

Analysis the Level of Physical Activity During Covid-19 Pandemic Among Syiah Kuala University Students

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ABSTRACT

Physical activity is determined by the form of body movement that occurs due to skeletal muscle contractions that can cause an increase in calories in the body exceeding energy needs in the resting phase. During the Covid-19 pandemic, social distancing is enforced, working from home and school from home so that it can affect a person's physical activity. This research is an observational analytic with a cross-sectional design conducted at the Syiah Kuala University Dormitory for the period November 2021. Physical activity during the Covid- 19 pandemic was assessed using the International Physical Activity Questionnaire (IPAQ) questionnaire through filling out the google form. The number of samples is 247 students using the. The number of samples is 247 students using the total population technique. The results of the study were 205 respondents (83%) had moderate physical activity, and 192 respondents (77.7%) were female, and 150 respondents (60.7%) had normal body mass index, and 50 respondents (20.2%) came from the Faculty of Teacher Training and Education.

INTRODUCTION

At the end of 2019, the world was shocked with the presence of a new virus known as the Corona virus (Covid-19). Almost the whole world is experiencing incident the including Indonesia. The cause of the covid-19 virus called SARS-CoV-2. The coronavirus is a virus that is transmitted from animal to humans. Covid-19 is can transmitted from man to man through spark sneeze or cough (droplet) (Putri, 2020). The World Health Organization (WHO) in 2020, stated that 213 countries had report Covid-19 cases. A total of 4,417,903 cases with 297,382 deaths and growth case the largest 7% per day worldwide. Ministry of Health state that the development of Covid-19 in Indonesia on June 26, 2021, there were 2,093,962 cases positive and 56,729 cases of death (Wicaksono, 2020).

Implementation Social Large -Scale Social Restrictions (PSBB) as stated in the Minister of Health Regulation Number 9 of 2020, Article 13 states: that will limit a number of activities like restrictions activities, holidays school and place work, restrictions facility general, restrictions activity social, restrictions transportation and activities other related with aspect defense and security (Arief et al., 2020).

The initial steps taken by the Indonesian government were Social Distancing with objective for to cut off chain the spread of Covid-19 with method fellow public must guard minimum distance of 2 meters, no do contact directly with other people and not crowd in one place. According to WHO, people who do not do activity physique can is one of reason death, from death data highest fourth globally is as much as 6% (Wicaksono, 2020).

LITERATURE REVIEW

According to the 2018 Basic Health Research (RISKESDAS) data, the activity physical in Indonesia is still very lacking namely 33.5% (<50%). The number This increase from the 2013 RISKESDAS data, namely 26.1% (Nurmidin M et al., 2020). Activity physique society at the time Covid-19 pandemic with several countries decreasing and many public experience overweight and declining health. In general, overall, time spent for activity physique during pandemic decrease in a way drastic from 540 minutes / week (before pandemic) to 105 minutes / week (when pandemic) (Arief NA et al., 2020). Education can be done from various media and sources, both through online and also offline with apply protocol health. If we go out from home, we still wash hands, guard distance and wear masks and use Hand Sanitizer if No There is soap and running water. If you do activity physique like walk can done for 5-10 minutes, then improved in a way slowly up to 30 minutes (Wicaksono A, 2020).

Activity physical activity that is done with Good can reduce risk injury. Select activity physique in accordance with condition our fitness and health (Wicaksono A, 2020). While undergoing life every day, students No only related with activity lectures only, but lots of activity students who do it outside time lectures. Activities carried out related to personal affairs, as part of the community and as part from public in its nature is creature social. Students

own time leisure that tends to Lots than lectures in general up to 10 hours/day (Semarang N et al., 2016).

METHODOLOGY

Types of research that are analytic observational with design cross sectional. Research done in Syiah Kuala University Dormitory. Study This started on month April to April 2022. Retrieval data done on November 1 to 30, 2021.

Population study is all over new students at Syiah Kuala University dormitory. Sample chosen with method non-probability sampling use type total population. The sample number is 247 students.

Data used is primary data, preceded with coordination together Head of Dormitory and records student data along with amount , filling informed consent to Respondent research and continued with filling e-questionnaire (google form) based on criteria inclusion (students active in the Syiah Kuala University dormitory and willing to become respondents) and criteria exclusion (students who cannot access e-questionnaire or e-questionnaire error, internet network is not working available and have a history of disease such as asthma).

