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Psychosocial and environmental correlates of physical activity

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This study aims to find the impacts of social-ecological variables on various intensities (strenuous, moderate and mild) of physical activity in adults. A total of 352 adults (male: 185, 52%; female: 169, 48%; age=39.68 years old) participated in the study. Questionnaires on self-efficacy, decision balance, social environment, physical environment and physical activity were used. Results indicated that physical environment had significant impacts on strenuous and mild intensity physical activities except for moderate physical activity and decision balance. In addition, results revealed that the relationship among physical environment, exercise benefit, self-efficacy and mild intensity of physical activity are indirectly mediated by self-efficacy. In particular, self-efficacy had a strong direct effect on strenuous intensity of physical activity. The findings can be utilized by physical activity professionals who should promote successful activity experiences (self-efficacy) as well as a supportive social and physical environment, which is conducive to active lifestyles for health and wellness.

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