

Flinders Centre for  
Ageing Studies



# Why is self-efficacy positively associated with activity in older adults?

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# Why Study Predictors of Activity?

Associated with positive outcomes:

- Happiness (Menec, 2003)
- Life satisfaction (Menec & Chipperfield, 1997)
- Reduced incidence of dementia (Wang et al., 2002)
- Longevity (Glass et al., 1999)

*Activity declines with age*

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# Self-Efficacy Predicts Activity

Beliefs that one can successfully perform desired behaviours (Bandura, 1977, 1997)



*Positively associated with activity in older adults*

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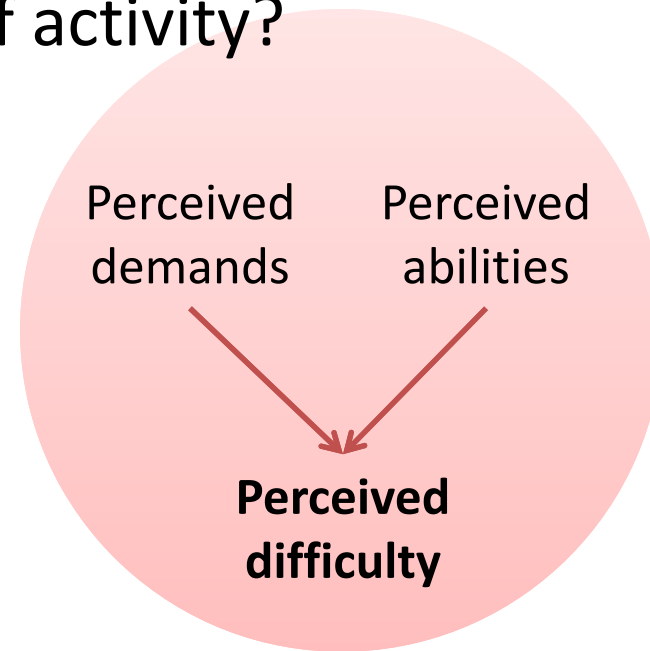
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# Possible mediators

Perceived ease of activity?

