

The Mediating Effects of Self-efficacy on the Relationship between Social Support and Adolescents' Physical Activities

An abstract blue-toned image featuring two prominent, reflective spheres in the foreground. In the background, a faint world map is visible, along with some circular patterns and lines, suggesting a global or scientific theme.

心理組 博一
王亭文



Benefits of Physical Activity

Weight Control

Reduce Risk of Cardiovascular Disease

Strengthen Bones and Muscles

Improve Mental Health and Mood

Increase Chances of Living Longer

(Mercola, 2012 ; Lakka & Laaksone, 2007 ; Warburton, Nicol, & Bredin, 2006 ; Strong et al., 2005 ; Watts et al, 2004 ; 王正松 , 2005 ; 林麗娟 , 2005 ; Callaghan, 2004 ; 顏素珍 , 2004 ; U.S. Department of Health and Human Services, 1996)



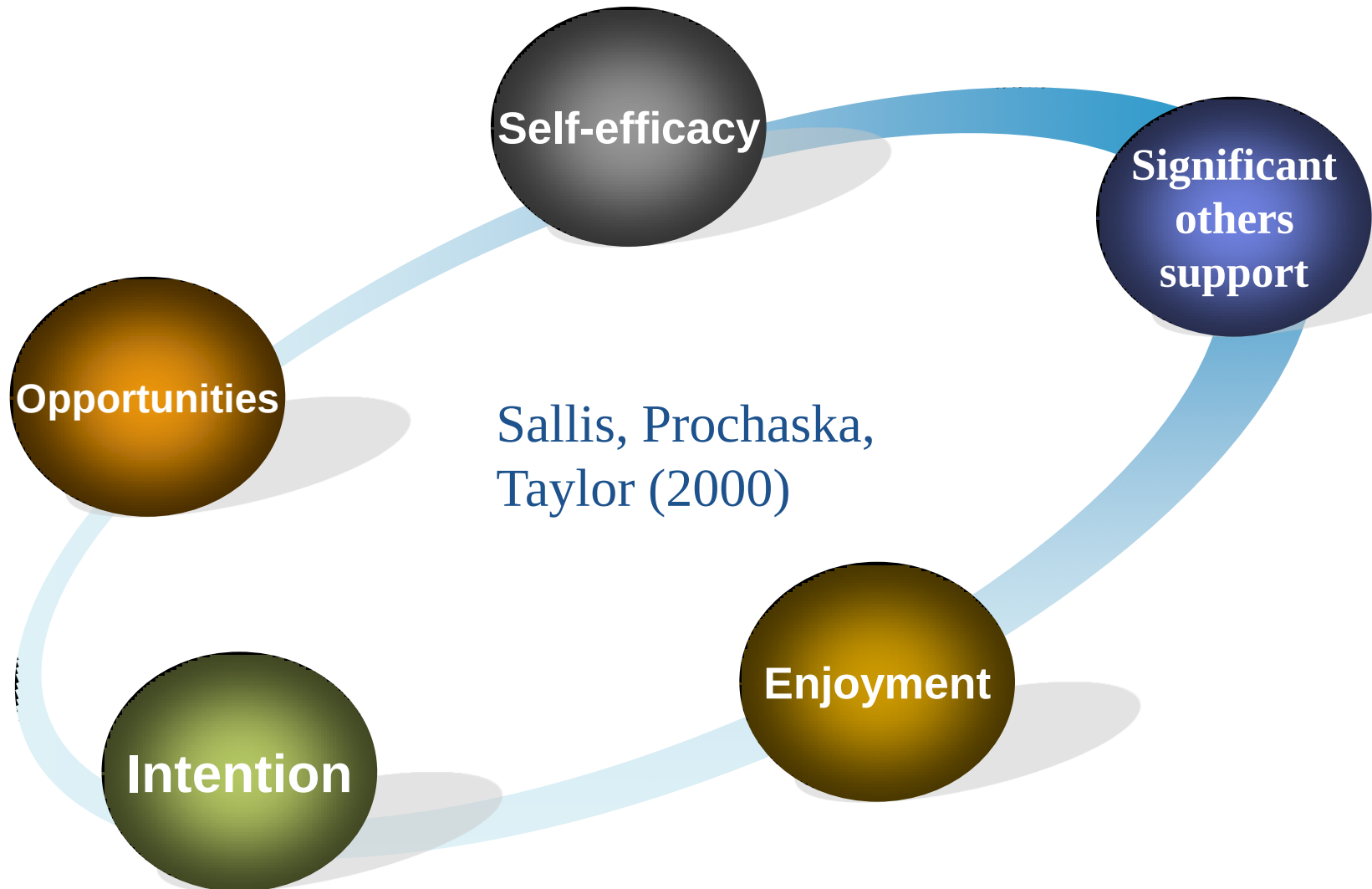
PA for Adolescents



(Feltz & Magyar, 2006; Walton et al., 1999; Malina, 1996)

