

SUMMARY

Title: Adherence to remedial physical education among women of middle and older age

Aim: To deliver a complex review of the exercise adherence issue. To confirm relationship among selected factors and exercise adherence using questionnaire method in a group of regularly active women and to identify reasons of their long-term participation in a group remedial physical education.

Method: 165 women, members of the Kardia club, who regularly participated on remedial physical education classes, were involved in the study, question-form data were suitable in 130 cases. To provide subjective evaluation of physical activity, Czech version of the International Physical Activity Questionnaire (IPAQ, short version) was distributed; to identify the level of extroversion, the Eysenck Personality Inventory (EPI-B) was applied, and to discover motivation factors influencing the physical activity adherence, the author of the Graduation Theses compiled a non-standardized questionnaire. Attendance data from January to December 2007 (except July and August) were the fundamental part of the adherence level objective evaluation.

Results and conclusions: The Graduation Theses refers to the most significant factors, which influence the long-term adherence to remedial physical education. The results demonstrate positive relations among programme factors – type and intensity of the physical activities. Other factors of the physical programme, e.g. personality of the instructor or financial impact, are significant for long-term participation, as well. Support given by the close relatives and friends is very important. Social background influences the whole number of physical activities (measured in MET-minutes/week). The influence of the factor extroversion wasn't confirmed as factor affecting the organized programme attendance.

Key words: adherence, physical activity, factors of adherence, group exercise, IPAQ, EPI