

BENEFITS OF PHYSICAL ACTIVITY DURING THE COVID-19 PANDEMIC

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Abstract

During the Covid-19 epidemic, the need to maintain fitness was even more important, especially since people tended to stay at home more. For that, in this new normal period, it is time to get up to train physical fitness. Staying in shape is very important during a pandemic. Given that until now a vaccine for this virus has not been found. In fact, in addition to maintaining fitness, exercise is useful for maintaining aging cells in the body and increasing immunity. A person's ability to perform daily activities to the maximum requires endurance, flexibility and strength.

Key words: Covid-19, Sports, Physical health

INTRODUCTION

Until now, we are still required to stay at home because the spread of the new Corona virus has not yet shrunk (Ahluwalia, 2020; Guru et al., 2021; Isnain et al., 2021; Panganiban1 & Madrigal, 2020). Doing self-quarantine at home is one of the best solutions if you don't want to contract Covid-19 (Mastan et al., 2022; Nani et al., 2021; Susanto & Puspaningrum, 2019). Unfortunately, many people complain of being bored because they have been at home for months (Adhinata et al., 2021; Rahman Isnain et al., 2021; Syaifulloh & Aguss, 2021). This is what makes some people go out and out of the house, even though many local governments have implemented Large-Scale Social Restrictions (PSBB) (Maskar et al., 2021; Oktaviani, 2021; Sulistiani et al., 2020). Instead of being desperate to leave the house, try to further explore what activities you can do while you are still at home (Fahrizqi et al., n.d.; Nuraziza et al., 2021; Tuhuteru, 2020). Doing physical activity while at home also helps the body stay active so it keeps you from a number of diseases (Pratomo & Gumantan, 2021; Risten & Pustika, 2021; Sengkey et al., 2020). Currently the community is being urged to carry out physical and social restrictions (physical distancing) by carrying out self-quarantine, in order to minimize the spread of the Corona virus (COVID-19) (Choirunnisa & Mandasari, 2021; Melyza & Aguss, 2021; Rachman & Pramana, 2020). All forms of activity, such as studying and working, are also carried out online at home (Aguss et al., 2021a; Yuliansyah & Ayu, 2021; Yusuf, 2021).

Being at home spending a lot of time sitting, lying down, or just playing with each other's devices, can undoubtedly worsen chronic health conditions (Aguss et al., 2021b; Arpiansah

et al., 2021; Yudiawan et al., 2021). This is because we reduce regular physical activity (Nadya et al., 2021; Novita et al., 2020; Styawati, StyawatiStyawati, S., & Ariany, F. (2021). Sistem Monitoring Tumbuh Kembang Balita/Batita di Tengah Covid-19 Berbasis Mobile. *J. Inform. Univ. Pamulang*, 5(4) & Ariany, 2021). So that the energy expended for activities is much lower than before (Fernando et al., 2021; Pamungkas & Mahfud, 2020; Saputra & Pasha, 2021). Physical activity itself is defined as all activities that include recreation, exercise, and all light to moderate intensity activities that can be done at home or in the park (Fadilah & Kuswoyo, 2021; Sari & Oktaviani, 2021; Utami et al., 2021). In physical activity, it can be done with light movements for 3-5 minutes such as walking around the house or simply stretching, which is very helpful in relieving you of the risk of muscle cramps and improving blood circulation (Aldino et al., 2021; Rohman et al., 2020; Sohrabi et al., 2020). Other physical activities can be in the form of sports such as push ups, sit ups, lifting weights, jogging, or simply taking a walk (Fahrizqi et al., 2021; Liu et al., 2020; Oktaviani et al., 2021). There are many benefits to be gained if our body remains active during this quarantine period (Handoko & Gumantan, 2021; Kurniawan et al., 2021; Yuliandra & Fahrizqi, 2020). Regular physical activity can bring benefits such as lowering high blood pressure, maintaining body weight, and reducing the risk of heart disease, stroke, diabetes, and some types of cancer.

Physical activity also helps older people to keep their bodies in balance so as to prevent falls and injuries. Meanwhile for children, routine physical activity is very good to encourage growth and development and reduce the risk of disease in their adulthood. Doing physical activity even helps improve mental health, and lowers the risk of depression, cognitive decline, and prevents dementia (Gumantan et al., 2020; Mahfud & Yuliandra, 2020). Seeing the many benefits that can be obtained from regular physical activity, it would be a shame if you still spend time sleeping all day long.

LITERATURE REVIEW

Doing physical activity is very beneficial for the body and mind. 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 (Ahdan et al., 2021; Najib et al., 2021). The following are guidelines for physical activity during the COVID-19 pandemic:

- Do not exercise if you have fever, cough and difficulty breathing.

- Wash your hands with soap, before and after leaving the house, and still carry hand sanitizers.
- It is more recommended to do activities around the home page. However, if you have to go to an open area like a park or bike ride, keep your distance from other people, and avoid crowds.
- Choose an activity and exercise intensity according to your health status and fitness condition.
- Start with a 30 minute light training session. Divide into sessions taking 5-10 minutes per session.
- Avoid strenuous exercise with risk of injury.

METHOD

This study aims to determine the perceptions of each student about the importance of physical exercise in the midst of a pandemic. Researchers used qualitative data, namely using a questionnaire to collect data. The researcher also asked several other questions to get an overview of the questionnaire or students.