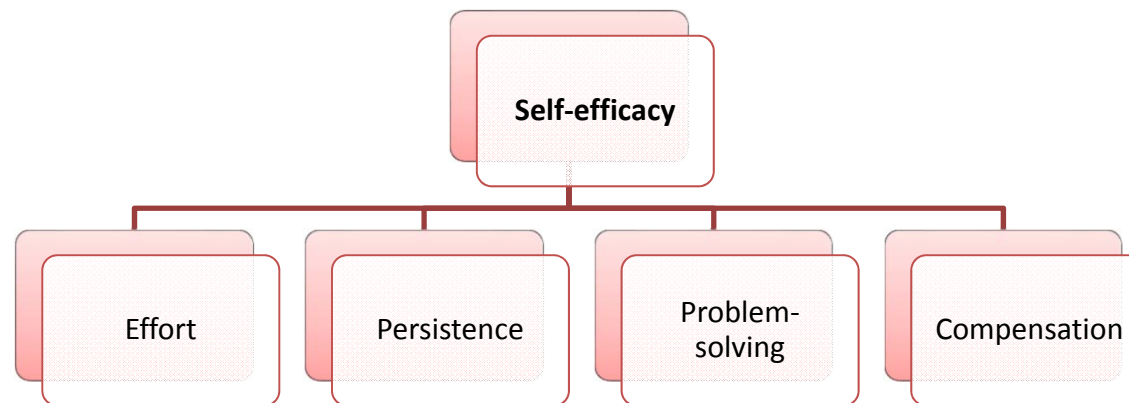
## Social cognitive theory

We are more likely to try activities that we think are within our capability



# Possible mediators

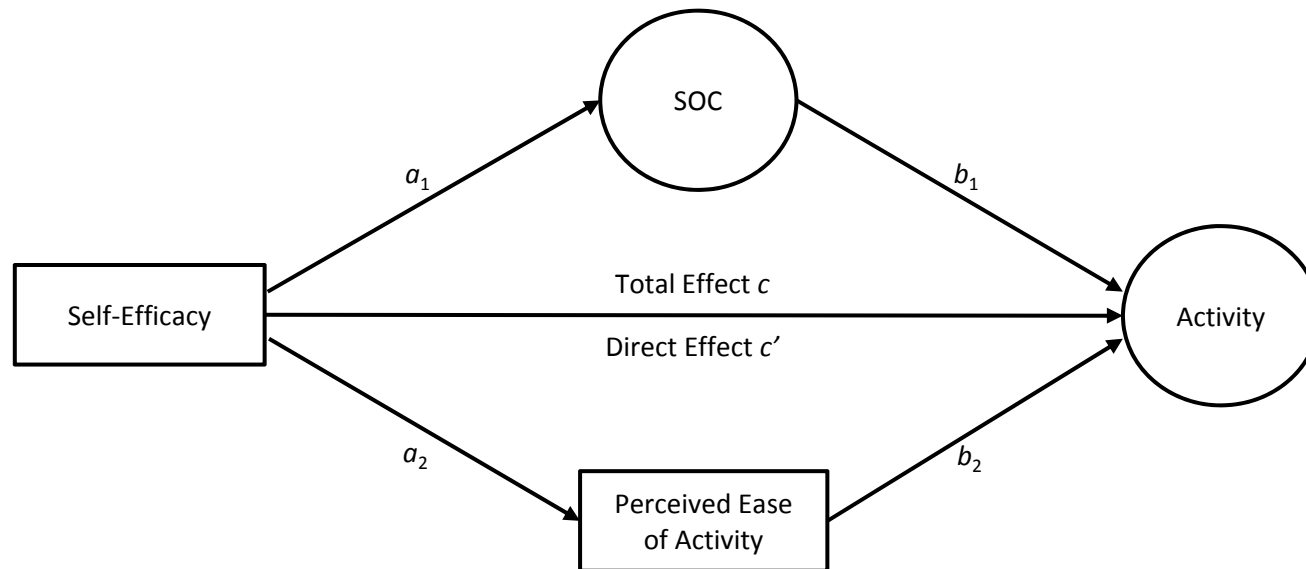
## Use of adaptive strategies?



## Method: Participants and Design

- Convenience sample ( $n = 412$ ) aged 50 to 93 years
- Online survey
  - General self-efficacy (Schwarzer & Jerusalem 1995)
  - Activity participation (Activity Characteristics Questionnaire; Bielak 2017)
  - SOC strategies (selection, optimization, and compensation; Baltes 1999)
  - Perceived ease of activity (social, physical, and mental activity)
  - Covariates

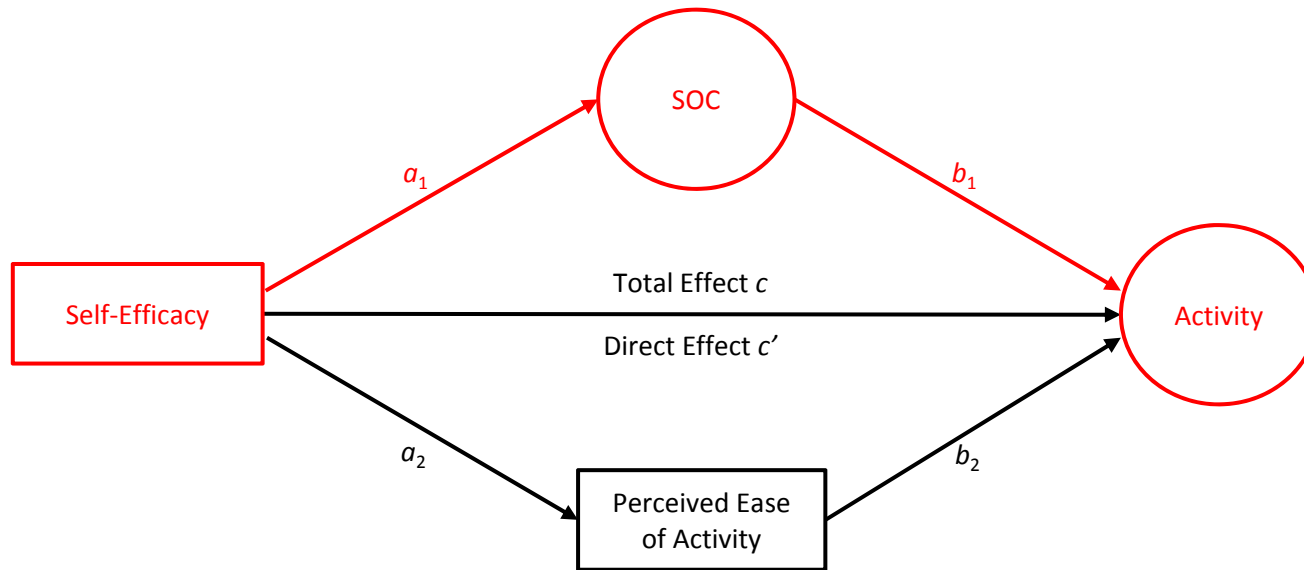
# Method: Analysis



$a_1 * b_1$  = indirect effect of self-efficacy on activity via SOC

$a_2 * b_2$  = indirect effect of self-efficacy on activity via Perceived Ease of Activity

