Effect of education based on tran-theoretical model on promoting physical activity and increasing physical work capacity

Moeini B.*, PhD, Rahimi M.1, MSc, Hazavei S. M.1, PhD, Allahverdipour H.2, PhD, Moghimbeigi A.2, PhD, Mohammadmam I.2, PhD

1*Research Center for Health Sciences” and “Department of Public Health, Faculty of Health”, Hamedan University of Medical Sciences, Hamedan, Iran
2Department of Biostatistics & Epidemiology, Faculty of Health, Hamedan University of Medical Sciences, Hamedan, Iran

Abstract

Aims: Increasing physical activity is one of the most effective ways of reducing the risk of some chronic non- communicable diseases. Various methods have been created and validated in order to assess the factors effecting physical activity and physical capacity by using TTM in one of governmental centers employees.

Methods: This quasi-experimental interventional study was performed on a defensive industry employees in year 2009. 60 male employees aged between 20 – 57 years old were selected by simple random sampling. They were divided into two groups (each containing 30 employees), the experimental group and the control group. Questionnaires were completed before and after intervention. The physical activity and physical capacity was measured by Ergo-meter bicycle. Educational programs were implied in experimental group. Data was analyzed by SPSS 13.

Results: In stage of change after intervention, the experimental group had a significant positive progress (p<0.001). Mean physical capacity score had significant improvement after finishing educational program, in experimental group (p=0.016). Self-efficacy and total decisional balance and process of change scores were higher after intervention in experimental group (p<0.001).

Conclusion: TTM based educational programs are effective in improving physical capacity and physical activity of governmental center employees.

Keywords: Health Education, Physical Activity, Physical Capacity, Trans Theoretical Model (TTM)