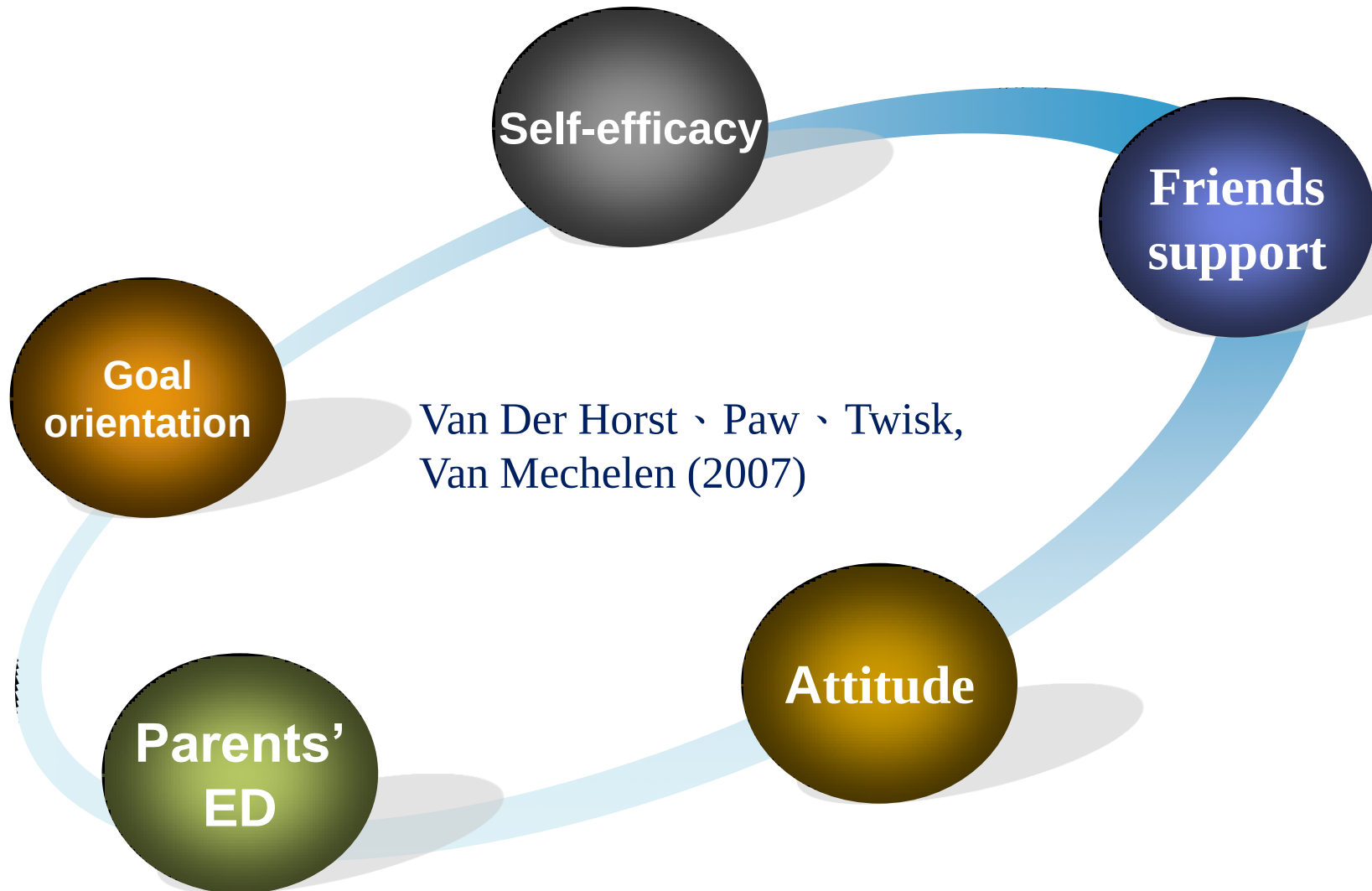


How to improve adolescents' PA?





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Bandura (1986) Social cognitive theory

