



## Processes of Exercise Behavior Change in girl students: Cognitive or Behavioral?

**Hesam Ramezanzade**

(Phd in Motor Behavior, Assistant Professor, Damghan University)

### ABSTRACT

**Background:** This study investigates Processes of Exercise Behavior Change in girl students on the basis of famous Transtheoretical model (Prochaska et al, 1986). This model emphasis moving in a series of stages for achievement to health behavior. These stages include precontemplation, contemplation, preparation, action and maintenance. Change processes (cognitive or behavioral) describe how these changes occur. Various studies have shown that the processes of change are influenced by various environmental factors (social, cultural, economic, and psychological, etc.) in different societies. So discover the processes of change related to target population is necessary for develop Stages of Exercise Behavior Change (SEBC) and achieve health behavior.

**Methods:** The number of 148 female students in Shahid Beheshti University were selected. Then, they completed Stages of Exercise Behavior Change (SEBC) (Cardinal, 1997, and Processes of change (Nigg, 2001) questionnaires. For data analysis, ANOVA and Multiple Discriminant Function Analysis tests were used.

**Results:** The results showed that about 80% of the sample were in precontemplation, contemplation and preparation stages. In both cognitive and behavioral processes there was significant difference between SEBC ( $p < 0.05$ ). Results showed there was significant different between SEBC in Consciousness Raising, Environmental Reevaluation and Self-Reevaluation variables (cognitive processes) and also for in Counter Conditioning and Helping Relationships variables (behavioral processes) ( $p < 0.05$ ). Multiple Discriminates Analysis showed that both cognitive and behavioral processes are significant predictive for SEBC.

**Conclusion:** The results of this research emphasis on important role of knowledge and awareness about consequences of physical activity and exercise. Self-talk, mental imagery, environmental sensitivity about individual physical activity and existence behavioral alternatives for undesirable behavior (lack of exercise) and also present ways to change the current status people.

### Keywords:

Stages of Exercise Behavioral Change, Processes of Behavior Change, Transtheoretical model