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ORIGINAL ARTICLE

Behavior change stages related to physical activity in adolescents from Santa Catarina: prevalence and associated factors

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KEYWORDS

Physical activity;
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Abstract

Objective: Verify the prevalence and sociodemographic and economic factors associated with behavior change stages for habitual physical activity practice in adolescents from Santa Catarina.

Methods: Secondary analysis of a study on the Behavior of Adolescents from Santa Catarina (CompAC 2). Cross-sectional school-based study of 6529 high-school students (males, n=2903) from the state of Santa Catarina public education system in 2011, aged 15 to 19 years. Multinomial logistic regression (crude and adjusted) was used to measure the association.

Results: The highest and lowest prevalence rates were found in the maintenance (43.9%) and precontemplation stages (7.0%), respectively. The stages of action, preparation and contemplation showed similar results: 16.2%; 17.0% and 15.6%; respectively. Male adolescents show higher prevalence in the maintenance stage in relation to females and these show a higher prevalence in preparation, contemplation and precontemplation. All the assessed variables (gender, age, area of residence, employment status, family income, maternal education and school grade), with the exception of school shift, were associated with at least one of the stages.

Conclusions: A large proportion of adolescents are in the pre-adoption stages and most of these have the intention to start regular physical activity. With the exception of school shift, the assessed variables were associated with stages in different ways, showing different profiles in relation to sociodemographic and economic characteristics in each subgroup.

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PALAVRAS-CHAVE

Atividade física;
Exercício;
Adolescente;
Comportamento;
Modelos teóricos;
Epidemiologia

Estágios de mudança de comportamento para atividade física em adolescentes catarinenses: prevalência e fatores associados

Resumo

Objetivo: Verificar as prevalências e os fatores sociodemográficos e econômicos associados aos estágios de mudança de comportamento para prática habitual de atividade física em adolescentes catarinenses.

Métodos: Análise secundária de estudo sobre o Comportamento do Adolescente Catarinense (CompAC 2). Estudo transversal de base escolar composto por 6.529 escolares (sexo masculino, n=2.903) do ensino médio da rede pública estadual de Santa Catarina em 2011, entre 15 a 19 anos. Para medida de associação, usou-se regressão logística multinomial (bruta e ajustada).

Resultados: As prevalências mais elevadas e mais baixas foram verificadas nos estágios de manutenção (43,9%) e pré-contemplação (7%), respectivamente. Os estágios de ação, preparação e contemplação apresentaram resultados semelhantes entre si: 16,2%, 17% e 15,6%, respectivamente. Adolescentes do sexo masculino estão em maior prevalência no estágio de manutenção em relação aos do sexo feminino e essas apresentam maior prevalência em preparação, contemplação e pré-contemplação. Todas as variáveis investigadas (sexo, idade, área de moradia, situação ocupacional, renda familiar, escolaridade materna e série escolar), com exceção do turno de estudo, apresentaram associação com pelo menos um dos estágios.

Conclusões: Grande parcela dos adolescentes encontra-se nos estágios de pré-adoção e a maioria desses tem a intenção de iniciar a prática regular de atividade física. Com exceção do turno de estudo, as variáveis investigadas estiveram associadas aos estágios de diferentes formas, apresentaram perfis distintos em relação às características sociodemográficas e econômicas em cada subgrupo.

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Introduction

There is a growing interest in the understanding of behavior related to physical activity (PA),¹ due to the recognition of its importance in health maintenance.² Given the fact that patterns of PA practice in adolescence tend to continue into adulthood,³ studies that investigate the behavior of young individuals is of great importance. Additionally, several theories have contributed to improve the understanding of PA-related behavior, given its complexity.⁴ The transtheoretical model is one of them, consisting of four constructs of which Stages of Behavior Change (SBC) are the most often researched.⁵

The SBC recommends that the individual follow stages, moving forward and/or backward within them to achieve a certain desired behavior, such as, for instance, regular PA practice.⁶ The model aims to elucidate motivational, behavioral and temporal aspects of the individual to change behavior.⁷ This model has advantages, such as the identification of both the individual's willingness, as well as the transition to PA practice.⁸ The effectiveness of interventions on PA based on this model has been demonstrated,⁹ as it is possible to classify in more details the individual's intent and differentiate those who are willing to change their behavior from those who are not.⁶ As for the stage, individuals in precontemplation do not plan to change their behavior, i.e., there is no intention to start PA practice. As for the contemplation stage, individuals think about the possibility of change, within a period of approximately six months. Those in the preparation stage have certain goals to start

PA practice in the near future, set at 30 days. Individuals who are in the action stage have recently started the regular practice of PA. When in maintenance, individuals have practiced PA for more than six months, that is, they have achieved their behavior change.⁷

Studies show that each stage has its particular characteristics.⁸ Thus, in addition to knowing the SBC in which the adolescent is, we must also know what is associated with each stage, clarify external aspects (environment where the subject is) and what factors are characteristic at each level of PA-related behavior.¹⁰ Evidence suggests that sociodemographic indicators can play an important role in relation to SBC.¹¹ In relation to gender and age, studies^{12,13} indicate that girls and older male adolescents are classified in the pre-contemplation, contemplation and preparation stages, whereas boys and younger adolescents are in the stages of action and maintenance.

It is noteworthy that, due to the size and cultural diversity of Brazil, different levels of PA-related behavior can be verified according to the individual's place of residence (region, state). Thus, studies with representative samples of adolescents allow us to extrapolate the results and help to define the profile of this population in different locations.

Therefore, the present study aimed to estimate prevalence and assess sociodemographic and economic factors associated with SBC for usual PA practice in adolescents from the state of Santa Catarina, Brazil. These questions may clarify existing gaps, assist in future interventions and allow actions directed at the characteristics of each subgroup.

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