# Method: Analysis

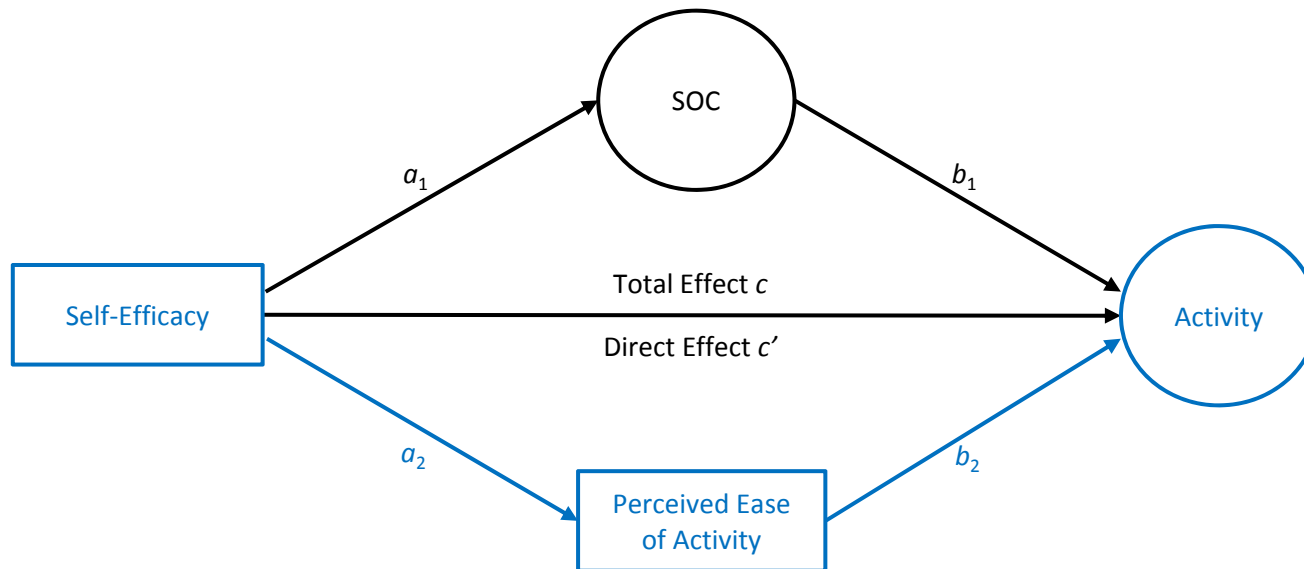


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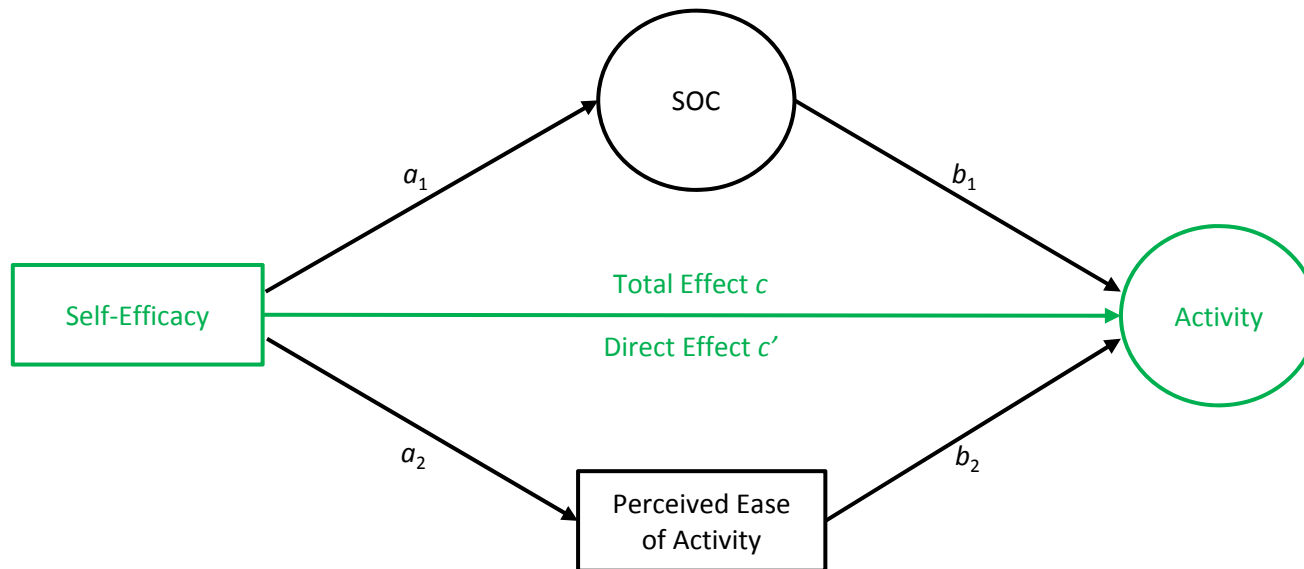
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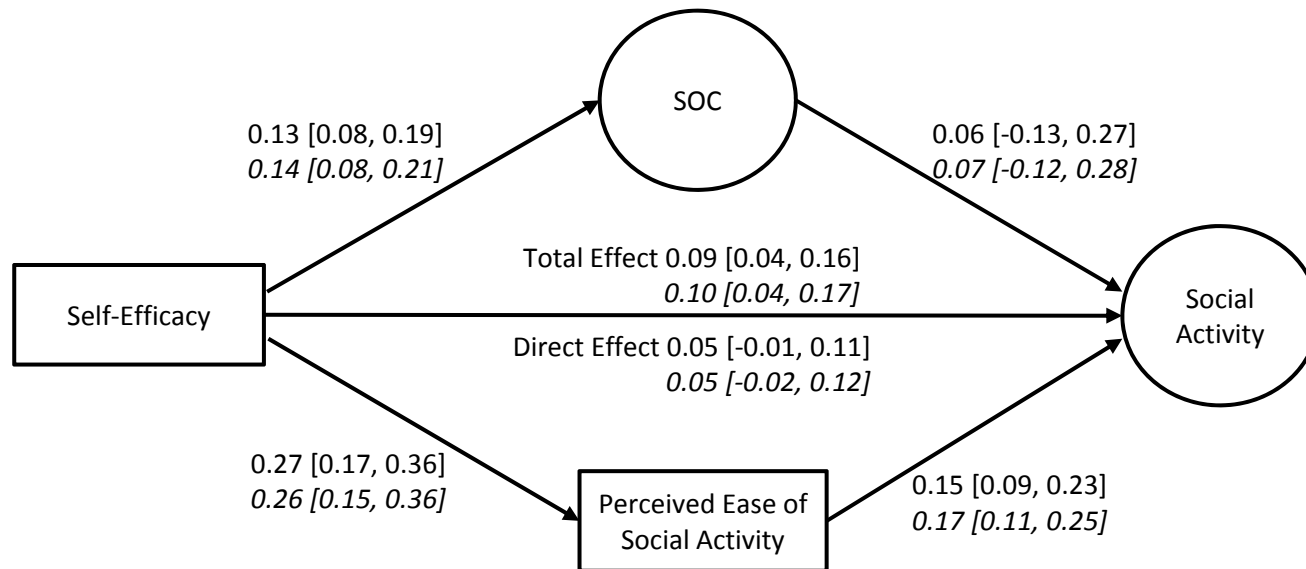
# Method: Analysis



$a_1 * b_1$  = indirect effect of self-efficacy on activity via SOC

$a_2 * b_2$  = indirect effect of self-efficacy on activity via Perceived Ease of Activity

# Results: Social Activity



**SOC**

$a_1 * b_1$

0.01 [-0.02, 0.03]

0.01 [-0.02, 0.04]

