

What's stopping you? The relationship between barriers, self-efficacy, and physical activity levels in incumbent deputy sheriffs

Beitzel, Maria M.; Wilson, Kathleen S.; Dawes, Jay; Orr, Rob Marc; Dulla, Joe; Lockie, Robert G.

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):

Beitzel, M. M., Wilson, K. S., Dawes, J., Orr, R. M., Dulla, J., & Lockie, R. G. (2019). *What's stopping you? The relationship between barriers, self-efficacy, and physical activity levels in incumbent deputy sheriffs*. Abstract from 34th Annual Association for Applied Sport Psychology Conference, Portland, Oregon, United States.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

What's Stopping You? The Relationship Between Barriers, Self-Efficacy, and Physical Activity Levels in Incumbent Deputy Sheriffs

Maria M. Beitzel¹, Kathleen S. Wilson¹, J. Jay Dawes², Robin M. Orr³, Joseph M. Dulla⁴, Robert G. Lockie¹

¹ Department of Kinesiology, California State University, Fullerton, Fullerton, CA, USA

² Department of Health and Human Performance, Oklahoma State University, Stillwater, OK, USA

³ Tactical Research Unit, Bond University, Robina, Qld, Australia.

⁴ Recruit Training Unit, Training Bureau, Los Angeles County Sheriff's Department, Los Angeles, CA, USA

Incumbent deputy sheriffs tend to be less physically active than recruits, despite the benefits of physical activity (PA) for health and job-related tasks (Orr et al., 2018). To address the barriers to PA in this population, self-efficacy may play a role as it is a key correlate of PA in many populations (Rhodes et al., 2017). However, to our knowledge, SE and specific barriers to PA have not been examined within deputy sheriffs. Therefore, this study explored barriers to PA as well as the role of SE on perceived barrier limitations and PA levels in deputy sheriffs. Sixty deputy sheriffs (Males: $n=48$, Females: $n=12$) from one law enforcement agency completed a cross-sectional survey. PA was assessed using the Godin Leisure Time Exercise Questionnaire (Godin & Shephard, 1985). Barriers to PA were measured using an open-ended questionnaire that asked about perceived barriers and how limiting those barriers were (Gyurcsik et al., 2009). A 6-item measure of SE was used to assess coping and scheduling SE (Rodgers & Sullivan, 2001). Multiple regressions were performed to predict PA (barrier limitation, coping and scheduling SE) and perceived barrier limitations (coping and scheduling SE). The three most common barriers identified were work hours ($n=33$, 55%), family commitments ($n=32$, 53.3%), and lack of time ($n=27$, 45%). Both the regression models were significant in predicting PA ($R^2=.21$, $p=.007$) and perceived barrier limitations ($R^2=.21$, $p=.003$). Scheduling SE was the only predictor of both PA ($\beta=0.33$, $p=.013$) and perceived barrier limitations ($\beta= -0.04$, $p=.015$). Similar to other populations, scheduling SE appears to be important for PA and reducing the perceived limiting nature of barriers among deputy sheriffs. The emergence of scheduling SE may be reflective of managing the most frequent barrier of work hours. Further research should address these barriers and how to improve scheduling SE in deputy sheriffs.

References

- Godin, G., & Shephard, R. J. (1985). A simple method to assess exercise behavior in the community. *Can J Appl Sport Sci*, *10*(3), 141-146.
- Gyurcsik, N. C., Brawley, L. R., Spink, K. S., Brittain, D. R., Fuller, D. L., & Chad, K. (2009). Physical activity in women with arthritis: Examining perceived barriers and self-regulatory efficacy to cope. *Arthritis Care & Research*, *61*(8), 1087-1094.
- Orr, R. M., Dawes, J. J., Pope, R., & Terry, J. (2018). Assessing differences in anthropometric and fitness characteristics between police academy cadets and incumbent officers. *The Journal of Strength & Conditioning Research*, *32*(9), 2632-2641.
- Rhodes, R. E., Janssen, I., Bredin, S. S., Warburton, D. E., & Bauman, A. (2017). Physical activity: Health impact, prevalence, correlates and interventions. *Psychology & Health*, *32*(8), 942-975.
- Rodgers, W. M., & Sullivan, M. J. (2001). Task, coping, and scheduling self-efficacy in relation to frequency of physical activity 1. *Journal of Applied Social Psychology*, *31*(4), 741-753.