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Impact of The Pandemic Covid-19 on The Active Living Behavior of Junior High School Students in West Java

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ABSTRACT

This study aims to determine the impact of the pandemic Covid -19 on the active life behavior of junior high school students in West Java. The populace used became junior high school students in West Java, and a random sample of 1854 college students was represented from each district. The sampling method used an easy random technique (random sampling). The studies approach used a descriptive quantitative approach. The tool became a physical activity questionnaire for kids (PAQ-C). Data evaluation using Microsoft Excel and SPSS 24, the outcomes are as follows: The active life conduct of junior excessive school students before the pandemic Covid19 changed into distributed within the mildest class as many as 1099 humans (59%) and at some point of the Covid-19 pandemic the highest distribution turned into within the low category as many as 1,075 humans (58%). Physical sports completed using junior high school college students in West Java before the pandemic Covid-19 were jogging, conventional sports, soccer, volleyball, badminton, basketball, futsal, self-protection, energy education, gymnastics, and even physical activities in the course of the pandemic Covid-19 have been sunbathing, walking, jogging, cycling. Maximum bodily interests are assisting the aged. For the duration of the Covid-19 pandemic, the impact on college students' physical hobbies reduced from the medium category to the low class.

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1. Introduction

An active lifestyle in the form of physical activity is essential to keep the body in shape. In addition, regular physical activity will avoid various diseases. Physical activity can be done in an open room or a closed room. The pandemic Covid -19 has generated some controversy in the health field, particularly regarding social isolation measures, which are widely considered to be one of the most effective strategies to reduce the spread of the virus. Physical Education being involved in these discussions reveals significant weaknesses concerning basic health knowledge approaches, such as those related to epidemiology and health measures. The emergence of a deadly virus and its global outbreak threatens the health and economy of the world community. The pandemic Covid -19 is proving to be an unprecedented disaster, especially from a health, social and economic perspective (Roychoudhury et al., 2020).

Coronaviruses are one of the most important (27–34 kilobase) high-quality-stranded non-segmented RNA viruses, named after the ~one hundred twenty nm diameter envelop (resembles the solar corona) across the nucleic acid-protein complex. The maximum damage of the virus is to human fitness, which includes direct damage to the breathing machine, compromise of the immune system, exacerbation of the underlying scientific conditions, and in the end, systematic failure and dying (Mousavizadeh et al., 2020) The outbreak of COVID-19 started in December 2019 in Wuhan, China. As of 17 March 2020, the massive human-to-human transmission had resulted in 179,111 showed cases and 7,426 deaths (Zhu et al., 2020). as the COVID-19 pandemic keeps to develop in nearly all territories and areas, various protectives measures have been brought through the authorities, which include the last of faculties and universities and bans on tour, cultural and wearing events, and social gatherings (Hammami et al., 2020) WHO recommends bodily pastime for 75 min/wk with energetic cardio exercise intensity or 150 min/wk of mild cardio intensity, muscle and bone strengthening twice-weekly (WHO, 2010). physical interest is critical to investigate and has shown particular advantages such as improvement in physical and physiological fitness parameters and superb fitness consequences in the regions of intellectual health and properly-being (Chekroud et al., 2018)

Regarding the impact of physical activity, the results of research by Narici & De Boer (2011) located that in the absence of physical pastime, the musculoskeletal device is the primary to be affected because a lack of 12% of muscle tissues and a lower in bone density is extra dangerous. Bone loss is predicted to be around 1% after one month of not being active. Active in particular inside the loadbearing bones, lumbar backbone, and mainly the femoral head location, At an intellectual stage, the modern confinement scenario is a supply of pressure that could lead to neurodegenerative diseases with impaired reminiscence and spatial orientation, which may be behind schedule or prevented by using physical pastime (Pierard et al. all, 2017).

