

Self-regulation and Physical Activity: The Relationship in Older Adults

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Objectives: To examine the relationship between self-regulation and physical activity (PA) in older adults. **Methods:** A convenience sample (N=284) of older adults (M age=70.4 years) was surveyed. **Results:** Multivariate analyses controlling for self-efficacy and socio-demographic variables revealed that using self-regulatory strategies more extensively, being male, and having better self-report health were significantly related to greater PA engagement. **Supportive of a social cognitive per-**

spective, results were also consistent with mediation, where self-regulation partially mediated the relationship between self-efficacy and PA. Conclusions: Further examination of these relationships using prospective and experimental designs is recommended. Practical implications of these findings are discussed.

Key words: self-regulation, physical activity, self-efficacy, mediating effects, older adults

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