

INFLUENCE OF SELF EFFICACY FOR HEALTH PROMOTION ON FUNCTIONAL DECLINE OF ELDERLY LIVING IN A RURAL COMMUNITY IN JAPAN

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Objective To clarify whether self efficacy for health promotion is associated with functional ability among elderly inhabitants of a rural community in Japan.

Methods The research was a longitudinal study of inhabitants aged 65 and over in a community in Nagano, Japan, who completed a questionnaire at the baseline in 1998 and at follow-up in 1999. The questionnaire included 1) Self Efficacy Scale for Health Promotion measuring the belief in task performance on health, 2) health behavior, 3) a functional ability scale consisting of instrumental activities of daily living, effectance, and social role (Tokyo Metropolitan Institute of Gerontology Index of Competence: TMIG Scale), and 4) demographic factors such as age and sex.

Results At the baseline, 477 subjects completed the questionnaire by themselves and achieved full marks on the TMIG Scale. Of these, 457 responded again 12 months later. Low self efficacy for health promotion at baseline was a significant correlate for functional decline during the 12-month period.

Conclusion Self efficacy for health promotion is a predictive factor for functional ability and can be important as an intervention target for elderly people.

Key words : functional ability, self efficacy for health promotion, longitudinal design

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