

Krzysztof Sas-Nowosielski,
Małgorzata Grabara, Andrzej Hadzik
Poland

Health Belief Model Variables as Predictors of Light, Moderate and Vigorous Physical Activity Among Young Adults

Abstract

The aim of the study was to measure the association among Health Belief Model (HBM) variables and self-reported physical activity of young adults. A survey research protocol was employed. Participants were 391 university students (245 females), 19–22 years old ($\bar{x} = 21.41 \pm 3.49$). Analyses revealed that the strongest predictor of physical activity is self-efficacy, followed by perceived benefits and the perceived barriers. Other HBM variables, such as the perceived susceptibility or perceived severity, were not associated with physical activity. On the basis of the obtained results it may be concluded that the HBM as a model of avoiding diseases is not adequate to explain and predict physical activity of young adults.

Keywords: *Health Belief Model, physical activity, young adults*

Introduction

Despite the numerous and well-documented benefits of physical activity (PA), many people are not active on a regular basis (Mazur, Woynarowska & Koło, 2007). Therefore, promotion of PA is an important challenge within health education, which is nevertheless difficult due to the fact that it is complex behaviour determined by many factors of various types (demographic, psychological, social, biological and behavioural) (Buckworth & Dishman, 2002). To better understand this kind of health behaviours, several theoretical models were suggested (Biddle & Mutrie, 2001; Buckworth & Dishman, 2002; Motl, 2007). The essence of such models is to