This is a summary plus of a paper published in Hellenic Journal of Physical Education and Sport Science. You can cite this article as follows:

EXAMINING ALCOHOL AND EXERCISE STUDENTS THROUGH PLANNED BEHAVIOR THEORY USING SELF-IDENTITY AND PAST BEHAVIOR*

Evdokia B. Kosmidou¹, Theodoros D. Ioannidis², Vasiliki Lyssa¹, Vasiliki Zisi¹, Yannis Theodorakis¹

¹Department of Physical Education and Sport Science, University of Thessaly
²Department of Physical Education and Sport Science, Aristotle University of Thessaloniki

Abstract

Recent research has identified the need to include self-identity and past behaviors in the theory, as factors underlying intention and self reported behaviors. The present study employed the theory of planned behavior to investigate the intention and use of alcohol and exercise in students. 249 Greek University students completed questionnaires which assessed all factors about alcohol use and exercise (intention, instrumental attitudes, affective attitudes, perceived behavioral control, subjective norms, self-identity and self reported past behavior) while a separate group of 172 students completed only self reported behaviors (alcohol, exercise). Standard regression analyses were used to examine the prediction of intention and behavior separately for each intention to behave and each behavior. The planned behavior theory provided good predictions of both intentions (alcohol: $R^2=.74$; perceived behavioral control, subjective norms and self-identity significant; exercise: $R^2=.75$; affective norms, perceived behavioral control, self-identity significant) and behaviors (alcohol: $R^2=.42$; past behavior significant; exercise: $R^2=.41$; perceived behavioral control and past behavior significant). It appears that planned behavior theory provides good prediction of intention to drink alcohol and intention to exercise during leisure time. Healthy and unhealthy behaviors for students need to be examined so that appropriate health education programs can be designed and implement.

Key words: Theory of planned behavior, Alcohol, Exercise, University Students, Self-identity

*An extended Summary Plus English version is freely available at www.hellenicjsport.com
Introduction

Lately, health (healthy and unhealthy) behaviors have attracted research interest. The present study employed the theory of planned behavior to investigate intention and use of alcohol and exercise in students. Recent research revealed the need to include self-identity and past behaviors in the theory, as factors underlying intention and self-reported behaviors.

Method

In the present study participated students from a Greek University. In the first measure participated 249 students and in the second measure (a month later) participated 172 of the students. In the first measure they completed questionnaires which assessed all factors about alcohol use and exercise (intention, instrumental attitudes, affective attitudes, perceived behavioral control, subjective norms, self-identity and self-reported past behavior). In the second measure they completed only self-reported behaviors (alcohol, exercise).

Results

Correlations between factors of planned behavior for use of alcohol and for exercise were all significant (p<.01). Standard regression analyses were used to examine the prediction of intention and behavior separately for each intention to behave and each behavior. The planned behavior theory provided good predictions of both intentions (alcohol: R²=.74; perceived behavioral control, subjective norms and self-identity significant; exercise: R²=.75; affective norms, perceived behavioral control, self-identity significant) and behaviors (alcohol: R²=.42; past behavior significant; exercise: R²=.41; perceived behavioral control and past behavior significant).

Discussion

Our results showed that planned behavior theory provides good prediction of intention to drink alcohol and intention to exercise during leisure time. Self-identity helps to the prediction of intention (alcohol and exercise) and past behavior helps to the prediction of behaviors (alcohol and exercise). Healthy and unhealthy behaviors for students need to be examined so that appropriate health education programs can be designed and implement.
References*


Submitted: 2-1-2009
Accepted: 6-5-2009

Correspondence to: E. B. Kosmidou, Laboratory of Psychology, Department of Physical Education and Sport Science at Trikala, University of Thesaly, Karies, 42100, Trikala, Greece

- References have been cited in the Greek (printed) version of the manuscript