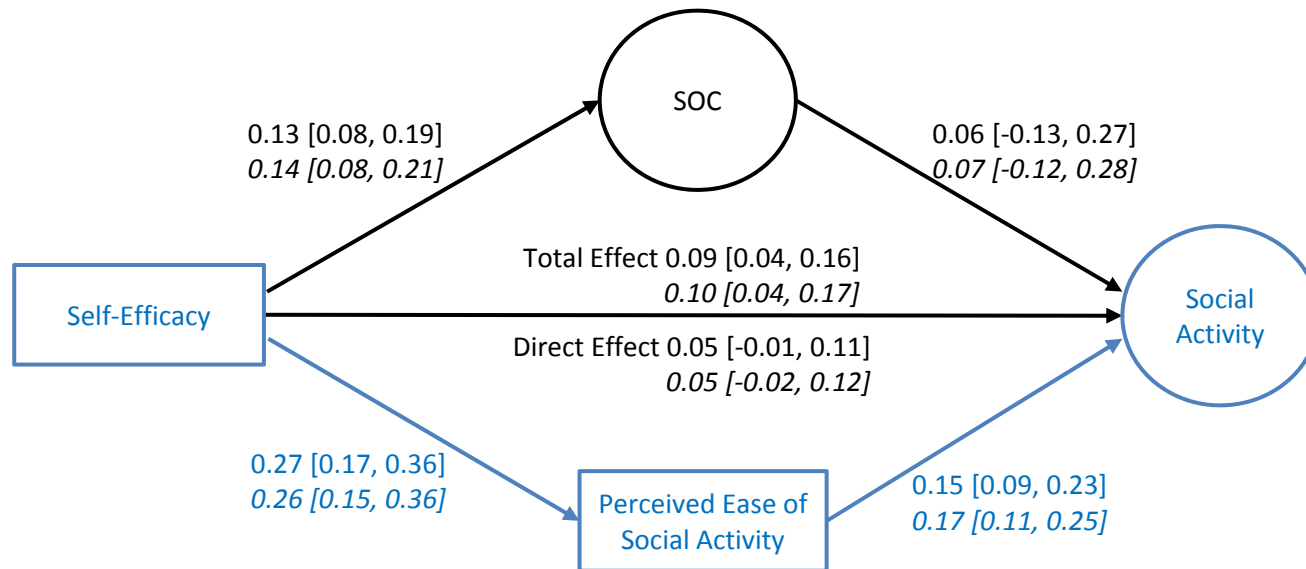
**Perceived ease of activity**

$a_2 * b_2$

0.04 [0.02, 0.07]

0.04 [0.02, 0.07]

# Results: Social Activity



**SOC**

$a_1 * b_1$

0.01 [-0.02, 0.03]

0.01 [-0.02, 0.04]

