Determinants of self-reported physical activity among Jordanian adults.

Ammouri AA¹, Neuberger G, Nashwan AJ, Al-Haj AM.

Abstract

PURPOSE:

To assess health-promoting behaviors among adult Jordanians and examine relationships among individual characteristics (age, gender, income, and education), perceptual factors (perceived self-efficacy, perceived benefits, and perceived barriers), competing demands, and self-reported physical activity.

DESIGN:

A cross-sectional, correlational design with self-administered questionnaires was conducted in three major cities in Jordan.

METHODS:

Descriptive statistics and path analysis were used to examine the direct and indirect effects of independent variables on adults' physical activity.

FINDINGS:

Men scored higher than did women on physical activity, and women scored higher than did men on health responsibility. Total variance in self-reported physical activity accounted for by independent variables was 30%. Self-efficacy had the strongest direct effects, followed by perceived benefits, perceived barriers, and competing demands on physical activity. Age had the strongest indirect effect on physical activity participation via perceptual factors.

CONCLUSIONS:

Counseling these adults for physical activity should include application of behavior change strategies suitable to age and focused on increasing self-efficacy, decreasing barriers, increasing perception of benefits, and decreasing sedentary activities.