

Application of transtheoretical theory model to understand the physical activity behaviour among women in Klang Valley, Malaysia

Abstract

This research paper is to investigate the structure of the transtheoretical model in the transaction of physical activity for women between the age of 16 - 60 years old in the surrounding area of Klang Valley (n=105), Malaysia. The objective of the research is to investigate the relationship between the level of physical activity and the transitional process, self-efficacy, and to make a conclusion in the women samples in Malaysia. Furthermore, this research is conducted as the use of TM on women samples in Malaysia has not been studied. The findings of self-efficacy indicate increase from PC to MN and decisional balance also indicates transition from PC to MN. The finding of this research is almost similar to the past literature that suggests process of change in behavioral change that happens to groups of different age and culture. However, the implication for intervention design and suggestion for future research has already taken place.