

# **BARRIERS TO EXERCISE FOR ADOLESCENTS BASED ON SPORTS ENGAGEMENTS DURING TRANSITIONAL PERIOD AFTER PANDEMIC**

**by Prof. Dr. Dra. Sumaryanti, M.S.; Rizki Mulyawan, S.Pd., M.Or.; Rina Yuniana, S.Or., M.Or.; Dr. Roxana Dev Omar Dev**

## **ABSTRACT**

The problem of creating a desire to start physical activity after the pandemic ends will be a new issue. Many individuals find it difficult to get rid of sedentary habits because they are considered too comfortable, especially among late adolescents and young adults. Objective: The purpose of this study is to observe, investigate and compare the causes of the difficulty in changing sedentary behavior in implementing active living habits again after the pandemic ends. Methods: This study will involve a total of 171 Indonesian students and 70 Malaysian students, so there are a total of 241 students involved in this study, aged 18-21 years, in Indonesia and Malaysia, using a total sampling technique. Questionnaire instruments with validity and reliability values that have met the requirements. Data analysis using Likert scale descriptive analysis test and comparing differences through linear regression test.

Results: From this study, it was found that the reasons why it is difficult for a person to do sports or physical activity are work (63%) and time constraints (58.5%) (for students in Indonesia), and work (45.7%) and lack / no training partners (44.3%) are obstacles to movement (for students in Malaysia). From a psychological aspect, the majority of students in both countries experienced normal levels of anxiety depression and stress in both men and women. Activities related to work, transportation and recreation were seen to be greater among students in Malaysia, compared to students in Indonesia. The pattern of physical activity habits in Malaysia is supported by public transportation that is able to facilitate the needs of daily activities. Conclusion: The reasons why it is difficult for a person to do sports or physical activity are work and time constraints (specifically students in Indonesia), and work and lack / no training partners are obstacles to movement (specifically students in Malaysia). From the psychological aspect, the majority of students in both countries experienced anxiety, depression and stress levels in the normal category, both male and female. Work-related activities, transportation and recreation were seen to be greater among students in Malaysia, compared to students in Indonesia.

Kata Kunci: *Barrier to exercise, adolescents, physical activity patterns*