更年期婦女的運動階段、身體活動與知覺運動利益和障礙之探討

Stages of Exercise, Physical Activity and Exercise Benefits and Barriers Among Perimenopausal women

中文摘要

本研究旨在了解更年期婦女運動階段、身體活動、知覺運動利益和障礙及其相關影響。以規律運動階段量表、七日身體活動回憶量表及知覺規律運動益處和障礙量表評估並探討其相關性。採描述性、相關性研究設計，以調查問卷及訪談方式對研究對象進行橫斷式的研究，共收集 100 位個案，研究資料分析以次數、百分比、平均值、標準差呈現描述性統計，再以 t-test、ANOVA、Chi-square test、Pearson correlation 進行檢定。

結果發現更年期婦女的運動階段分布情形以準備期最多，佔 59%，維持期佔 27%，其次為意圖期（10%）、行動期（2%）及無意圖期（2%）。 平均每日相對身體活動量為 34.36（±2.04）Kcal / kg / day，絕對身體活動量為 1,922.34（±282.22）Kcal / day。常從事的運動是爬山、快走、慢走、瑜珈及元極舞，推薦的運動為爬山、快走、慢走、游泳及腳踏車。知覺運動利益排名前五項為「可以預防心血管疾病」、「能拓展自己的生活圈」及「會增加我的身體適應能力（柔軟度、平衡）」、「可以維持我的身材（控制體重）」、「覺得運動會讓自己心情保持愉快」；知覺運動障礙排名前五項為「氣候不佳（太冷、太熱、下雨）」、「運動使我疲勞（如:肌肉酸痛）」、「運動時我會感到無力（體力不夠）」、「缺乏運動的同伴」、「缺乏專家指導運動」。不同運動階段在 BMI 值及有無慢性疾病有顯著差異。BMI 值越高（r＝.77, p<.0001），婚姻狀況愈偏向已婚者（r＝.21, p＝.032），絕對身體活動量愈高；愈偏向有慢性疾病，相對中重度身體活動量愈少。知覺運動利益與教育程度有正相關（r＝.28, p＝.005）。不同運動階段在相對中重度身體活動量、相對身體活動量、絕對中重度身體活動量有現顯著差異。知覺運動障礙在不同運動階段有顯著差異，且屬於意圖期之個案知覺運動障礙顯著大於在維持期的個案。知覺運動障礙與相對身體活動量（r＝-.33, p＝.001）、絕對中重度身體活動量（r＝-.30, p＝.003）呈負相關。

本研究結果可提供護理人員在擬定更年期婦女身體活動相關護理措施之依據，以提升更年期婦女健康照護之品質。

關鍵字：更年期婦女、運動階段、身體活動、知覺運動利益、知覺運動障礙

英文摘要

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 (±282.22) Kcal/day and relative amount of physical activity was 34.36 (±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