Many countries have now implemented lockdowns, forcing human beings to stay at the domestic and only exit in an emergency. It'll affect people's intellectual and physical fitness, particularly folks conversant in doing bodily sports outside often. We're all aware of the significance of intellectual health and boosting the frame's immunity, which may be vital to combating the disorder. Staying at domestic can purpose stress, obesity, hyperkinetic, tension, and intellectual stress—field (Hammami et al., 2020). bodily hobby stages are not growing globally. In response, public fitness investigators have sought to design and put in force effective interventions to boom ranges of physical pastimes in populations, groups, and people aimed at increasing stages of physical interest within the administrative center, a vital examine the factors that appear to stimulate and maintain this interest (Gough et al., 2020)

Coaching and learning activities were implemented with an online gadget in March 2020. The mastering widget changed to carried out without face-to-face; however, a distance mastering machine was used. With a distance gaining knowledge of the device, college students are not required to return to high school or campus to study. Educators eventually enforce many facilities to carry out coaching and mastering sports remotely. Improving records and communication technology can't prevent distance gaining knowledge of centers. The learning centers encompass the google meet software, zoom, google study room, YouTube, WhatsApp, tv, and social media. These centers developed an increasing number of advanced statistics and communication eras. Learning in the classroom and outside the school, such as physical education, should carry out physical activities in the field online. During the COVID-19 pandemic, elementary, junior high school, and senior high school learning was done online; why take a sample of junior high school students because junior high school students have characteristics that are very vulnerable to being carried away by society, junior high school students need attention and affection from their parents, especially in their childhood. In the covid19 pandemic, parents must motivate their children to do physical hobbies to enhance bodily health and keep away from the covid-19 disease outbreak.

2. Methods

This research is descriptive research with a quantitative approach. The research design used is a survey using a questionnaire distribution instrument about physical activity questionnaires for children (physical activity questionnaires for older children) distributed questionnaires via a google form.

2.1 Population & Sample

The research population is a significant data source for a study's implementation. Sugiyono (2010) states that "populace is a generalization vicinity including; issue or item that has certain characteristics and traits decided by using the researcher to be studied after which drawn. The population is a collection of things or subjects with different properties and features that researchers can use for research purposes. The people in this study were 1854 students, with an age range of 11-14 years, male and female, and actively studying at public junior high schools in West Java. The sample selection technique uses a random sampling technique.

2.2 Instrument

In this study, the variable to be studied is an active lifestyle in the form of physical activity. Based on this, the most suitable instrument used in this research is the bodily interest Questionnaire For Older children (PAQ-C) (Kowalski & Ph, 2004). Because this instrument is by the criteria of a sample that has an age range of 8 - 14 years.

Table 1. Validity Test

NO	R COUNT	R TABLE	DESCRIPTION
1	0,484	0,207	VALID
2	0,488	0,207	VALID
3	0,380	0,207	VALID
4	0,377	0,207	VALID

5	0,596	0,207	VALID
6	0,670	0,207	VALID
7	0,681	0,207	VALID
8	0,720	0,207	VALID
9	0,525	0,207	VALID

From table 1 it can be illustrated that each item in the PAQ-C questionnaire, which is adjusted to the current situation, has passed the item validity test with a rtable score of 0.207 so that it can be used to measure the level of physical activity of students aged 8-14 years.

Table 2 Reliability Test

Reliability Statistics

Cronbach's Alpha	N of Items
0,652	9

Table 2 shows the level of reliability of the PAQ-C instrument from 9 items, which is 0.652, which is greater than rtable, which is 0.207. Measurement of physical activity using data collection instruments in the form of a questionnaire obtained from the adaptation of the global magazine The physical activity Questionnaire for Older Children (PAQ-C) and kids (PAQ-A) with some changes due to the fact it is adapted to the situations and conduct of doing physical interest in Indonesia (Kowalski & Ph, 2004). This questionnaire aims to measure the level of variables that respondents may not forget maximum essential, which can later be used as material for improving those critical parts.

2.3 Procedure

The procedures in this study are structured as follows:

1. Preparation stage
At the preparation stage, the thing to do is to consult with the academic supervisor,
 - a. Observations to schools that will be used for research.
 - b. Observation with Physical Education teachers to observe the activities and conditions of the location in West Java Junior High School
 - c. Propose research instruments, namely physical activity questionnaire.
 - d. Check the validity and reliability of the device.
2. Research Implementation Stage
At this stage, the researcher gave the respondents a questionnaire about their physical activity via a google form, namely junior excessive college students in West Java.
3. Data Analysis Stage
At this stage, all the data obtained were analyzed according to the data analysis technique used by the researcher.
4. Conclusion Stage

The conclusion is obtained after knowing the results of the interpretation of the data, which finally can be concluded whether the effect of the Covid-19 pandemic on an active lifestyle.

2.4 Data Analysis

Processing and information evaluation strategies with the SPSS v.24 software program to be performed in this observation are as follows:

- The analysis prerequisite is the normality check with Kolmogorov-Smirnov at a p-value > 0.05 . Homogeneity takes a look at Levene's test at p-value > 0.05 .
- Hypothesis analysis using independent t-test at p-value
- Choice and coding of records to select the perfect information consistent with the measuring device used (Likert type scale).

