

عنوان مقاله:

The Study of Theory of Planned Behavior on the Physical Activity of Women in the Age of Fertility in Isfahan

محل انتشار:

پانزدهمین کنگره بین المللی زنان و مامایی ایران (سال: 1398)

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خلاصه مقاله:

Introduction: The decrease in the mobility and physical activity of today s lifestyle has had adverse effects and has been associated with the risk of many chronic diseases. The sedentary life, especially among women of childbearing age, who is exposed to various physiological and physical changes, is of particular importance. **Materials and Methods:** This descriptive-correlational study was performed on 224 women referred to Isfahan Health Centers during the years 2017 and 2018. The data collection tool was a questionnaire consisting of demographic information section, constructs of theory of planned behavior including attitude, behavioral intention, abstract norms and perceived behavior control. The content and face validity of the Health Belief Questionnaire was confirmed by experts and its reliability was confirmed by internal consistency and test-retest **Results:** The mean age of the samples was 38.96 5.84 years. There was a significant positive correlation between behavioral intention and attitude constructs, abstract norms and perceived behavioral control ($p < 0.05$). In other words, people with higher behavioral intentions have a higher score on attitudes, abstract norms, and perceived behavioral control. Also regression analysis showed that among the variables studied, attitude and abstract norms were capable of explaining behavioral intention of the studied samples and the effect of perceived behavioral control was not independent of other constructs. **Conclusion:** The results showed that there was a correlation between attitude, abstract norms and perceived behavioral control with behavioral intention, but attitude and abstract norms had the most effect on behavioral intention. Therefore, it is necessary to develop appropriate training programs based on the theory of planned behavior with emphasis on the structures that have the greatest impact on the behavioral intention of women of reproductive age.

کلمات کلیدی:

Theory of Planned Behavior, Physical Activity, Women, Reproductive Ages

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