



T1900156651

**HEALTH BELIEFS, HEALTH LOCUS OF CONTROL AND
SELF-EFFICACY AS PREDICTORS OF COMPLIANCE
OF HEALTH BEHAVIOURS**

SABUH ADHAMI

**A thesis submitted for the degree of Master of Arts with Honours
of the University of New England, October, 1998.**

“I hereby certify that the substance of this thesis has not already been submitted for any degree and is not being currently submitted for any other degree.

I certify that, to the best of my knowledge, any help received in preparing this thesis, and all sources used, have been acknowledged in this thesis.

”

Sabuh Adhami

ABSTRACT

Previous studies on health behaviour modification through different models provided the context for this study. The study aimed at determining the relationship of three specific health behaviours on the one hand, and predictors of change on the other, in relation to a group of women participants. Data in relation to the study was collected at three points of time, and information regarding health and health behaviours was given to the participants in between. When compared to the hypotheses framed in the study, the analysis of the results indicated that health and healthy behaviours were significantly co-related. It was also found self-efficacy was a predictor of change in the specific health behaviours accepted in the study. The study also found that health beliefs was a predictor of change, but that health beliefs and health behaviours were inversely related. Health locus of control was not found to be a predictor of change in Health Behaviour.

ACKNOWLEDGEMENTS

This thesis was researched and completed in the Department of Psychology, University of New England. I am grateful for the facilities provided by the Department in this regard. I owe a debt of gratitude to the participants in this study for their time and interest in this research. The study was supervised by Associate Professor Jagdish Dua and Dr Donald Martin. I am thankful for their assistance. Frank Niebling and David Heap of the Department of Psychology provided technical support in connection with the preparation of the thesis. I appreciate their help very much. AusAID provided scholarship support to undertake this research. The thesis took more time to complete than was originally anticipated due to a number of reasons which were beyond my control.

During the rather long period it took me to complete this project, I always had the support and understanding of members of my family, especially my parents. I am extremely grateful to them for this. This thesis is dedicated to my parents.

TABLE OF CONTENTS

Abstract	i
Acknowledgments	ii
Table of Contents	iii
List of Tables	
<u>CHAPTER 1: INTRODUCTION</u>	1
1.0 Overview	1
1.1 Design	6
2.0 Health Behaviours and Health (Physical and Psychological)	7
2.1 Smoking and Health	8
2.2 Diet and Health	10
2.3 Exercise and Health	13
3.0 Theories of Health Behaviour	15
4.0 Health Belief Model	17
4.1 Research with Health Belief and Health Behaviours	19
5.0 Self-Efficacy	24
5.1 Research with Self-Efficacy and Health Behaviours	27
6.0 Health Locus of Control	31
6.1 Research with Health Locus of Control and Health Behaviours	33
7.0 Psychological and Physical Health	37
8.0 Research On the Impact of Information	40
9.0 Objectives of the Present Study	42
10.0 Hypotheses of the present study	43
<u>CHAPTER 2: METHOD</u>	45
1.0 Design	45
2.0 Subjects	46
3.0 Measures	47
3.1 Health Behaviour	48
3.2 Health Belief	49
3.3 Self-Efficacy	50
3.4 Health Locus of Control	51
3.5 Psychological Health (GHQ)	52

32.6 Physical Health Scale	54
3.7 Intervention	55
4.0 Procedure	56
Time 1 Testing	56
Time 2 Testing	57
Time 3 Testing	57
<u>CHAPTER 3: RESULTS</u>	58
1.0 Test of Hypotheses	59
<u>CHAPTER 4: DISCUSSION</u>	91
1.0 Hypothesis 1	91
2.0 Hypothesis 2	97
3.0 Hypothesis 3	101
4.0 Hypothesis 4	104
5.0 Hypothesis 5	105
<u>CHAPTER 5: CONCLUSION</u>	108
<u>BIBLIOGRAPHY</u>	112
APPENDICES	
Appendix A1:	Consent Form
Appendix A2:	Scale A: Health Behaviour Questionnaire
Appendix A3:	Scale B: Self-Efficacy Questionnaire
Appendix A4	Scale C: Physical Health Scale
Appendix A5:	Scale D: Health Belief Questionnaire
Appendix A6:	Scale E: The General Health Questionnaire (GHQ)
Appendix A7 :	Scale F: Health Locus of Control Questionnaire
Appendix A8:	Information About Health and Health-related Behaviours

LIST OF TABLES

1	Schedule of Questionnaire	47
2	Summary of the Correlation Between Health Behaviours at Time 1 and Physical Health at Time 1	60
3	Summary of the Correlation Between Health Behaviours time 1 and Psychological Health at Time 1	61
4	Summary of the Correlation Between Health Behaviours time 3 and Physical Health at Time 3	63
5	Summary of the Correlation Between Health Behaviours Time 3 and Psychological Health at Time 3	64
6	Summary of the Correlation Between Health Belief and Health Behaviours Time 1	67
7	Summary of the Correlation Between Health Beliefs and Physical Health at Time 1	68
8	Summary of the Correlation Between Health Beliefs and Psychological Health at Time 1	69
9	Summary of the Correlation Between Health Belief and Health Behaviours Time 3	72
10	Summary of the Correlation Between Health Beliefs and Physical Health at Time 3	73
11	Summary of the Correlation Between Health Beliefs and Psychological Health at Time 3	74
12	Summary of the Correlation Between Health Locus of Control and Health Behaviours at Time 1	76
13	Summary of Correlation Between Physical Health and Health Locus of Control at Time 1	77
14	Summary of Correlation Between Psychological Health and Health Locus of Control at Time 1	78
15	Summary of Correlation Between Health Behaviours and Health Locus of Control at Time 1	79
16	Summary of Correlation Between Physical Health and Health Locus of Control at Time 3	86

17	Summary of Correlation Between Psychological Health and Health Locus of Control at Time 3	81
18	Mean and Standard Deviation of Health Beliefs from Time 1 to Time 2	82
19	Mean and Standard Deviation of Health Locus of Control from Time 1 to Time 2	83
20	Mean and Standard Deviation of Self-Efficacy from Time 1 to Time 2	84
21	Self-reported Health Behaviours from Time 1 to Time 3	85
22	Summary of Correlation Between Changed Health Behaviours and Changed Health Beliefs	86
23	Summary of Correlation Between Changed Health Behaviours and Changed Health Locus of Control	87
24	Summary of Correlation Between Changed Health Behaviours and Changed Self-Efficacy from Time 1 to Time 2	88