• 系統編號	RN9408-0769
• 計畫中文名稱	應用跨理論模式改變肥胖兒童運動行爲之研究(I)
• 計畫英文名稱	Application of Transtheoretical Model to Exercise Behavior in Children with Obesity (I)
• 主管機關	行政院國家科學委員會
• 計畫編號	NSC92-2413-H038-001
• 執行機構	臺北醫學大學護理學系
• 本期期間	9208 ~ 9307
• 報告頁數	6 頁
• 使用語言	中文
• 研究人員	李碧霞; 賴香如 Lee, Pi-Hsia; Lai, Hsiang-Ru
• 中文關鍵字	運動階段; 身體活動; 跨理論模式; 體重過重; 肥胖; 學童
• 英文關鍵字	Stages of exercise; Physical activity; Transtheoretical model; Overweight; Obesity; School children
• 中文摘要	本研究旨在應用跨理論模式，了解國小高年級肥胖學童的運動階段分布情形；並驗證跨理論模式中的認知變項（自我效能、衡量作決定、改變的方法）及社會支持等變項是否能區分在不同階段的運動者。以立意取樣方式，選取臺北市某二所國小 92 學年度 五、六年級體重過重及肥胖學生，共 353 名。研究工具各分量表的 Cronbach α 值爲.84 ~ .96。重要結果如下； 1.研究對象的運動階段，有 7.1%是無意圖 期、10.5%是意圖期、50.7%是準備期、11.9% 是行動期、19.8%是維持期。不同運動階段在平時看電視時間、運動改變方法、運動自我效能、知覺運動障礙、知覺運動利益及運動社會支持上有顯著差異。2.研究對象從事中重度以上身體活動量所消 耗的能量平均爲 8.95 ±10.4 Kcal/kg/day。星期六、日消耗的能量相近，星期一消耗最少。身體活動量會因運動階段的不同而有顯著差異（ P<.001），身體活動量隨著運動階段的提升而增多。3.研究對象的中重度身體活動量在性別上有 顯著差異（ t=2.53.p<.05）。男生的中重度身體活動量優於女生。4.運動自我效能、年齡、性別、運動改變方法、知覺運動障礙等，是中重度身體活動量的重要預測變項，這些變項可解釋約 21.2%的變異量。本研究建議針對不同運動階段者個別設計健康體適能教育方案、協助青少年克服運動障礙，以提昇學生的身體活動。
• 英文摘要	The purposes of this study were to apply transtheoretical model to understand the distributions of stage of exercise on overweight and obese adolescents, to examine variables including self-efficacy, decisional balance, and the process of change model, and social supports. Subjects were selected based on the

purposive method. A total of 353 samples consisting of level 5 and 6 elementary students who were overweight and obesity were recruited in this study. Instruments were tested by Cronbach ？\ and resulted as .84~.96. Some important findings were listed as follows. 1. For stages of exercise, 7.1% of the subjects were in precontemplation stage; 10.5% in contemplation stage; 50.7% in preparation stage; 11.9% in action stage, and 19.8% in maintaining stage. In addition, there were significant differences in time of watch TV during weekdays, the process of changes, the level of self-efficacy, perceived exercise barriers and benefits, and social supports. 2. The mean energy consumption was about 8.95 .plmin. 10.4 Kcal/kg/day when subjects performed moderate to vigorous physical activities. Energy consumption was similar on Saturday and Sunday, but less on Monday. A significant difference was found between the stage of exercise and the amount of physical activities ($p < .001$). 3. There was a relationship between the amount of physical activities and gender ？] t=2.53.p<.05 ？^. Boy was more likely to endorse moderate and vigorous levels of exercises than girls. 4. Self-efficacy of exercise, age, gender, social supports were significant variables in predicting the moderate to vigorous physical activity. However, those variables can be accounted for 14.2% of the total variance. The findings suggest that physical fitness education should be designed and provided based on individual needs. Moreover, assisting overweight and obese adolescent to overcome exercise barriers are needed to promote physical activities.