



Research **NEWS**

3/2024

Department of
Research & Innovation
Universiti Teknologi MARA

Q1 ARTICLE | WHAT STOPS US AND WHAT MOTIVATES US?

A scoping review and bibliometric analysis of barriers and facilitators to physical activity | Ageing Research Reviews

Physical inactivity is a major global health concern, contributing to the rising non-communicable disease burden. Elucidating barriers and facilitators influencing participation is critical to promoting activity. This study aimed to synthesize the literature and analyze the extent of research on determinants of physical activity engagement. Scoping review methodology guided the synthesis of 272 publications on factors influencing physical activity. Bibliometric analysis examined publication trends, productivity, influential studies, content themes, and collaboration networks. Results: Since 2010, the United States has led a significant increase in research output. Highly cited articles identified physiological limitations and psychosocial determinants as key barriers and facilitators. Extensive focus was seen in clinical medicine and exercise science journals. Analysis revealed predominant attention to psychosocial factors, physiological responses, and applications in respiratory disease. Gaps remain regarding policy and environmental factors. Conclusion: This review showed major advances in elucidating determinants while revealing the remaining needs to curb the pandemic of inactivity globally. Expanding international collaboration, contemporary theoretical models, and tailored mixed-methods approaches could promote progress through greater global participation. Addressing knowledge gaps across populations and disciplines should be a priority.

RESEARCH NEWS **WoS Q1**
2023 Journal impact factor 12.5

What Stops Us and What Motivates Us? A Scoping Review and Bibliometric Analysis of Barriers and Facilitators to Physical Activity
Azliyana Azizan ^{a,b}, Nurul Hidayah Md Fadzil ^c
Ageing Research Reviews

Corresponding Author:
Dr. Azliyana Azizan
azliyana9338@uitm.edu.my
Centre of Physiotherapy, Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam, 42300 Selangor.
Clinical and Rehabilitation Exercise Research Group, Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam, 42300 Selangor.

UTM | [#bisable](#) | [#PernanganKarya](#) | [#NGPIUTM](#) | [#bisable](#) | [#PernanganKarya](#)

RESEARCH NEWS **WoS Q1**
2023 Journal impact factor 12.5

What Stops Us and What Motivates Us? A Scoping Review and Bibliometric Analysis of Barriers and Facilitators to Physical Activity
Azliyana Azizan ^{a,b}, Nurul Hidayah Md Fadzil ^c
Ageing Research Reviews

Abstract **ScienceDirect**

Physical inactivity is a major global health concern, contributing to the rising non-communicable disease burden. Elucidating barriers and facilitators influencing participation is critical to promoting activity. This study aimed to synthesize the literature and analyze the extent of research on determinants of physical activity engagement.

Scoping review methodology guided the synthesis of 272 publications on factors influencing physical activity. Bibliometric analysis examined publication trends, productivity, influential studies, content themes, and collaboration networks. Results: Since 2010, the United States has led a significant increase in research output. Highly cited articles identified physiological limitations and psychosocial determinants as key barriers and facilitators. Extensive focus was seen in clinical medicine and exercise science journals. Analysis revealed predominant attention to psychosocial factors, physiological responses, and applications in respiratory disease. Gaps remain regarding policy and environmental factors. Conclusion: This review showed major advances in elucidating determinants while revealing the remaining needs to curb the pandemic of inactivity globally. Expanding international collaboration, contemporary theoretical models, and tailored mixed-methods approaches could promote progress through greater global participation. Addressing knowledge gaps across populations and disciplines should be a priority.

Corresponding Author:
Dr. Azliyana Azizan
azliyana9338@uitm.edu.my
Centre of Physiotherapy, Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam, 42300 Selangor.
Clinical and Rehabilitation Exercise Research Group, Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam, 42300 Selangor.

UTM | [#bisable](#) | [#PernanganKarya](#) | [#NGPIUTM](#) | [#bisable](#) | [#PernanganKarya](#)