3. Results

Facts acquired from filling out the PAQ-C questionnaire via a changed google shape for junior high college is intended to decide students' physical activity level. The results of these measurements are categorized into five exceptionally: (1) very high, (2) excessive, (3) slight, (4) low, and (5) very low. For extra information, the facts at the results of filling out the PAQ-C questionnaire can be visible in.

Table 3. Before Pandemic Covid – 19

No	Physical Activity Category	Frequency	
		f	%
1	Very Low	0	0%
2	Low	280	15%
3	Moderate	1099	59%
4	High	461	25%
5	Very High	314	1%
Total		1854	100%

Based on the data that from 1854 students (100%), there were 0 college students (0%) in the deficient physical interest category, 280 college students (15%) within the low class, 1099 college students (59%) in the mild category, 461 college students (25%) within the high category and 314 students (1%) inside the very excessive-class. it can be illustrated that as many as 59% of students earlier than the pandemic had moderate bodily pastimes.

Table 4. During Pandemic Covid - 19

No	Physical Activity Category	Frequency	
		f	%
1	Very Low	73	4%
2	Low	1075	58%
3	Moderate	659	36%
4	High	41	2%
5	Very High	6	0%
Total		1854	100%

Based on data from 1854 students (100%), there were 73 college students (4%) in the very low physical activity category, 1075 students (58%) in the low category, 659 students (36%) in the moderate class, forty-one students (2%) within the low class. Excessive-class and six college students (zero%) in very high class. It can be illustrated that as many as 58% of students throughout the pandemic had a low bodily interest.

4. Discussion

Authorities law variety 21 of 2020 concerning huge-Scale Social regulations within the context of increasing the handling of Corona Virus disease (Covid-19) (state Gazette of the Republic of Indonesia of 2020 wide variety 91, extra Sheet of the Republic of Indonesia wide variety 6487) to enforce PSBB (big-scale Social regulations) and stay at home, but not realizing this action will hurt a person's bodily interest behavior with lots of time spent looking television displays and the subsequent impact on physical fitness, sleep patterns and a person's first-class of lifestyles. Physical activity has an essential role in developing and improving the health and wellness of an individual of all ages. WHO (2010) Research on physical activity levels stated that there was a 7-38% decrease in the average number of steps in almost all nations inside the closing week of March 22, 2020, compared to the identical length ultimate year (Pecanha, Goessler, Roschel, & Gualano, 2020) Heliyon's research showed that before the pandemic Covid-19 physical activity was high but during the pandemic Covid-19 physical activity was low (Maugeri et al., 2020). at some stage in the Covid 19 pandemic, almost everyone felt the outcomes of sedentary movement because of staying at home (quarantine) to avoid the outbreak of Corona Virus disease 19. The latest evaluation of 298 populace-based surveys, carried out between 2001 and 2016 and related to 1.6 million children (a while 11-17), determined that 81% of teens international are less physically active (PA). (Guthold et al., 2020) Physical activities carried out by junior high school students in West Java earlier than the pandemic Covid-19 have been strolling, traditional sports, football, volleyball, badminton, basketball, futsal, self-protection, strength education, gymnastics, while physical activities at some stage in the pandemic Covid-19 had been sunbathing, walking, walking, biking, and most bodily hobby are helping the elderly. in the course of the pandemic Covid-19, the impact on college students' physical activity decreased from the medium class to the low class. in this study, it is better to do research from elementary, junior high school, to senior high school, so that there is a difference between these levels, for future research because the covid-19 pandemic in Indonesia has decreased, it is better to examine physical activity whether there is an increase or is it the same biological activity during pandemic covid-19.

5. Conclusion

Physical activities carried out by junior high school students in West Java earlier than the pandemic Covid-19 had been going for walks, conventional sports, football, volleyball, badminton, basketball, futsal, self-defense, power education, gymnastics, at the same time as physical sports at some point of the pandemic Covid-19 have been sunbathing, walking, jogging, biking, and maximum physical activity are helping the aged. For the duration of the Covid-19 pandemic, the impact on college students' bodily activity decreased from the medium category to the low category. It is recommended that during the Covid-19 pandemic, exercise using moderate-intensity because the risk of exposure to infection is low, and it can also increase the body's immunity.

6. Authors' Note

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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