Analysis data done in a way univariate and bivariate with using the Mann Whitney test and the Spearman Correlation test.

RESULTS AND DISCUSSION

Table 1. Characteristics Respondents

Characteristics Respondents	n=247	%
Activity Physique		
Light	13	5.3
Currently	205	83
Heavy	29	11.7
Gender		
Man	55	22.3
Woman	192	77.7
IMT		
Thin	67	27.1
Normal	150	60.7
Overweight	17	6.9
Obesity	13	5.3
Faculty		
Technique	34	13.8
Teaching & Education Science	50	20.2
Medical	19	7.7
Veterinary Medicine	14	

Based on table 1, that results activity physique more moderate dominant as many as 205 respondents (83%), based on type sex Woman more dominant as many as 192 respondents (77.7%), index mass body dominated normal

category as many as 150 respondents (60.7%) and faculty dominated by the Faculty Teaching and Education Sciences as many as 50 respondents (20.2%).

Table 2. Characteristics Anthropometry

Gender					
Variables	Man		Woman		P-Value
	Average	Standard Deviation	Average	Standard Deviation	
Age	18,5636	0.53623	18,0938	0.51324	0,000
BB	54,1818	8,08769	51,1563	9,07540	0.009
TB	1,6002	0.06054	1,5657	0.06095	0,000

Based on Table 2, shows that average age for men 18.56 and for women 18.09 with p value = 0.000. The average body weight in men was 54.18 and in women 51.15 with p value = 0.009 and mean height in males is 1.6 and in females 1.5 with p value =0.000.

Table 3. Gender Relationship with Activity Physical Condition During the Covid-19 Pandemic

				Activity Physique					<i>P-Value</i>
Gender	Light		Currently		Heavy		Total		
	n	%	n	%	n	%	n	%	
Man	0	0	48	87.3	7	12.7	55	100	0.215
Woman	13	6.8	157	81.8	22	11.5	192	100	

Based on Table 3, shows that p value = 0.215 (> 0.05) which means No there is connection between type sex with activity physique.

Table 4. Relationship between BMI and Activity Physical Condition During the Covid-19 Pandemic

			Activity Physique						P-Value
Gender	Light		Currently		Heavy		Total		
	n	%	n	%	n	%	n	%	
Thin	5	7.5	54	80.6	8	11.9	67	100	0.894
Normal	6	4	125	83.3	19	12.7	150	100	
Overweight	0	0	16	94.1	1	5.9	17	100	
Obesity	2	15.4	10	76.9	1	7.7	13	100	

Based on Table 4 shows that p value = 0.894 which means No there is connection between index mass body with activity physique. Results study This show that 247 respondents dominated with activity physique currently as many as 205 respondents (83%). Research result show that average age in men namely 18.56 and women 18.09 with p value = 0.000. Average body weight in men namely 54.18 and in women 51.15 with p value = 0.009 and mean height in men namely 1.6 and in women 1.5 with p value = 0.000. Study This No in line with study Rosidawati, et al. 2019 in the Faculty Udayana University Medicine stated that There is difference proportion type sex with body image. Respondents man obtained majority perceive body image satisfied compared to Respondent women. Women tend to more notice heavy his body to get ideal body

(Febriyanti et al., 2015). Women and men who do not own good weight tend viewed No interesting and frequent connected with things other negatives (Habut et al., 2019).

Research result show that p value that is 0.215 that no there is connection between type sex with activity physical. Research results This in line with study African in 2018 at SMP N 20 Bengkulu City that student teenager Lots do activity physique currently which is 55.2%. This is because they are students whose activities are the main thing is learning, there are several students who participate in tutoring activities, watching television and playing gadgets while at home. According to WHO in 2013, activity physique teenagers and children school own activity physique moderate, frequent activities done is learning (Mutia A et al., 2022).

Study This No in line with Research by Ni Kadek Febriyanti et al. (2015) at the Faculty of Udayana University of Medicine that activity physique increased in males Because mass muscles owned by men more Lots compared to women. Usage calories in women more A little than man even at the time rest. Activity physical in men almost the same with women, but after puberty so man more active in do activity daily or during exercise (Febriyanti et al., 2015).

