

Original Article

Development of stage of change and self-efficacy scales of eating habits for college athletes

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ABSTRACT

【Aim】

This study aimed to develop and validate scales for assessing the stage of change (SOC) and self-efficacy (SE) of college athletes regarding their eating habits.

【Method】

Sixty-six college track and field athletes participated in this study, which examined SOC and SE scales for eating habits. The validity of the SOC scale was checked by measuring its correlation with the “actual versus estimated required intake.” For the SE scale, the internal consistency was estimated using the Cronbach alpha measure, and its validity was checked by separately examining its correlation with the “SOC,” “level of satisfaction with dietary pattern,” “access to information,” and “actual versus estimated required intake.”

【Results】

A correlation between the SOC and the intake of vegetable dishes was observed, revealing that the college athletes tended to eat less than the estimated required amount of vegetables. A factor analysis resulted in a SE scale with 19 items and a 5-factor structure. Each factor had a Cronbach alpha above 0.70. A criterion-related validation revealed a correlation between Factor 1 and “SOC,” while Factor 2 was separately correlated with the intake of “Grain dishes,” “Fish and Meat dishes,” and “Energy intake.” Factor 3 was separately correlated with the intake of “Milk” and “Fruits.”

【Conclusion】

This study developed and validated a scale for assessing the SOC for the intake of vegetable dishes, as well as a SE scale consisting of 5 factors pertaining to the eating habits of athletes. The results suggest that these scales might be useful as nutritional education instruments.

Keywords: College athletes, Nutrition education, Scales, Stage of change, Self-efficacy