

The Role of Self-Efficacy and the Stages of Behavior Change as Related to Physical Activity Levels of Senior Center Participants

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Abstract

This study investigated the role of self-efficacy and the stages of behavior change as related to physical activity levels of adults that attend senior centers. The participants included 358 adults (ages 51 to 97) that attended 11 selected senior centers. The data were collected via a questionnaire in which cumulative self-efficacy was examined through the use of three physical activity self-efficacy sub-scales: self assessment, confidence, and outcomes.

The findings demonstrate that physical activity self-efficacy scores significantly differed at the various stages of change in overall self-efficacy and the three sub-scales. Overall self-efficacy showed significant differences between the maintenance and the precontemplation, contemplation, and preparation stages. Of the three self-efficacy sub-scales analyzed, the self assessment sub-scale was the strongest for predicting overall self-efficacy at the various stages of change. A significant positive relationship was shown between physical activity cumulative self-efficacy scores and stage of change.

Key words: Transtheoretical Model, older adults, exercise

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Cultural Factors In Leadership. Latin America

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Abstract

The objective of this presentation is to mention different experiences in consulting during the last 30 years in six different countries of Latin America, presenting a case for each country with observations regarding the cultural factors observed that have had an influence in the working behavior.

Included in the conclusions is the profile of the new generation of leaders, emerging in developing countries, and who have very different characteristics from those of previous decades, with comments about the trends in functional neuroanatomy that are being studied to determine behavior of future leaders.

Key words: cultural factors, working behavior, leaders.

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Family History, Body Image and Disordered Eating: An Exploratory Study

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Abstract

The purpose of the present study was to assess disordered eating among nurses. A 65-item survey was mailed to a random sample of nurses in the United States. A total of 435 nurses returned completed surveys. Of respondents, 93% of nurses were registered nurses (RNs), 87% were over age 31, 72% did not have a family history of disordered eating, and 52% of nurses had a Body Mass Index (BMI) of 25 or greater. Results indicated that involvement in disordered eating was significantly and directly correlated to family history of eating disorders, body image, and BMI. Recommendations for health promotion programs are offered.

Key words: disordered eating, family history, body image, BMI

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Being Manipulated in the Group of Friends -Predisposition and Psychological Implications-

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Abstract

Introduction: This paper is based on the fact that manipulation is even more efficient, the more the relations between members are based on trust and have an emotional involvement.

Objectives: Thus, the present paper sets the following main objectives: 1. identification of young people's implications of manipulation in one's relations to the group of friends; 2. emphasis of the existing correlation between interpersonal dependence on group members and the predisposition to being manipulated; 3. establishing a correlation between the self image in young people and response attitudes to difficult or critical situations.

Methods: The working hypotheses are: 1. the more empathic people are with those around them, the more prone they are to being manipulated; 2. high interpersonal dependence correlates directly with one's predisposition to being manipulated; 3. an exaggerated self-image correlates directly with one's predisposition to being manipulated. The research group was selected from young people, aged 20 to 25, (students in different faculties, but also fresh graduates and active participants in their professional field). We have used the following research tools: Ego Identity Scale –EIS, Interpersonal Dependence Scale, Emotional Intelligence Test, questionnaire for the acknowledgement of the four ways to react especially in difficult and critical situations.

Result: According to the obtained results, the established hypotheses were confirmed. Based on the main hypotheses and objectives of the study, we attempted to emphasize the implications of manipulation in friendship relationships, as well as its various implications in young people's self image.

Discussions: As the results pointed out, in a group of friends, the higher the interpersonal dependence is, the more prone people will be to being manipulated; moreover, empathy and exaggerated emotional trust may cause the occurrence of manipulation 'victims'. These 'weaknesses' can set the ground for a perfect manipulation.

Key words: friendship, manipulation, self-image, emotional dependence, empathy.

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Changes in Syrian Jewish Women's Status

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Abstract

Introduction: *The social standing of Jewish women in Damascus, Aleppo, and Kamichlie went through extreme changes. I shall examine the degree of internalization of concepts such as chastity and seclusion at home, which were the lot of the Jewish women in Aleppo for generations. In Kamichlie the atmosphere was rural, different from that of the big cities; the Jewish way of life was jealously kept. For a long time, marrying more than one wife was allowed, due to the influence of the Muslim society. I will focus on the Aleppo and Damascus samples, as they are the majorities.*

Objectives: *The objective of researching the changes in Jewish women's status in Syria, during many years and under various regimes, is to examine the influence on today's women status. The second objective is looking into the differences in the various typologies between Aleppo and Damascene women through the generations.*

Methods: *1) Individual in-depth interviews; 2) Discussions of focus groups; both in the U.S.A and in Israel.*

Results: *A: The Sephardic as well as the Francos were very strict keeping high moral norms in Aleppo.*

B: Because of the strong Aleppian rabbinical leadership, the Syrian Jews continue to live in Brooklyn, New York as a cohesive group.

C: Today in the USA, Jewish Syrian women are still primarily occupied with home and family.

Conclusions: *The Jewish community in Syria did not encourage women employment out of home. I learnt to what extent the male hegemony blended into popular local culture and how difficult it was to break free from it. In Israel, not always having opportunity to live in close vicinity with the veterans, Syrian Communities created a change in attitude.*

Key words: "Musta'arvim", Francos, Torah, Aliyah, Ashkenazi Women

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Femininity From Denial To Assumption

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Abstract

Objectives: The aim of this study is to reveal the social influences and those which derive from the personal development upon the integration and assumption of femininity and upon the level of self-esteem.

Method: A sample of 72 subjects – students of both the Faculty of Psychology and Educational Sciences and the Faculty of Communication and Public Relationships – females between 20 and 38 years old – was pseudo-randomly selected for the conduction of this study. Within it a series of tests was used, such as: The Bem Sex Role Inventory (BSRI) and the Rosenberg Scale for the measurement of the level of self-esteem. Each subject was previously asked to answer some questions during an interview regarding the personal perception of femininity in society. Subjects were divided in two samples: an experimental sample upon which there were applied techniques of personal development and a control sample which did not benefit from unifying personal development techniques. Both samples were presented the BSRI instrument in order to fill it in, an instrument meant to reveal the predisposition to one of the types: feminine, masculine, androgynous or undifferentiated.

Results: Results indicate a pronounced proclivity of those who attended the personal development group towards the feminine type, therefore a better adjustment to the values of the society and a higher score at the scale which aims at the self-esteem in comparison with the control group.

Conclusions: It can be concluded that the analysis of personal perceptions, the awareness of the mechanisms which sabotage the proper manifestation of femininity as well as the symbolical challenge that activates resources lead to a cognitive and emotional reframing meant to provide a better integration of femininity which positively correlates with an increased self-esteem. (Axes)

Key words: integration of femininity, self-esteem, unifying personal development

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Key Elements in Preparing High Performance Students. Assumptions Linked with Personality Structuring

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Abstract

This paperwork is a study regarding the intellectual “doping” of high performance children that show significant cognitive changes. They work under different planning, sequencing and operating criteria concerning concrete and abstract life. There are also differences on affective, attitudinal and relational level. We will describe possible types of these children and adolescents’ psychopathologic personality structures. The most common is represented by the impact between excessive requests of social and familial environment and the biological potential of the children involved.

The main objective of this study is to draw the attention to the phenomenon regarding the acceleration of the learning processes for high performance children and a possible social pathology structuring in the near future, with unpleasant implications on future generation’s psychopathology.

Key words: heredity, environment, depression.

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