

Bukti Korespondensi

“Students exercise patterns during the covid-19 pandemic”

Kunjung Ashadi



#351 SUMMARY

SUMMARY REVIEW

SUBMISSION

Authors	Kunjung Ashadi, Imam Marsudi, Ika Jayadi, Azizati Rochmania, Fifit Yetty, Gigih Siantoro
Title	Students exercise patterns during the covid-19 pandemic
Original file	351-1164-1-SM.DOCX 2020-08-14
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Submitter	

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TITLE AND ABSTRACT

Title	Students exercise patterns during the covid-19 pandemic
Abstract	

Abstract— Everyone is at risk of decreased physical activity during the co-19 pandemic. The research objective was to determine the patterns of physical activity of students while at home during the COVID-19 pandemic. The research method used is a quantitative method with a descriptive approach and uses a Likert scale questionnaire that is distributed to the subjects of the study, amounting to 120 students in the department of sports coaching education. The data analysis technique used is the average, standard deviation, percentage, minimum and maximum values. The results showed that as many as 83.2% of changes in exercise frequency, 80.9% of changes in exercise duration, and 82.3% of changes in exercise intensity. One of the causes of changes the exercise patterns is due to 58.7% of the all subjects work to increase income during the pandemic. It can be concluded that during the pandemic, the majority of students changes their exercise patterns.

Keywords— COVID-19, exercise, physical activity, pandemic, patterns, students

INDEXING

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