

運動習慣に関する心理行動医学的研究

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Exercise Behavior and Psycho-Behavioral Factors : Cross-sectional Study of Stage of Change for Exercise Behavior

by

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ABSTRACT

【Background】 Recently, the physical activity determinants including psycho-behavioral factors in Western Countries have been studied. The findings of these studies are applied to physical activity intervention in community health promotion projects or occupational health promotion programs. However, in Japan, few studies examining physical activity have focused on psycho-behavioral factors, which can be applied to physical activity intervention for Japanese. 【Purpose】 The purpose of this study was to examine the association between Stage of Change in Exercise Behavior (SOC) and social, psychological and physical factors

based on the Transtheoretical Theory. 【Method】 The subjects were 254 white-collar workers working in Tokyo (male: 186, female: 68, mean age \pm -SD : 41.7 \pm -12.5 years old). The subjects completed questionnaires to assess SOC, social factors and psychological factors. The psychological factors included exercise self-efficacy, perceived benefits of exercise perceived barriers to exercise and self-evaluation of personal exercise for health. At the same time, blood sampling and measurement of physical characteristics were performed. Regular exercise was defined as more than three times a week. 【Results】 Subjects were classified into four groups, Precontemplation (PC) (28.3%), Contemplation (C) (36.6%), Preparation (PR) (28.0%), and Action/Maintenance (AC/MT) (7.1%). Three social factors (free time during the weekend, social support from friends, social support from colleagues in workplace), four psychological factors (exercise self-efficacy, three perceived benefits of exercise: *psychological, social and self improvement*, three perceived barriers to exercise : *discomfort, social support and effort* and self-evaluation of personal exercise for health) showed significantly different profiles depending on the SOC. Particularly, psychological profiles were dramatically different at each SOC. Physical factors were not significantly different among SOC. 【Conclusion】 Social and psychological profiles were different depending on SOC. The results of this study demonstrate the utility of the transtheoretical theory for physical activity intervention in the Japanese population.

要 旨

東京都内の某企業に勤務する事務系労働者254名(男性186名,女性68名)を対象に,運動習慣に関する心理行動医学的研究を行った。運動習慣の評価は, Transtheoretical Theoryに従って Stage of Change for Exercise Behavior (SOC)により行い,社会的要因(性,年齢,学歴,勤務時間,自由時間,社会的支援などの15項目),心理的要因(運動習慣の主観的評価,自己効力,運動に対する自覚的促進要因・阻害要因の4項目),身体的要因(BMI,血圧,総コレステロール値などの6項目)との関連を横断的に検討した。

その結果,SOCの分布は「無関心期」28.3% , 「関心期」36.6% , 「準備期」28.0% , 「行動/維持期」7.1%で,SOCと有意な関連の認められた要因は,社会的要因の3項目(「休日自由時間」「友

人のサポート」「同僚のサポート」),心理的要因の4項目(「運動習慣の主観的評価」「運動に対する自己効力」「運動に対する自覚的促進要因」「運動に対する自覚的阻害要因」)であった。SOCと身体的要因の間に有意な関連は認められなかった。

以上より,社会的要因,心理的要因はSOCによって異なり,SOCを評価することは運動指導や運動習慣の効果的介入のために有効と考えられた。Transtheoretical Theoryは日本人の運動習慣にも応用可能であり,今後この理論に基づいた行動医学的研究の発展が望まれる。