

Conclusion

The study has shown limited applicability of the model to explain the PA of healthy, young adults. While the importance of the self-efficacy and the perceived benefits for the adoption of PA were confirmed, as well as the negative influence of the perceived barriers, a threat of diseases whose etiology is rooted in the sedentary lifestyle turned out not to be a factor that determines PA of young adults. These findings can be important for the health education process, especially with reference to the promotion of PA.

Generalisation of the findings is limited mainly by their cross-sectional nature. Moreover, it is difficult to compare the obtained results with the findings of other studies, against the inadequate operationalization of the key variables of the HBM, especially measurement tools of proven psychometric properties. Nevertheless, the obtained results make, in the authors' opinion, a valuable contribution to the discourse on the HBM as one of the models on the basis of which we have been trying to comprehend PA and promote it.

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