**Title:** Physical Activity in Older Men: Comparing Self-efficacy with the Theory of Planned Behavior

**Authors:** Leila Ghahremani1*, Shamsadin Niknami2, Mahin Nazari3

**Abstract:** The greatest challenge of health care sectors all over the world is providing adequate healthcare for the growing population of older people in order to best maintain their health and quality of life. Healthy People 2010 have developed goals to improve levels of physical activity among adults, adolescents, and children and to reduce sedentary behavior among older adults. According to the World Health Organization physical activity is the single most useful thing that individuals can do to maintain their health, daily function and quality of life.

This study examined the utility of Theory of Planned Behavior (TPB) and the self-efficacy construct in explaining the prediction of physical activity intention and behavior in a sample of elderly men. Men (age 60 and up) in a nursing home (n = 60) completed measures of the TPB, self-efficacy and physical activity behavior. A hierarchical step wise multiple regression analysis indicated that affective/instrumental attitude, subjective norm, and perceived behavioral control (PBC) explained 32.8% of the variance in physical activity intention; self-efficacy provided an additional 2.7%. In a reverse step regression, the TPB variables explained an additional 12.2% of physical activity intention. In a multiple regression analysis on physical activity behavior, affective/instrumental attitude, subjective norm, perceived behavioral control (PBC) and intention explained 15.7% of the variance in physical activity behavior while self-efficacy contributed an additional 5.6%. In the reverse step regression, TPB predictors contributed an additional 3.0% in explaining the variance in physical activity behavior. The results indicate that in addition to the TPB, self-efficacy may also play an important role in the prediction of behavior and should be included when designing physical activity programs for older men.

**Physical Activity, Self-efficacy, Theory of Planned Behavior, Older Men**

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