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# Influence Of Social Support On Adherence And Compliance With Recommendations Of Healthy Practice

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## INTRODUCTION

Among the social and cultural factors, the significant support (family and friends) is an important model of social influence on the creation and adoption of healthy habits like the practice of healthy physical activity. From the perspective of the transtheoretical model, the behavior modification involves the progression of the individuals through five stages: pre-contemplation (PC = inactive without intention to change), contemplation (C = inactive with intention to change), preparation (P = active without fulfilling the recommendations of the American College of Sports Medicine [ACSM]), action (A = has complied with the recommendations of the ACSM but has not exceeded 6 months) and maintenance (M = has complied with the recommendations ACSM for more than 6 months).

## PURPOSE

To examine the influence of the family support (FaS) and friends support (FrS) on the stages of change (SC) for healthy physical activity based on the recommendations of the ACSM.

## METHODS

A total of 533 subjects (48% female and 51.8% male; Mage = 33.22, SD = 15.27, range = 11-76). The social support scale (family and friends) and the questionnaire of the stages of change for physical activity were used. Both instruments were translated into Spanish from Mexico.

## RESULTS

The internal consistency of the subscales of FaS ( $\alpha = .81$ ) and FrS ( $\alpha = .83$ ) were satisfactory. The results of One-Way ANOVA revealed significant differences in the FaS ( $F(4,524) = 5.935, p < .001$ ) and FrS ( $F(4,508) = 10.755, p < .001$ ) in different SC.

The post hoc Tukey's test indicated that people in the PC ( $M = 2.14; SD = .84$ ) received less FaS than those found in the P ( $M = 2.58; SD = .94$ ), A ( $M = 2.60, SD = .96$ ) and M ( $M = 2.62; SD = .93$ ).

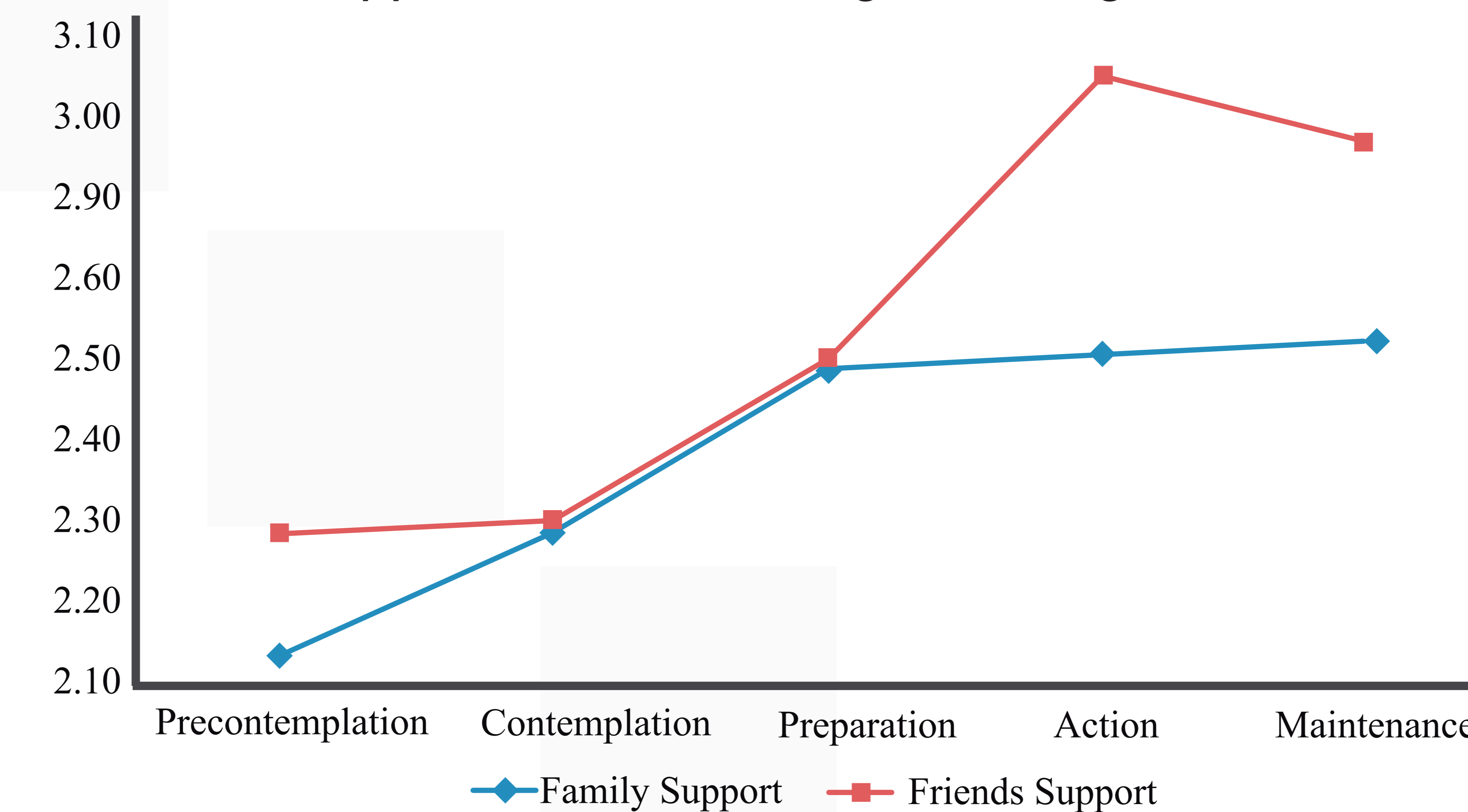
On the other hand, people in the PC ( $M = 2.33; SD = .88$ ) showed lower scores of FrS than those in the stages of M ( $M = 2.92; SD = .99$ ) and A ( $M = 3.03; SD = .74$ ).

**TABLE 1.** Means and standard definitions of the family support (FaS) and friends support (FrS) across stage of change for exercise.

Variable	State of change					F ratio	Tukey's HSD
	PC	C	P	A	M		
FaS	2.14 ± .84	2.32 ± .89	2.58 ± .94	2.60 ± .96	2.62 ± .93	30.708**	PC < P, A, M
FrS	2.33 ± .88	2.35 ± .95	2.59 ± .10.2	3.03 ± .99	2.92 ± .99	12.216**	PC, C < M PC, C, P < A

Note: FaS = Family Support; FrS = Friends Support; \*\* $p < .001$ . PC = Precontemplation; C = Contemplation; P = Preparation; A = Action; M = Maintenance.

**FIGURE 1.** Scores of the family support (FaS) and friends support (FrS) across stage of change for exercise.



## CONCLUSION

The social support (family and friends) is a factor that positively influences adherence, compliance and maintenance of healthy practice recommendations issued by the ACSM.

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