

The Impact of the Pandemic on Physical Activity Levels, Lifestyle and Nutritional Status of Masters Students in Sports Science, Faculty of Sports Science, UNY

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ABSTRACT

Aim:

The Covid-19 pandemic affects almost all aspects of life, including physical activity, lifestyle and also a person's nutritional status. This study aims to determine: (1) the level of physical activity of master students of sport sciences, faculty of sport sciences UNY during the pandemic, (2) the lifestyles of master students of sport sciences, faculty of sport sciences UNY during the pandemic, (3) the nutritional status of master students of sport sciences, faculty of sport sciences UNY during the pandemic.

Method:

This research is a quantitative research using a descriptive approach and using a survey research design. The sample of this study was 51 students of master students of sport sciences, faculty of sport sciences UNY. Determination of the sample is done by purposive sampling technique. The instrument used to collect data on the level of physical activity is the GPAQ questionnaire. Lifestyle was measured using an instrument in the form of a healthy life style questionnaire, while nutritional status was measured using body mass index (BMI) by collecting height and weight data. Data analysis techniques include: normality test and difference test.

Research Targets:

This study was conducted with the aim of knowing the impact of the pandemic on the level of physical activity, lifestyle and nutritional status of master students of sport sciences, faculty of sport sciences UNY. If the data for each variable has been obtained, then the data is then analyzed to obtain results about physical activity, lifestyle and nutritional status of of master students of sport sciences during the pandemic.

Research result:

Physical activity level data measured using the GPAQ showed that eight students had a low level of physical activity category, seventeen students were in the moderate category and the remaining twenty-six students had a high level of physical activity category. Lifestyle was measured using the SF 36 questionnaire. It was found that 90.2 percent of the sample had a good lifestyle. Meanwhile, only 9.8 percent of the sample was categorized as having a poor quality of life. Body mass index data, the results showed that before the pandemic there were 3 students who were classified as underweight, 34 students were in the normal category, 12 students were pre-obese, students who experienced obese I and obese III each numbered 1. While during the pandemic there were not so many changes. BMI occurs in students. there are 2 students who have an underweight classification, 34 students are in the normal category, 13 students are pre-obese, students who are obese I are 2.

Kata Kunci: *pandemic, physical activity, lifestyle, nutritional status, students.*