

PERCEIVED OUTCOME EXPECTATIONS FOR LIFESTYLE PHYSICAL ACTIVITY IN OLDER RURAL HYPERTENSIVE ADULTS

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Background & Purpose: Outcome expectations (OE), one of two internal cognitive factors in Bandura's Social Cognitive Theory, are behavior-specific. OE influence both the adoption & maintenance of structured physical activity in older adults, but little is known about the effect of OE on lifestyle physical activity (LPA), a more comprehensive physical activity concept. The purposes of this study were to describe OE for LPA among hypertensive rural elders, & to examine the relationship of OE to LPA self-efficacy & clinical variables.

Methods: Rural dwelling participants (n = 50) were 14% male, mean age 69 ? 6.6; 96% Caucasian; 60% married, 70% retired, 90% non-smokers, 50% hypertensive & 50% pre-hypertensive. OE were measured by self-report using the Outcome Expectations for Lifestyle Physical Activity (OELPA) scale. Other measures included self-efficacy (The Self-Efficacy for Lifestyle Physical Activity Scale) & clinical variables of BMI, & perceived exertion with activity (BORG scale).

Findings: Participants perceived that LPA improves physical feelings (90%), mood (92%), mental alertness (84%), muscle strength (86%), & endurance in performing daily activities (84%). Participants further perceived that LPA decreases tiredness (76%), gives a sense of personal accomplishment (88%), helps to strengthen bones (82%), & helps lower blood pressure (80%). Additionally, 86% agreed that they enjoyed their lifestyle physical activities. Higher OE were found in participants with higher self-efficacy ($r = 0.304$, $p = 0.04$), lower perceived exertion ($r = -0.348$, $p = 0.030$), & lower BMI ($r = -0.331$, $p = 0.023$).

Conclusions: The majority of elders perceived positive health benefits & outcomes from LPA. Older adults with higher BMI & problems with exertion may be at risk for low OE & subsequent lower LPA. These data can target those in greatest need for interventions to strengthen these beliefs, which may improve participation in activity & increase LPA.