INTERVENTION TO INCREASE PARTICIPATION IN PHYSICAL ACTIVITY FOR ADULT

Mazlina Mahmood
Education Faculty, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia

Denise Koh Choon Lian, Phd.
Education Faculty, Universiti Kebangsaan Malaysia, Malaysia

Norlena Salamuddin, Phd.
Education Faculty, Universiti Kebangsaan Malaysia, Malaysia
Introduction

• Physical activity levels in Malaysian adults are low. There is a growing problem of physical inactivity and approximately a quarter of the population report being completely sedentary. They spent their time (74% of the day) in sedentary activities.

• Research supports the use of the social cognitive theory in designing physical activity intervention.

Aim

• The aim of the study to increase the level of sedentary and inactive adults to involve in physical activity with self-learning element for helping them to participate in moderate-intensity physical activity.
Methodology

Design

• Quasi-experimental time series design with single subject.
• 12 weeks intervention

Participants

Inclusion criteria

• Sedentary, unactive adult (sufficient PA = ≥ 150 min moderate-intensity PA (weighted for intensity) ≥ sessions/week, full-time worker, age range – 20 to 60 years.
Results

- Participants increase their step count/day over the baseline.
- Accelerometer and IPAQ showed that significantly increased in steps-count/day, vigorous - moderate intensity (MET-min week\(^{-1}\)) and walking (MET-min week\(^{-1}\)).
• Self-efficacy and social support were associated increasing adult participating in physical activity
Implications for policy/Practice

• Implications of this study as prevention of metabolic syndrome and increase the level of physical fitness as a whole in the future.

• Self-learning element strategies should be implement in future research to increase cognitive and behaviour change among adults.
Conclusion

• The results show the effectiveness of interventions that emphasize self-learning elements of adult.

• Increased self-efficacy and social support are important as a mediator in the effect of physical activity interventions.
Conclusion

• A follow-up study should be conducted to see the retention of adult participation in physical activity when designing future interventions on how to maintain social support as a motivator to increase participant in physical activity.
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