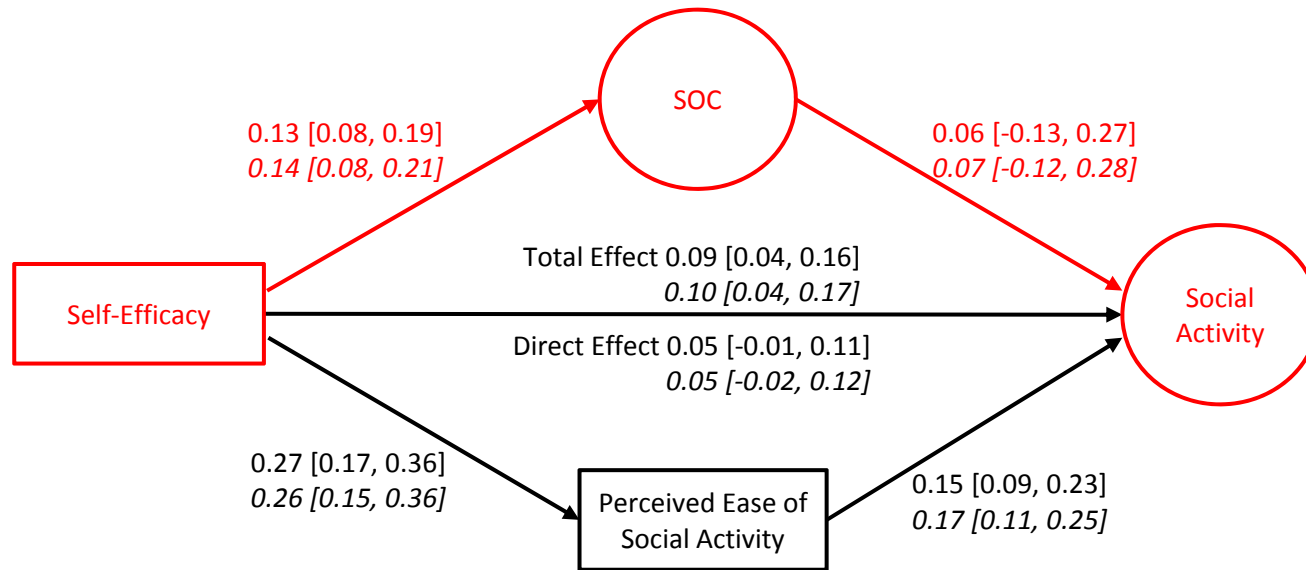
**Perceived ease of activity**

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# Results: Social Activity



**SOC**

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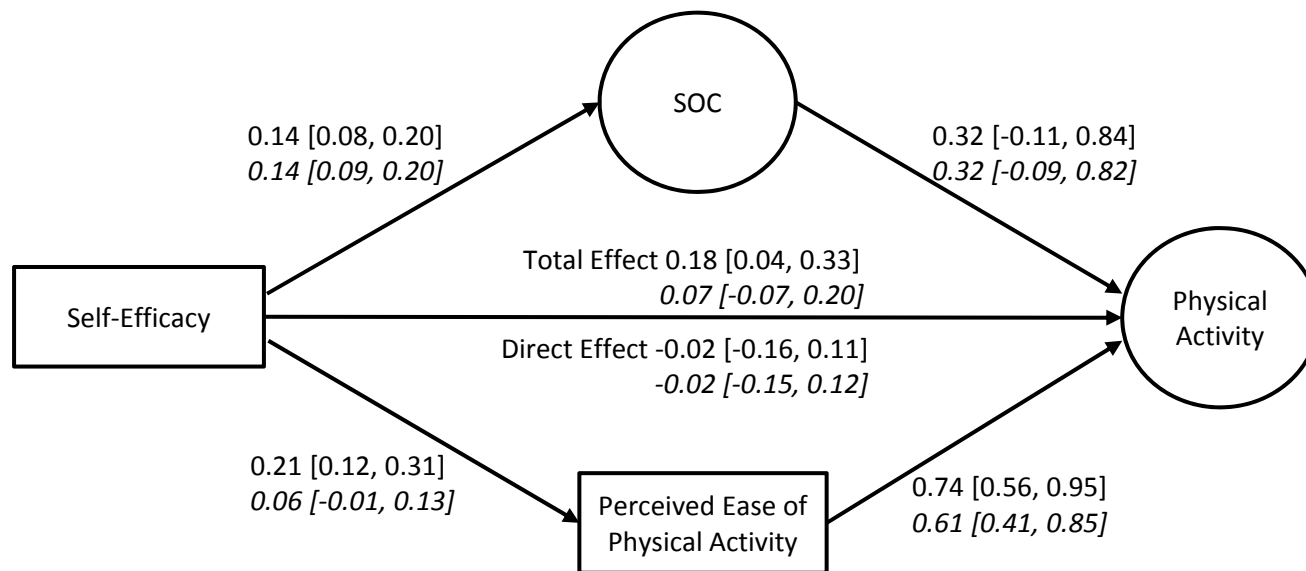
