

Physical activity of college student physical education during the Covid-19 pandemic

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Abstract

Sports is an option to maintain health, especially during a pandemic. Covid-19 has an impact on the physical activities carried out by students because of all the activities that occur at home. This study used a survey method. This study was to determine the sports activities carried out by physical education students at the University of PGRI Adi Buana Surabaya during the Covid-19 pandemic. The number of respondents was 30 students. There are a number of interesting facts from a survey of the intensity level of students' physical activity during the Covid-19 pandemic showing that 15 students did physical activity every day, 5 carried out every other day, 5 carried out once a week, 3 students every two weeks and only 2 students did physical activity once a month. The sports data and physical activity carried out by students were 6 people, 15 people were interested in jogging, 3 people were interested in exercising, 4 people were interested in playing sports and 2 people were interested in yoga.

Keywords: survey, physical activity, covid-19 pandemic

Introduction

Sports is an option to maintain health, especially during a pandemic like now. Sport is a very important part of the development agenda as a human resource. According to the World Health Organization, people who do not do physical activity can be one of the causes of death, the fourth highest mortality rate globally is 6%, which is not due to physical activity (WHO, 2017) ^[11]. The results of Iqbal's research (2017) ^[7] show that as many as 36.3% of students are not active in physical activities and as many as 63.7% of students are active in physical activities. People are advised to always maintain their immune system to avoid infection with the corona virus (Herlina & Suherman, 2002) ^[4]. Covid-19 that we all know is a virus that attacks the human respiratory system and can be transmitted to other humans. World health organization (WHO, 2010) ^[13] Physical activity can be defined as body movement that is produced by skeletal muscles and requires energy. Students in Indonesia are forced to study virtually. Every student must be able to get used to dealing with technology that helps carry out the teaching and learning process. With so many students who feel bored and even bored with situations like this because they cannot do outside activities as usual. Covid-19 has an impact on physical activity carried out by students because all activities occur at home. There are concerns therefore that, in the context of the pandemic, lack of access to regular sporting or exercise routines may result in challenges to the immune system, physical health, including by leading to the commencement of or exacerbating existing diseases that have their roots in a sedentary lifestyle (United Nations, 2020) ^[10]. This situation can reduce the physical fitness of students, physiologically it can reduce the body's immunity, therefore we need to improve and one of them is to do physical activity programmed and structured.

Sufficient physical exercise or moderate exercise can be associated with a decreased incidence of disease infection (Friskawati *et al.*, 2021) ^[2]. Doing physical activity is even

very helpful in improving mental health and can reduce the risk of depression in students during the Covid-19 pandemic. Movement of physical activity between work from home with light intensity 3-4 minutes such as walking or stretching can help relax muscles and improve blood circulation and muscle activity.

A person's fitness will have a positive influence on one's performance and will also have a positive influence on learning productivity. By having good physical fitness we can do our daily work effectively. When all the components of physical fitness are good, we can be said to be fit. Then for physical fitness activities can be done at home, without us having to leave the house, for example, we can do gymnastics, workouts, squats and others. Regular physical activity also improves mental health and can reduce the risk of depression, cognitive decline, and delay the onset of dementia, as well as increase feelings of overall well-being.

To the best of our knowledge, the effect of pandemics on physical activity has not been investigated yet (Huber *et al.*, 2020) ^[5]. Physical education students of PGRI Adi Buana Surabaya University with the presence of Covid-19 carry out lectures with an online system using virlenda learning media both theory and practice. During the lecture, the lecturer always provides material about fitness to increase body immunity. Physical education students are very important to play an active role in breaking the chain in the spread of Covid-19 by doing physical activity.

Methodology

This study used a survey method with technical data analysis using descriptions. This study was to determine the sports activities carried out by physical education students at PGRI Adi Buana University Surabaya during the Covid-19 pandemic. The number of respondents was 30 students. The data collection technique in this research is by distributing electronic-based questionnaire sheets (google form).

Results and Discussion

Various activities carried out by students while working from home. There is an intensity of interesting facts from the spotlight on the level of physical activity of students during the Covid-19 pandemic showing that 15 students do physical activity every day, 5 carry out every other day, 5 carry out prayers every, 3 students every two weeks and only 2 students do physical activity once a month.

To help delay and mitigate covid-19 spread, staying at home is still encouraged and the Centers for Disease Control and Prevention (CDC) recommends daily physical activity for both children (60 min/day) and adults (30 min/day) (Lim & Pranata, 2021) ^[8]. Sports or physical activity surveys conducted by students during the Covid-19 pandemic show that:

Table 1: Sports and Physical Activity Data Performed by Students

	Jenis Kegiatan Aktivitas	Jumlah
1	Bersepeda	6
2	Jogging	15
3	Senam	3
4	Olahraga permainan	4
5	Yoga	2

The data above shows that there are as many as 6 people interested in cycling, 15 people in jogging, 3 in gymnastics, 4 in playing sports and 2 in yoga. (Safaringga & Herpandika, 2018) ^[10] explained that the more physical activity that is done, the better the level of physical fitness. The awareness of physical education students of the importance of the need to do physical activity to maintain fitness must be improved through a variety of physical activities.

Recommendations indicate that children should be physically active for 60 minutes or more per day to enable the myriad to positive physical and mental health outcomes (Reece *et al.*, 2020) ^[9]. Based on the results of the data above, jogging is the main choice for physical education students during a pandemic, because jogging is very simple, cheap and does not require a lot of equipment. The second option is cycling because you can enjoy the surrounding scenery. Likewise, games, gymnastics and yoga are options for physical education students. If there is still some covid-19 community transmission in an area, exercise providers should therefore consider limiting in an area, exercise providers should therefore consider limiting in door exercise to low-intensity activities such as yoga, resistance training and low-intensity aerobic training whilst avoiding high intensity exercise classes such as spinning or exercise to music (Wackerhage *et al.*, 2020) ^[14].

Physical activities carried out by physical education students are very beneficial for their physical fitness, so the body's immune power will be very good. Jogging and cycling sports activities are a form of aerobic exercise, where aerobic sports have special characteristics systematically by increasing the load of their activities gradually and continuously carrying out their energy from the results of combustion when using oxygen (Chrisly, 2015) ^[1].

(Hadi, 2020) ^[3] support the statement of Chrisly *et al* by stating that during the Covid-19 period, cycling is a very good alternative sports activity, but must still follow the principles of FITT (frequency, intensity, type and time). Without realizing it, physical activity becomes one of the aspects of the interests of every human being. By exercising,

it can be helped to cope with emotions and reduce anxiety, there by reducing stress in him. In good physical condition and avoiding the corona virus, you must keep your distance and increase the body's immunity.

Maintaining physical fitness through physical activity is also an asset for sports achievements when the student wants to take part in competitions. This support helps to improve adherence to exercise programs and meet physical activity and health-related goals (Hudson & Sprow, 2020) ^[6].

Conclusions

All physical activity is beneficial and doing something is better than doing nothing. Physical activity is essential for maintaining proper health and physical function even a pandemic (Hudson & Sprow, 2020) ^[6].

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