maintenance stage. There were significant relationship between stages of TTM and tension exercise behavior. Conclusions: This study indicated that about the majority of office workers were in contemplation and pre-contemplation stag regarding tension exercise. Therefore, designing proper educational intervention is strongly recommended

## کلمات کلیدی:

Tension exercise, Change model, Office workers

## لینک ثابت مقاله در پایگاه سیویلیکا:

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