

## THE VALIDITY AND RELIABILITY OF THE EXERCISE BENEFITS/BARRIERS SCALE FOR TURKISH MILITARY NURSING STUDENTS

Tulay ORTABAG\*, Suleyman CEYLAN\*\*, Aygul AKYUZ\* & Hatice BEBİS\*

\*Gulhane Military Medical Academy (GMMA), School of Nursing, Etlik, Ankara, Turkey

\*\* Gulhane Military Medical Academy (GMMA), Medical Academy and School of Medicine,  
Etlik, Ankara, Turkey

### ABSTRACT

*This study aims to test the validity and reliability of the Exercise Benefits/Barriers Scale (EBBS) for female university students in Turkey. This is a validity and reliability study of the EBBS for use in a Turkish context. The study sample consisted of 409 students of a School of Nursing (97.1% of the total student body). In the study, a three-part questionnaire was used. The EBBS, developed by Sechrist (Sechrist et al., 1987), was used in the study in order to determine the participants' benefit-barrier perceptions. The EBBS validity coefficient was found to be 0.87 (re-test =0.85) for the whole scale, 0.95 (re-test=0.94) for the benefit aspect and, 0.80 (re-test=0.79) for the barrier aspect. "Physical performance" and "preventive health" were given the highest scores by the participants within the EBBS's benefit subscales. The exercise barrier subscale with the lowest score was "exercise milieu". Determining the benefits of and barriers to exercise, by using a standardized scale, plays an important role in maintaining proper levels of physical activity. The Turkish translation of the EBBS model has shown it to be an effective tool for measuring physical activity among female Turkish university students.*

**Key words:** Adolescent health; Exercise; Health behaviours; Physical activity.

### INTRODUCTION

A healthy lifestyle, being one of the 21<sup>st</sup> century's 21 health objectives, involves a simple concept, "Members of society should have adopted a healthy lifestyle by the year 2015", which emphasizes that "...healthy behaviours concerning physical activity should be considerably increased" (Aktan & Isik, 2007: 8).

Over the past 50 years, many epidemiological studies have been dedicated to improving the quality of life and public health. Physical activity has been clearly identified as a means of maintaining an individual's physical health and well-being (Morrow *et al.*, 2004).

A physically active lifestyle has many measurable benefits, including the reduced risk of several severe conditions such as coronary heart disease, hypertension, stroke, noninsulin-dependent diabetes mellitus, cancer of the colon, obesity and osteoporosis. On the other side of the coin, psychological benefits include reduced levels of stress and depression, and an increased sense of well-being, heightened energy levels, improved self-confidence and