**Perceived ease of activity**

$a_2 * b_2$

0.04 [0.02, 0.07]

0.04 [0.02, 0.07]

# Results: Physical Activity



**SOC**

$a_1 * b_1$

0.04 [-0.02, 0.11]

0.04 [-0.01, 0.11]

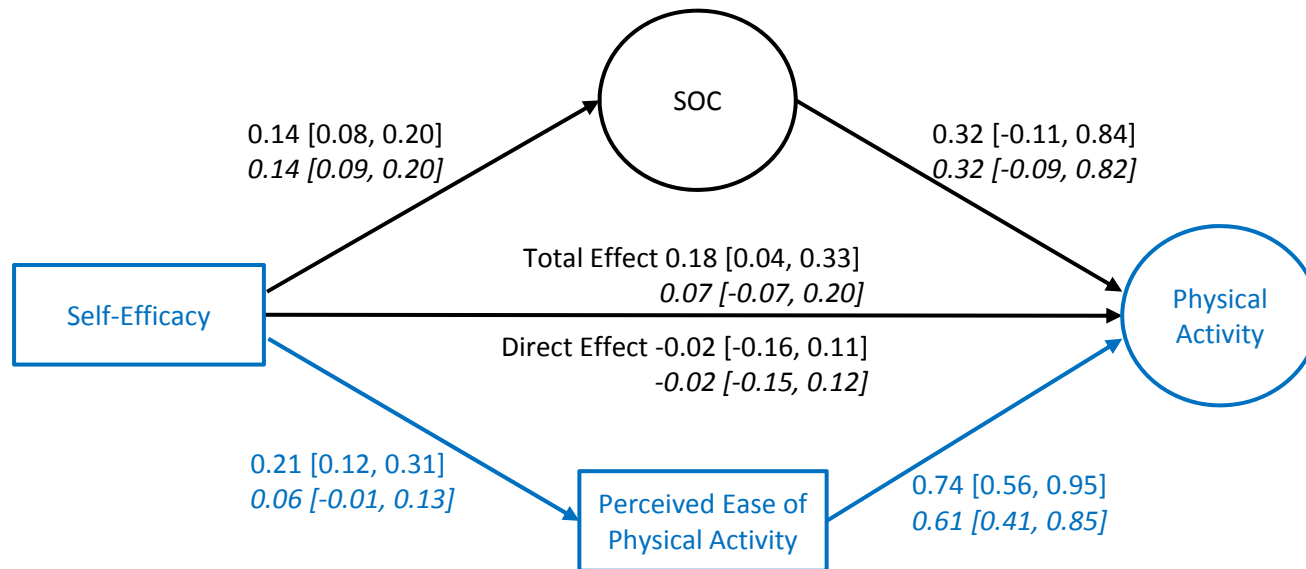
**Perceived ease of activity**

$a_2 * b_2$

0.16 [0.08, 0.25]

