

Das Transtheoretische Modell - Janina Maier

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In dieser Hausarbeit möchte ich zuerst einen kurzen Überblick über das Transtheoretische Modell (TTM) geben. Anschließend gehe ich auf die Kernkonstrukte des TTM ein und bringe dann die Vorteile und Kritiken am TTM an. Zum Schluss möchte ich das TTM auf ein Anwendungsbeispiel beziehen. Das Transtheoretische Modell (TTM), auch 'Stages of Change' genannt, ist ein dynamisches Modell der Verhaltensänderung. Es versucht, das menschliche Verhalten zu verstehen und zu erklären. Es wurde von Prochaska 1979 entwickelt und im Laufe der Jahre durch seine Forschungsgruppe erweitert (Prochaska, 1979; Prochaska & DiClemente, 1984; Prochaska, DiClemente & Norcross, 1992; Prochaska, DiClemente, Velicer & Rossi, 1992). Der Begriff 'Transtheoretisch' wurde von Prochaska deswegen gewählt, weil er durch eine frühere Untersuchung (1979) verschiedene Veränderungsprozesse des menschlichen Verhaltens identifiziert hat. Das TTM beinhaltet deswegen verschiedene psychologische Kernkonzepte aus kognitiven, motivationalen und behavioralen Theorien. Seinen Ursprung fand das TTM eigentlich in der Raucherentwöhnung, allerdings wird es heutzutage auf allerlei Feldern, wie z.B. Alkoholmissbrauch, Essstörungen, Drogenkonsum, Kondomgebrauch, körperliche Aktivität und sogar auf die Entwöhnung von dem Gang zum Sonnenstudio, angewandt. Es gibt auch immer mehr Forschungsgruppen, von daher wird eine Weiterentwicklung des TTM in den nächsten Jahren zu beobachten sein. Vorrang in dieser Hausarbeit hat das TTM angewandt auf die körperliche Aktivität. Im TTM wird eine Verhaltensänderung nicht nur über das sichtbare Verhalten (aktiv vs. inaktiv) definiert, sondern anhand der Bereitschaft, das Verhalten ändern zu wollen (Knoll 2005).

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