

Brief Reports

## **Comparison of stages of change and readiness for between daily physical activity and exercise**

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### ABSTRACT

This questionnaire survey was performed in 161 healthy adults aged 20-64 years, in order to evaluate the stage of change and readiness (self-efficacy and decision-making balance) for exercise and physical activities in daily life. More than half of the respondents were categorized into either the maintenance stage or the "unconscious" action stage for physical activities in daily life. One-fourth of the respondents performed physical activities in daily life without consciousness or intent, and their self-efficacy was similar to that of individuals who were classified as being in the maintenance stage for physical activities in daily life. On the other hand, only 10% of the respondents were classified as being in the "unconscious" action stage for daily exercise, and their self-efficacy was similar to that of individuals who were in the preparation stage for exercise. Concerning the decision-making balance, the scores for benefits (Pros) were high for both exercise and physical activities in daily life, and there was no clear relationship between the decision-making balance and the stage of change. Education intended to reduce the sense of disadvantage was effective for inducing exercise behaviors, because the score for costs (Cons) of exercise behaviors decreased with progression of the stage of change. These results suggest that evaluating the individual self-efficacy and decision-making balance may be an effective strategy to promote physical activities and exercise in daily life.

**Keywords:** physical activity, transtheoretical model, self-efficacy, decision-making balance, health education