0.04 [-0.01, 0.09]

# Results: Physical Activity



**SOC**

$a_1 * b_1$

0.04 [-0.02, 0.11]

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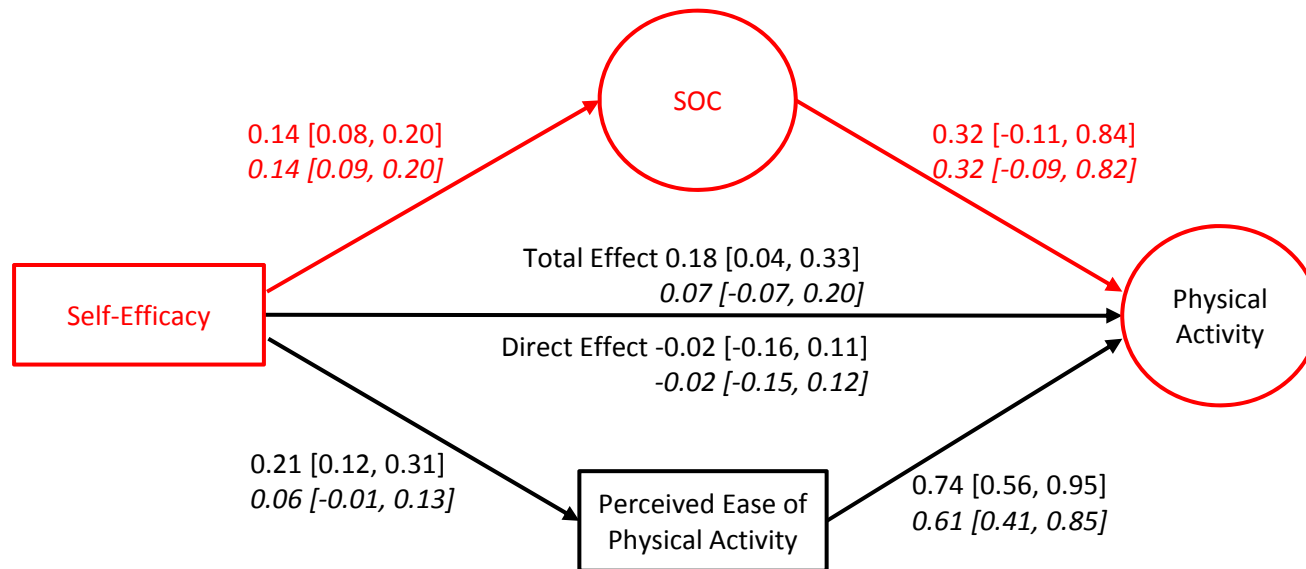
**Perceived ease of activity**

$a_2 * b_2$

0.16 [0.08, 0.25]

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# Results: Physical Activity



**SOC**

$a_1 * b_1$

0.04 [-0.02, 0.11]

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**Perceived ease of activity**

