

Effects of a weight control program focused on physical activity and psychological modification on BMI, physical activity, and psychological variables in obese adolescents

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Abstract

The current study investigated the effect of a weight control program focused on physical activity and psychological modification on BMI, physical activity levels, and psychological variables towards physical activity in male obese adolescents. One hundred and twenty-five obese male adolescents who had BMI greater than 25 kg/m² were preliminarily recruited from a junior high school located in Seoul, South Korea. Among them, a total of 68 students and their parents returned their consent forms with sign and finally participated in the 16-week obesity intervention. During this period, the study participants' BMI, physical activity levels, self-efficacy, perceived benefits and barriers were measured at the three-time point. The first measurement was taken for all 68 participants at baseline, the second measurement was taken after the eight-week intervention for those who remained in the program (94.1%; n=64), and the final measurement was taken for 89.7% of the initial 68 participants (n=61) who completed the 16-week intervention. Obese adolescents' BMI (F=3.51) and physical activity (F=4.01) were significantly changed over the 16-week obesity intervention. In addition, exercise self-efficacy (F=5.02) and perceived benefits toward physical activity (F=5.34) significantly increased but perceived barriers of physical activity (F=5.10) gradually decreased over the intervention. This study suggests that it is important to consider not only physical activity, but also the various psychological factors that influence physical activity when planning and implementing the obesity program.

Biography

YoungHo Kim has his expertise in physical activity and its related psychological variables in health psychology.