Yoli Farradika's research et al. in 2019 at the Faculty of Udayana University Medical School is located connection between activity physique with type gender. gender Woman tend own activity low physical (49.5%) compared to male (36.8%) (Farradika Y et al., 2019). Activity physique interpreted every form movement body produced by movement muscle musculoskeletal so that cause expenditure meaningful energy (Habut et al., 2022)

Activity can benefit students like fitness and health and others. Even though at the time Covid-19 pandemic students can also do activity physique although just at home for guard health. Recommendations from Ministry of Health of the Republic of Indonesia in 2020 that activity physique or sport with intensity currently can increase immunity which is very necessary at the time Covid-19 pandemic for prevent infected with the virus (Megawati S et al., 2021). Activity physical activity that is done in a way Regular is very useful especially during the Covid-19 pandemic. Activities physique capable increase mental health and reduce depression during the pandemic (Mutia A et al., 2022).

Activity physique becomes No Good caused by style life and wrong behavior. Lifestyle that can influence habit Eat someone who can impact certain especially those related to with Nutrition. Lifestyle someone is very influential body fat composition in that person (Suryana et al., 2017). Activity patterns physical decline in students during pandemic is in dire need more attention. If activity physique students less, then can influence Health. Health in students is very important. Because can affect the learning process carried out by students (Rosisdin U et al., 2019) Study This show that p value = 0.894 (> 0.05) which means No there is connection between index mass body with physical activity at the time Covid- 19 pandemic. The results are in line with Andi Eka et al.'s research in 2021 at the Faculty of Tarumanagara University Medical School that activity physique student generally sedentary, namely 168 (85.3%) respondents

with the average MET was 432.19 (178.64). The average index mass body, namely 23.16 (4.96%) kg/m² which was dominated by normal nutritional status in 76 respondents (38.6%). There was no connection between index mass body with physical activity. Although there is no meaningful relationship between index mass body with activity physical, style life sedentary still can cause infectious disease like hypertension, diabetes mellitus and others (Suryana et al., 2017).

The results are also in line with Riana Magdalena's 2021 research at Jenderal Sudirman University that there is connection between physique activity with index mass body proven with p value =0.004 (<0.05). Activity physique be one of factors that can influence mark index mass body someone, even though still lots other factors that can influence index mass body like factor genetic, factors pattern consumption food, factors rest pattern (Magdalena R et al., 2021).

Body Mass Index (BMI) is a weight parameter defined by WHO as tool comparison weight with height (Habut et al., 2019). Index value mass body differentiated into 4 categories namely thin (17 – 18.4), normal (18.5 – 25), overweight (25.1 – 27) and obesity (>27) (Habut et al., 2019).

This matter can happen Because the variety type activities carried out by respondents. Respondents are students from different major sciences. This is can result in limited type the work they do (Habut et al., 2019).

Study Dry wine et al. 2020 in the Faculty Faculty of Medicine, Sam Ratulangi University that Respondent experience decline weight during the pandemic that occurred in the group mature young remote work and/or study. On one side can increase regularity life especially preparation food, consuming and developing pattern eat healthy Bolang et al., 2021) Factors that can increase energy need is physical activity, if somebody doing activities low so will happen risk obesity is increasing. Activity medium and heavy there is expenditure same calories and amount decline weight is also similar (Faiq AR et al., 2018) There are several things that influence the marked index mass body, among them is physical activity. Lack of activity physique in activity daily can increase mark index mass body. This is causing body not enough to use stored energy Because activity physique That Alone that is motion body caused by contractions muscles that produce energy. Increase index mass body can happen Because imbalance energy between intake food with energy used so that cause accumulation energy in fat form (Habut et al., 2019). Based on Martha Yuliani's research in 2019 at the Faculty of Udayana University that somebody with index mass body overweight category (25.2%) tends to not do lots of activity and less in movement. Physique activity especially sport can increase efficiency myocardial from improvement flow blood and oxygen for fulfill metabolism (Febriyanti NK et al., 2015).

CONCLUSIONS AND RECOMMENDATIONS

Physical activity in new students at the Syiah Kuala University dormitory now of Covid-19 pandemic was found that majority of the students doing physique activities that currently on the type of sex women (81.8%). There is no connection between gender type and index mass body with physical

activity at the time Covid-19 pandemic. The average age from the men respondents and women respondents in the study are 18 years old. The average weight of the men respondents' namely 54.18 and women which is 51.15, and lastly the average height of respondent's men namely 1.6 and women which is 1.5.

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