

# STUDENTS' PHYSICAL ACTIVITY LEVELS IN POST-COVID PANDEMIC

by Suharjana, Rifky Riyandi Prastyawan, Ahmad Ridwan

## ABSTRACT

Coronavirus (Covid-19) was introduced last December 2019 in China (Wuhan) and infection has spread worldwide. Physical activity and sport have been shown to be an effective therapy for most chronic diseases with direct effects on mental and physical health including those caused by Covid-19. In addition to outdoor activities that are more available, varied, and have more facilities and infrastructure, physical activity and exercise can also be done at home during quarantine. The purpose of this research is to get a general description of the healthy lifestyle of students during the Covid-19 pandemic. This research is an analytic observational study. The sample in this study were students of the Faculty of Sports Science, Yogyakarta State University. The instrument used to collect data uses a measurement of the level of understanding carried out by the test method. The level of physical activity was measured using the Global Physical Activity Questionnaire (GPAQ). The research instrument for sports interest during a pandemic uses a questionnaire. Based on research data, there are various MET scores from sports students. The range of MET values ??starts from the lowest value, which is 320 MET minutes/week, to the highest value, 3460 MET minutes/week. From the data obtained as many as 151 or 48% of students have MET scores in the interval  $3000 > \text{MET} \geq 600$  which shows in the medium level category, as many as 44 or 14% of students have MET scores in the interval  $600 < \text{MET}$  which shows in the low category, as many as 119 or 38% of students have a MET score  $\geq 3000$  which shows in the high category. The MET values ??of all students have an average of 2821.23 MET minutes/week which is at intervals of  $3000 > \text{MET} \geq 600$ , so from these results it is found that the level of physical activity of most students is included in the moderate category.

Kata Kunci: *physical activity level, students, post-pandemic Covid-19*