

Awareness of role of strength training in care prevention, negative perception, and stages of change for strength training behavior among Japanese older adults

Kazuhiro Harada, Yoshio Nakamura

The purpose of the present study was to examine the associations among awareness of the role of strength training in care prevention, negative perception of strength training, and stages of change for strength training behavior among Japanese older adults. A cross-sectional questionnaire survey was conducted to 1124 older adults (60-74 years) randomly sampled from the Tokorozawa city. Regarding the research items, the dependent variable was stages of change for strength training behavior, and the independent variables were awareness of the role of strength training in care prevention and negative perception of strength training. Analysis of covariance was utilized. After adjusting for demographic variables (age, self-reported health status, body pain, and smoking habits), higher awareness ($p < .0001$) and lower negative perception ($p < .0001$) were significantly associated with higher stages of change. In post-hoc analysis, significant differences of the awareness were revealed among precontemplation, contemplation, and other 3 stages. In the perception, significant differences were revealed between precontemplation and other 4 stages, and between contemplation and maintenance. Although the data is insufficient to determine causal relationships, these results indicate that promoting the awareness of the role of strength training in care prevention and modifying negative perception might be effective strategies to encourage strength training among older adults, especially for those in earlier stages.