Intention of Regular Exercise among Pregnant Women: Theory of Planned Behavior

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Purpose

The purpose of this study was to explore the regular exercise behavioral intention on Theory of Planned Behavior (TPB) among pregnancy women and evaluated the model goodness of fit.

Methods

- **Participants**

Using purposive sampling, the researchers invited pregnant women from the obstetrics outpatient clinics of three medical centers in northern Taiwan to participate. The 621 participants had an average age of 31.76, were in at least their 12thweek of gestation and were not experiencing any problems with their pregnancy.

- **Instruments**

The self- administered questionnaire asked about participants' age, education, job, family, knowledge pertaining to exercise during pregnancy, and attitude toward regular exercise during their own pregnancy. CVI values were95-100% and Cronbach's α values were.71-.95.

- **Analysis**

The data was analyzed using SPSS 14.0 software and LISREL 8.72 software.

Results

1. Characteristics of the participants

Participants ranged in age from 20 to 43.0 years, with a mean (± SD) age of 31.9(± 3.83) years. More than two-thirds of the women were more than 30 years of age. (Table 1).

2. Goodness of the model

The model of intention to regularly exercise (AB) which we derived from our data was found to fit the Theory of Planned Intention (TBI) (GFI=0.90, AGFI=0.88, RMSEA=0.062, SRMR=0.074, NFI=0.96, NNFI=0.97, CFI=0.98, PNFI=0.84,(χ2/df)=3.4) (figure 1).

Table 1 Characteristics of the study participants (N = 692)

Characteristic	N	%
Age (years)		
< 29	210	30.3
30–35	380	54.9
≥ 36	102	14.7
Education		
High school or less	111	16.0
University	490	70.8
Graduate	91	13.2
Work status		
Full time	420	60.7
None or part time	272	39.3
Personal Income(NT$/month)		
≤ 20,000	206	29.8
20001–50000	389	56.4
≥ 50001	95	13.8
Pre-pregnancy health		
Normal	668	96.5
Abnormal	24	3.5
Pre-pregnancy BMI		
Underweight	89	12.9
Normal	488	70.7
Overweight and obesity	113	16.4
Pre-pregnancy exercise		
No	585	84.5
Yes	107	15.5
Trimester		
First	73	10.5
Second	220	31.8
Third	399	57.7
Miscarriage history		
No	534	77.2
Yes	158	22.8
Parity		
1	406	58.7
> 1	286	41.3
	Mean	SD
Gestational weight gain	8.52	5.72
Health status perception	3.69	0.79

3. The interrelationships of the model

1) Participants' perceived behavioral control (PBC) significantly influenced AB and explained 57% of the variance in regular exercise intention among pregnant women. The major influencing factor was PBC (β=0.68, p<0.01) (figure 1).
2) AB had a significant influence on participants' behavioral beliefs multiplied by evaluations of outcomes (γ=0.58, p<0.01). PBC had a significant influence on participants' behavioral beliefs multiplied by their own perceived power (γ=0.35, p<0.01) (figure1).
3) There was a significantly positive relationship between and among participants' AB and PBC (figure 1).

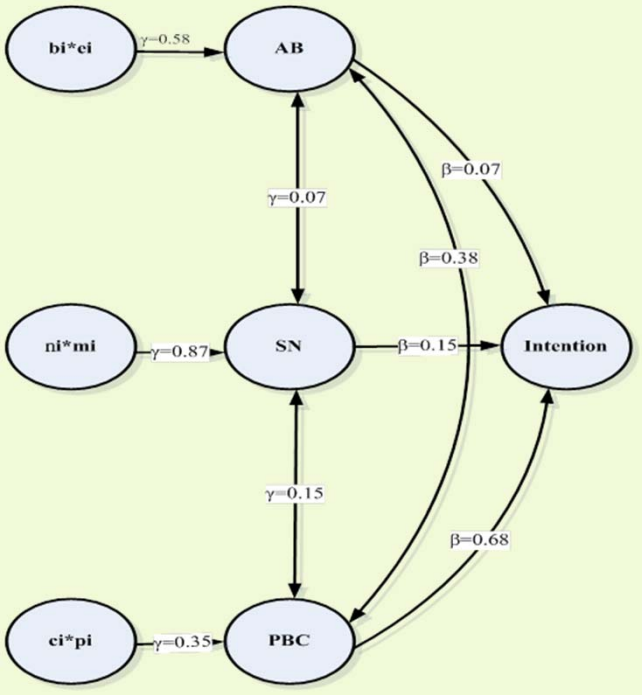

Figure 1 the modified of intention to regular exercise among pregnant women

Conclusion

Pregnant women should be encouraged to lead an active lifestyle. These findings will be useful to doctors and nurses, especially for counseling pregnant women to exercise regularly and promoting exercise and an active lifestyle during pregnancy.