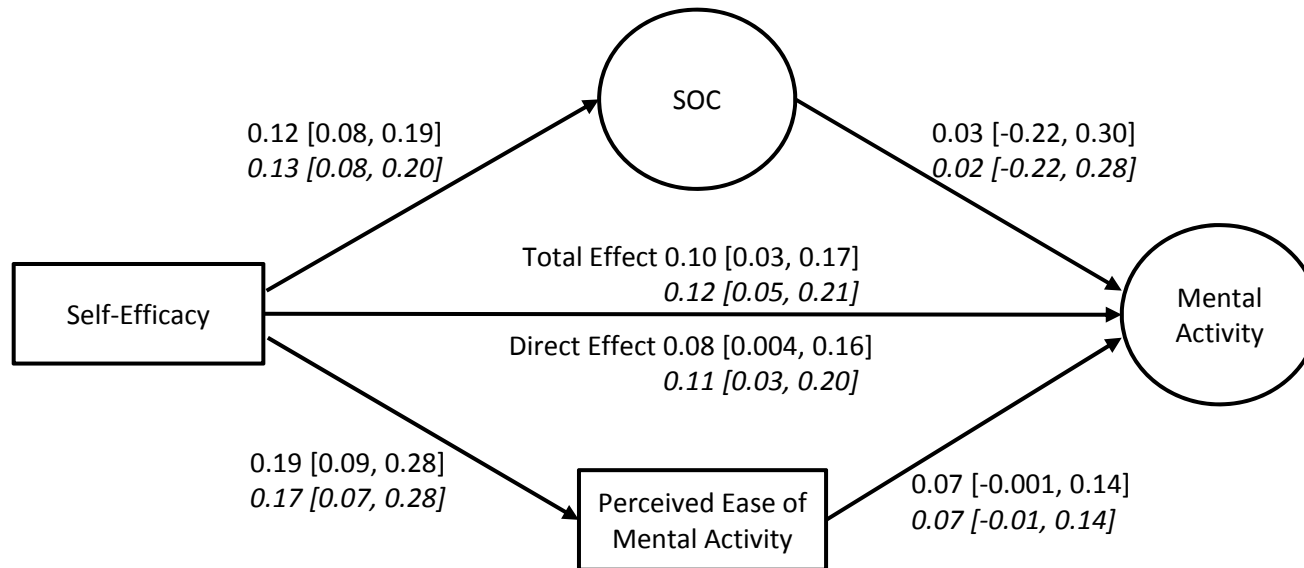
$a_2 * b_2$

0.16 [0.08, 0.25]

0.04 [-0.01, 0.09]



# Results: Mental Activity



**SOC**

$a_1 * b_1$

0.004 [-0.03, 0.04]

0.003 [-0.03, 0.04]

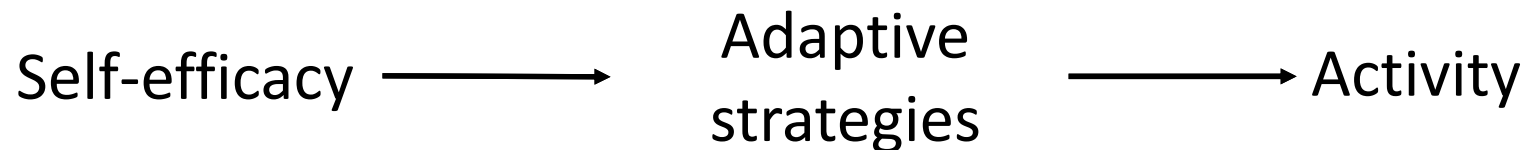
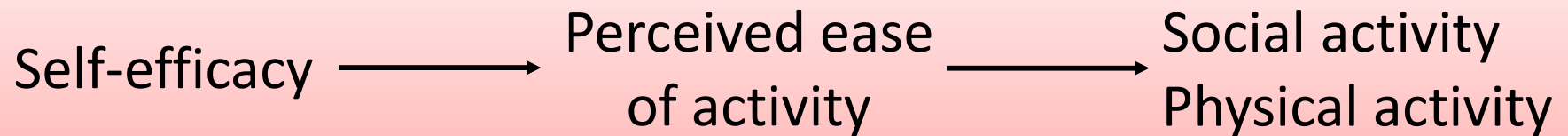
**Perceived ease of activity**

$a_2 * b_2$

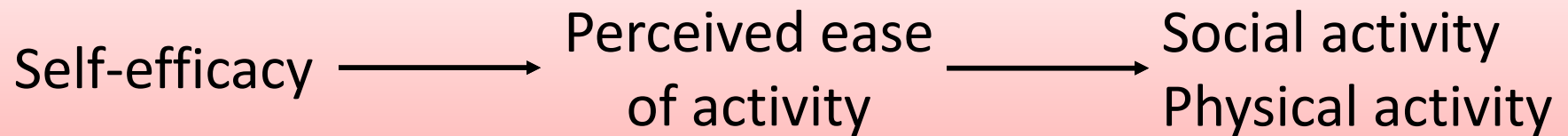
0.01 [0.000, 0.03]

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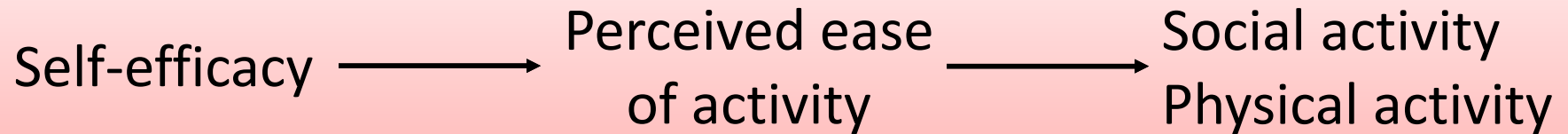
# Summary and Discussion



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# Implications

- Intervention
  - Self-efficacy interventions should include methods aimed at improving evaluations of ease of activity
  - Could we target perceived ease of activity directly if self-efficacy is resistant to change?
- Longitudinal studies are needed

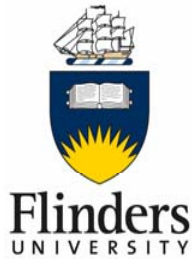
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