The effect of health promotion model-based training on promoting students’ physical activity

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Abstract

Background: In spite of many clear benefits of an active life style, lack of physical activity is considered to be a significant health problem in the college population. The purpose of this study was to determine the effect of Health Promotion Model-based Training on promoting physical activity of the students.

Methods: This study is a randomized controlled trial one, in which 90 male students of Islamic Azad University of Zarandieh were selected utilizing random sampling and were randomly divided into two equal experimental and control groups (45 in each). Data was collected using a questionnaire based on Health Promotion Model about physical activity. According to the data obtained from pre-test, a training program was designed and performed in the experimental group. 2 months after training intervention data was collected using the same questionnaire. Data was analyzed using SPSS 16.

Results: The findings showed that 67.5% of university students had risky and weakly physical activity status, before training intervention. Also the mean scores of HPM Model variable, i.e. benefit and barriers perceived, self efficacy and interpersonal influences, were significantly increased in the experimental group compared to those of control ones after intervention, and after 2 month, physical activity rate improved significantly among the experimental group, compared to those of control ones (p<0.05).

Conclusion: HPM based training programs are effective in improving students’ physical activities.

Keywords: training, Pender health promotion model, physical activity

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