Participants who filled out our questionnaire specifically came from the 2018 English Education Study Program, Faculty of Arts and Education, Universitas Teknokrat Indonesia. Also consisted of 40 students to fill out this research questionnaire.

Their opinions will be treated as non-expert opinions. Hence, they represent the views of society and students. There are several questions in the questionnaire.

The questionnaire has been distributed via Whatsapp. The researcher provides participants with a link to the survey site and asks them to fill out a survey form. After the participants filled out the questionnaire, the researcher could immediately see the responses from the participants. After collecting all responses from the survey location, the researcher will enter this data into the survey data. Researchers will analyze participants' responses to understand how society or students perceive the impact of exercise during a pandemic.

No.	Question	Agree	Neutral	Disagree
1.	Many physical exercises that actually interfere with health due	77,4%	22,6%	0%

	to over training must really refer to the FITT principle, namely frequency, intensity, time, and type.			
2.	Exercise for 5-10 minutes at home to maintain stamina and body fitness to prevent and transmit viruses during a pandemic.	83,9%	16,1%	0%
3.	With good physical activity and done in stages in the right order will help optimize the body during a pandemic?	93,5%	9,7%	3,2%
4.	Do you think the importance of exercise for health during a pandemic?	83,9%	12,9%	6,5%
5.	Avoid physical contact during exercise, such as playing sports in groups, as this can expose you to mucosal fluids or direct contact with other people.	77,4%	25,8%	0%

RESULTS AND DISCUSSION

How much physical activity do we need?

1. Babies under 1 year of age are necessary

- Be physically active several times a day.

2. Children under 5 years

- Should spend at least 180 minutes a day in physical activity, with a 3-4 year old child active or energized for an hour a day.

3. Children and adolescents aged 5-17 years

- All children and adolescents should engage in at least 60 minutes a day of moderate to vigorous physical activity, including activities that strengthen muscles and bones, at least 3 days per week.

4. Adults over 18 years of age

- Should have a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of high-intensity physical activity throughout the week, including muscle strengthening activities 2 or more days per week.

- Older adults with poor mobility should engage in physical activity to improve balance and prevent falls on 3 or more days per week.

Positive impact of physical exercise

Physical activity and exercise interventions have been shown to produce positive effects in most of these disorders, beneficial effects on common problems during times of quarantine such as frustration and boredom. Several studies have investigated the effect of physical exercise on depressive symptoms, aiming to review a meta-analysis that focused on the effect of physical exercise on depression outcome measures in children, adolescents and adults. In addition, the positive physiological side effects of physical exercise, which include reduced risk of hypertension, stroke, osteoporosis, diabetes, metabolic syndrome, and obesity, as well as reduced risk of some cancers, have been widely demonstrated. Physical exercise can also be seen as a cost-effective approach to treatment. In terms of physical inactivity, studies have shown that even a short period of physical inactivity can damage the physical health of people with previous pathologies as well as healthy people, whereas an increase in habitual physical activity has occurred. Health professionals also recommend exercising under quarantine for at least 30 minutes of moderate intensity each day and / or at least 20 minutes of vigorous intensity each day, which is in line with general recommendations from day two. Physical activity is also recommended 150-300 minutes a week for moderate intensity, or at least 75 minutes a week for vigorous intensity physical activity (or an equivalent combination of the two) and two strength training sessions per week. Increasing the intensity of physical exercise is recommended to increase the effect of exercise on mental health. However, for reasons of stimulus effectiveness, each physical exercise factor (eg, volume, intensity) must be individually adjusted and controlled, therefore pandemic situations in some areas, exercising outdoors, in the gym and in groups are no longer allowed.

CONCLUSION

Even though in the conditions that New Normal has been implemented, exercise is something that should not be forgotten. It's just that, there are changes that are important to know in times of a pandemic like this. By exercising for about 15 to 30 minutes with exposure to sunlight, there is vitamin D which is useful for maintaining the health of the immune system, brain and nervous. Heaps of work are one of the reasons people spend more time behind the table than actively moving, especially among office workers. The current conditions of the Covid-19 pandemic do not seem much different. This is because people must stay at home and reduce outdoor activities to prevent the spread of the virus. Of course, this makes a passive lifestyle even higher. In fact, inadequate physical activity can be dangerous for our health. The risk of a passive lifestyle can have an effect: it increases the risk of cancer, triggers anxiety and depression, increases the risk of cardiovascular disease obesity, decreased muscle mass, increases blood pressure and cholesterol. Exercise tips actually don't need to do exercise every day or spend a long time to prevent the effects of a passive lifestyle. We must also provide a day on which our muscles rest. So, we don't need to be too obsessed with exercising every day or spending all day just exercising. Make sure the exercise routine we do is comfortable for the body and we can enjoy this routine. As a reference, we can apply moderate intensity physical activity for 30 minutes every day or 150 minutes every week. However, if we do cardio training or lifting weights, take one day to take a break from sports. Doing light movements, such as walking around the house or simply stretching, can greatly help relieve you of the risk of muscle cramps and improve blood circulation.

There are many benefits to be gained if our body remains active during this quarantine period. Regular physical activity can bring benefits such as lowering high blood pressure, maintaining body weight, and reducing the risk of heart disease, stroke, diabetes, and several types of cancer.

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