

## 中年停經婦女的運動階段、知覺運動 利益和障礙之探討

The purpose of this correlative, descriptive study was to investigate the stages of exercise, physical activity and the perceived exercise benefits and barriers among perimenopausal women, and to explore the associations among the stages of exercise, physical activity and perceived exercise benefits and barriers in them. Three questionnaires including the Exercise Stage Scale, Seven-day Physical Activity Recall, and Exercise Benefits/Barriers Scale were used in interviews and 100 women aged 45-64 years participated in this study. Data were analyzed by percentage, mean, standard deviation, frequency, t-test, one-way ANOVA, Chi-Square, and Person correlation. The major findings of this study were follows: the stages of exercise of the participants were 2% in the precontemplation stage, 10% in the contemplation stage, 59% in the preparation stage, 2% in the action stage, and 27% in the maintenance stage. The estimated caloric expenditure of physical activity per day was 1,922.34 ( $\pm 282.22$ ) Kcal/day and relative amount of physical activity was 34.36 ( $\pm 2.04$ ) Kcal/Kg/day. Hiking, brisk walking, regular walking, yoga, and Yuan-chi were the most frequently engaged physical activity among perimenopausal women. The top five perceived benefits of exercise were “cardiovascular diseases can be prevented by exercising”, “exercise lets me have contact with friends and people I enjoy”, “exercise increases my physical fitness”, “exercise improves my figure”, and “exercise makes me in a merry mood”. Major barriers to exercise were “bad weather”, “exercise makes me feel fatigue”, “exercise tires me”, “lack of companion” and “lack of instructor”. Body mass index and health status was significantly different among the different stages of exercise. The physical activity level significantly correlated with body mass index ( $r=.77, p<.0001$ ) and married status ( $r=.21, p=.032$ ). Relative amount of moderate to vigorous physical activity was negatively correlated to health status. Perceived exercise benefit was positively related to the education level ( $r=.28, p=.005$ ). Significant difference was observed in the amount of moderate to vigorous physical activity, relative amount of moderate to vigorous physical activity and relative amount of physical activity depending on the stages of exercise. Among the different exercise stages, subjects’ perceived exercise barriers were significantly different. In the contemplation stage, the perceived exercise barriers were significant higher than the maintenance stage. The perceived exercise barriers were significantly correlated with the relative amount of physical activity ( $r=-.33, p=.001$ ) and the amount of moderate to vigorous physical activity ( $r=-.30, p=.003$ ). The results of this study would be valuable in promoting physical activity among perimenopausal women and enhancing the quality of health care of perimenopausal women. Key

word : Perimenopausal women, Stages of exercise, Physical activity, Perceived exercise benefits, Perceived exercise barriers