

中国成人における推奨身体活動の充足に関連する心理的、社会的および環境的要因
Psychological, social, and environmental factors associated with meeting
physical activity recommendations among Chinese adults

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キーワード: 行動科学、エコロジカルモデル、健康増進、運動活動

Key Words: behavioral sciences, ecological model, health promotion, motor activity.

Abstract

Purpose: The present study investigated psychological, social, and environmental factors associated with meeting physical activity recommendations among Chinese adults. **Methods:** Data were analyzed for 1394 Chinese adults who responded an Internet-based cross-sectional survey. Self-reported measure of physical activity, psychological (self-efficacy, positive and negative attitudes), social (social support, health professional advice), environmental (home fitness equipment, access to facilities, neighborhood safety, enjoyable scenery, frequently observing others exercising, residential area), and socio-demographic variables were obtained. Based on the ACSM/AHA physical activity guideline, an adjusted logistic regression analysis was utilized. **Results:** When adjusting for all other variables, self-efficacy (OR = 2.30), and high level of access to facilities (OR = 1.99) were positively associated with attaining the recommended level of physical activity for men. In women, self-efficacy (OR = 1.99), advice from health professional (OR = 2.11), high level of access to facilities (OR = 1.94), and living in residential areas (OR = 2.22) were positively associated with attaining the recommended level of physical activity. **Conclusion:** The results of this study indicate that physical activity promotion strategies should be tailored to enhance the confidence to engage in physical activity and accessibility to recreational facilities for men and women. In addition, advice from health professional would be more effective for women. Also, women living in urban area need more attention as inactive subgroup.

スポーツ科学研究, 8, 306-318, 2011年, 受付日:2011年6月30日, 受理日:2011年10月26日

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