

Chapter 11

Health & Medicine



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Low Physical Activity in Hispanic Women The three main reasons for low physical activity among the Hispanic women include: lack of knowledge of the relationship between moderate physical activity and health, the Hispanic women don't know the benefits of doing physical exercises to their health that is why they rarely do exercises, there is also the lack of personal resources that should enable them to engage in those physical activities because if there are no resources it will be difficult for them to work out and lastly there is the lack of environmental support for the women. This is inclusive of the community at large and the friends which hinder them to carry out the intended physical activities. There was a thin line between the author's reasons and my reasons because the women rarely indulge in the physical activities because they might fear the risks that may come with the consequences of the act, there is also the barriers of costs to be incurred which is similar to one of the reasons of the authors and equally the chances of experiencing the risks.

There were the theories that were chosen as the basis for the program which include; HBM meaning health belief model, SE (self-efficacy), and the SLT theory which means social learning theory. According to HBM, a person's health related behavior depends on several factors like: the severity of the illness, the person's susceptibility to the illness and the importance and the barriers to taking precautionary actions. The HBM theory was preferred by many researchers because it emphasizes on knowledge and perception which seemed appropriate to a population to which the health outcome of a preventive behavior.

The SE theory is based on the misconceptions among Hispanics about the relationship between certain risk behaviors and the diseases given that

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mistaken belief can give a false discernment of the need for change. The SLT theory manifests the human behavior as interactive way between environmental, behavioral and personal factors (Slattery, pg. 38).

In the SLT theory, reinforcement, observational learning, self-control, behavioral capability and emotional coping responses together with SE are principal constructs in SLT. There are also other constructs like environmental factors which affect behavior. The factors can be particularly important for enhancing physical activities among Hispanic women for various reasons because the term environment refers to the social environment which is inclusive friends, family members and peers which is part of the Hispanic culture. This affects the Hispanic women because the family members play a big role in giving them emotional support system. The environmental factors also include factors like time, place and facilities which are important in promoting health in the Hispanic communities and because of poverty, they lack space for the exercises (Eyler, 253).

The HBM theory emphasizes on knowledge and perception seemed to be appropriate for a population to which to a health outcome of a preventive behavior may never be presented. Therefore, both the positive benefits and the negative barriers are principal constructs of HBM. Although SE is a major construct of SLT, it is believed to have confidence that people have in performing a behavior in a specific situation. It is significantly associated with the adoption and maintenance of an exercise program hence associated positively with physical activity among older women.

Work Cited

Slattery, MARTHA L., et al. " Physical activity patterns and obesity in Hispanic and non-Hispanic white women." *Medicine and science in sports and exercise*
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