

【Secondary Publication】

Associations between Perceived Health Benefits and Barriers to Strength Training, and Stages of Change for Strength-Training Behavior among Older Japanese Adults:
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Abstract

Objective: Although several studies have examined associations of perceived benefits and barriers with physical activity, no studies have focused on them corresponding to strength-training recommendations for older adults. This study examined the associations among the perceived health benefits of strength training, perceived barriers to strength training, and stages of change for strength-training behavior in older Japanese adults.

Methods: This cross-sectional survey included a random sample of 1244 adults (60–74 years) from the city of Tokorozawa. Stage of change was the independent variable, with perceived health benefits (eg, strength training can reduce body pain) and perceived barriers (eg, facilities are needed for strength training) as dependent variables. Data were analyzed by analysis of covariance and Bonferroni's multiple comparison.

Results: After adjusting for demographic variables, the perceived health-benefit score for precontemplation was significantly lower than for the other four stages. The perceived barrier scores in the precontemplation and contemplation stages were significantly higher than those in the preparation and maintenance stages.

Conclusion: These results suggest that information about the health benefits for older adults and about the recommended type of strength training might be useful for the development of strategies to promote strength training among older adults.

Key words: resistance training, motivation, exercise psychology, gerontology, health promotion

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