

POSTER

Health and Self-Esteem

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Purpose There may be a negative impact on older adults not engaged with technology if movement toward online communication and processes (e.g., e-government, e-health, etc.) continues. For this study, the operational definition of adopter is a person who has made movement toward a behavior of technology adoption. The purpose of this quantitative study was to identify and analyze older adults' respective stages of change related to technology adoption. The Transtheoretical Model (TTM)^{1,2,3} constructs (i.e., stages of change, decisional balance pros and cons, and perceived computer self-efficacy) and general self-efficacy were assessed to determine if an older adult's perceived self-efficacy was the reason for not adopting technology or if it was related to perceived benefits (pros and cons) of technology, and how these measures aligned within the stages of change. **Method** The 272 participants were age 60 and above, and residents in west and central Alabama in the United States. Data were collected using a quantitative survey concerning behavior related to older adults and technology adoption. The survey consisted of: (a) Stages of Change, (b) Decisional Balance, (c) Self-Efficacy, and (d) Demographics and Technology Ownership and Use. Stages of change categorized participants into one of five stages (precontemplation, contemplation, preparation, action, or maintenance). Decisional balance assessed how important each pro and con statement was with respect to a participant's decision-making process to change^{4,5} based on a five point Likert-type scale from 1 (not important) to 5 (extremely important). Perceived self-efficacy (SE) assessed participants' perceived confidence in general⁶ and domain specific (technology)⁷ abilities. **Results & Discussion** Of the 261 participants who identified their sex, 71 (26.1%) were male and 190 (69.9%) were female. Age groups were 75 to 79 (27.3%, n=69) and 70 to 74 (24.5%, n=62), 85 to 89 (8.3%, n=21) and 90 and above (0.4%, n=1). Of the 272 surveys completed, 271 participants self-identified a stage of change related to their technology use status: precontemplation (n=56, 20.6%); contemplation (n =12, 4.4%); preparation (n=10, 3.7%); action (n =7, 2.6%); and maintenance (n=186, 68.6%). Participants were predominately in two stages, precontemplators and maintainers. Results of the omnibus test revealed the model was significant and a good predictor of technology adoption. The Classification Table revealed the model predicted outcomes correctly 87.8% of the time.

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