

BPED Students-Athletes Ways in Maintaining Mental and Physical Health During Covid-19 Pandemic

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Abstract:

COVID 19 pandemic causes lockdown, which people hinder to go outside and limit the physical activities they can do. It also increases the anxiety, depression, and fear of death. This study explored the BPED students-athletes' ways in maintaining mental and physical health during Covid-19 pandemic. We used the data gathered from the responses of 94 Bachelor of Physical Education Students athletes to describe their current state of physical health and mental health. Also, to figure out how they are keeping their physical and mental health during pandemic. COVID 19 infection rates are continuing to climb as a result of the virus, lockdown and community quarantine last longer. Our findings indicated that in the midst of pandemic where physical activities are limited because people can't go outside and participate to various physical activities. Most of Bachelor of Physical Education Students athletes have their way to remain healthy both physical and mental. The research findings aimed to give significance to the researchers, family of respondents and researchers, to the professors of the university and to the university itself.

INTRODUCTION

As the COVID pandemic spreads globally, stress and anxiety in the public mental health sector continue to climb. The lockdown forces people to remain in their homes, causing dread and worry, which harms peoples' mental health. Pandemic has a wide range of mental health consequences. Although there is an apparent distinction between the body and the mind, the two should not be considered separately when discussing mental and physical health. Poor physical health can raise the chance of mental health issues and vice versa; poor mental health can impair an individual's physical health.

Regular physical activity can help to relieve tension, stress, anxiety, despair, and frustration. Furthermore, you may get a pleasant sensation shortly after engaging in physical exercise. When physical activity becomes more of a part of the daily routine, most people notice an increase in their overall well-being.

Especially to every athlete, it is essential to maintain their physical and mental health because it will affect their performance level. "How may the respondents' physical and mental Health during COVID-19 be described? How the respondents maintain physical health during the COVID-19 Pandemic? How the respondents maintain mental health during the COVID-19 Pandemic?"

According to Dong and Bouey (2020) stress levels and anxiety in public mental health continue to rise as the COVID pandemic quickly spreads globally. Furthermore, the locked-down makes the people stay at their own homes, which causes fear and anxiety that affect the mental health level of the residents—severe and wide variety of mental health effects of Pandemic (Goyal et al. 2020).

MATERIALS AND METHODS

The methodology for this study is presented in this chapter, such as the method used, the locale of the study, respondents of the study; sampling method used; research instrument, data gathering procedure, statistical analysis of the data, and the validation of the instrument are also included in this chapter.

Research Method

In this study, the research design was descriptive-analytic. Thus, the researchers described and analyzed the knowledge, opinions, and practices of the student-athletes of Bachelor of Physical Education students at Nueva Ecija University of Science and Technology.

Descriptive research was followed. The descriptive study explains what already exists and can aid in the discovery of new facts and meaning.

Descriptive research aims to look at what's going on and describe it as well as documenting aspects of a situation as it develops (Polit & Hungler, 1999).

This entails gathering information that will be used to create an account in the description of individuals. The data for this analysis was gathered using the following methods the questions distributed personally to the subjects through the use of social media accounts and by messaging the respondents personally and in group chats.

Research Locale

The study was conducted at Nueva Ecija University of Science and Technology, Brgy. Sumacab Este, Cabanatuan City, Nueva Ecija, academic year 2021-2022. The student-athletes of Bachelor of Physical Education were the respondents.

Sample and Sampling

The respondents are the student-athletes of Bachelor of Physical Education in Nueva Ecija University of Science and Technology. The researchers use the Slovin formula for the sampling method. The Slovin's Formula is given as follows:

$$n = \frac{N}{1 + Ne^2},$$

where n is the sample size:

N is the population size

e is the margin of error to be decided by the researcher.

Random sampling was employed. The researcher used ninety-four (94) respondents composed of males and females from the student-athletes of Bachelor of Physical Education in Nueva Ecija University of Science and Technology.

Research Instruments

The researchers used a pre-test questionnaire supplemented by the evaluations, comments, and recommendations from the Bachelor of Physical Education student-athletes.

The formulated questionnaire has been done through weighted mean that develops the principle of measuring respondents' perspectives to a series statement about the topic, the extent to which they agree with it, and so tapping into cognitive and affective components of their actions.

The researchers also conducted a reliability test consisting of 24 athletes from Science Major (4), Filipino Major (5), Social Studies Major (7), English Major (8), who are non-respondents on April 28-29, 2021. 24 out of 24 participated in the reliability test conducted by the researchers. The researchers used a Cronbach's Alpha test with a result of 0.842, which is "Good" in interpretation

The main tool which was used in gathering the data for this research is the researcher-made instrument. The instrumentation used in this thesis is a survey. The researchers prepared a survey questionnaire. The questionnaire consisted of questions on maintaining the physical and mental health of the student-athlete. It is given to a random sampling variable of ninety-four (94) chosen respondents. The instrumentation used will give way and support in retrieving data for the thesis.

The questionnaire was divided into four parts.

Part I included personal data information used to draw important information about their age, sex, civil status, sports, and year level.

Part II included the statements that will measure the respondent's current state of physical health and mental health.

Part III included the ways student-athletes maintaining their physical health.

Part IV included the ways student-athletes maintaining their mental health.

Data Gathering Method

The researchers personally administered the questionnaire's distribution through social media accounts by messaging them on group chat and direct messages, so that, they can have the google form link to access. This was also done to ensure that the questionnaire would not be retrieved promptly.

Data Processing Method

After gathering all the data needed, the researchers carefully tallied and arranged the data. Then, the researcher gathered data, and applied Slovin's Formula to make the research successful.

Statistical Treatment

Before validating the data collected by the use of a survey questionnaire, researchers arranged and tabulated it. For this study, the researchers used the weighted mean to analyze and critically understand the meaningful interpretation of the gathered data.

The following methods presented below were used in this study to collect data: a simple percentage and frequency method using the following formula:

$$P = F/n * 100\%$$

Where:

P is the total percentage,

F is the total frequency; and

n is the total number of respondents.

RESULTS

1. Profile variable of the Respondents

The following discussions focused on the description of the respondents as to their sex, year and section, and sports.

1.1 Gender of the respondents

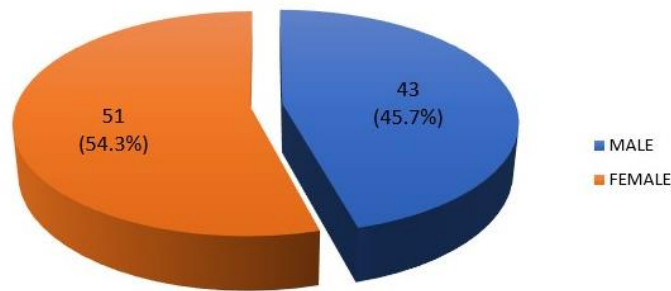


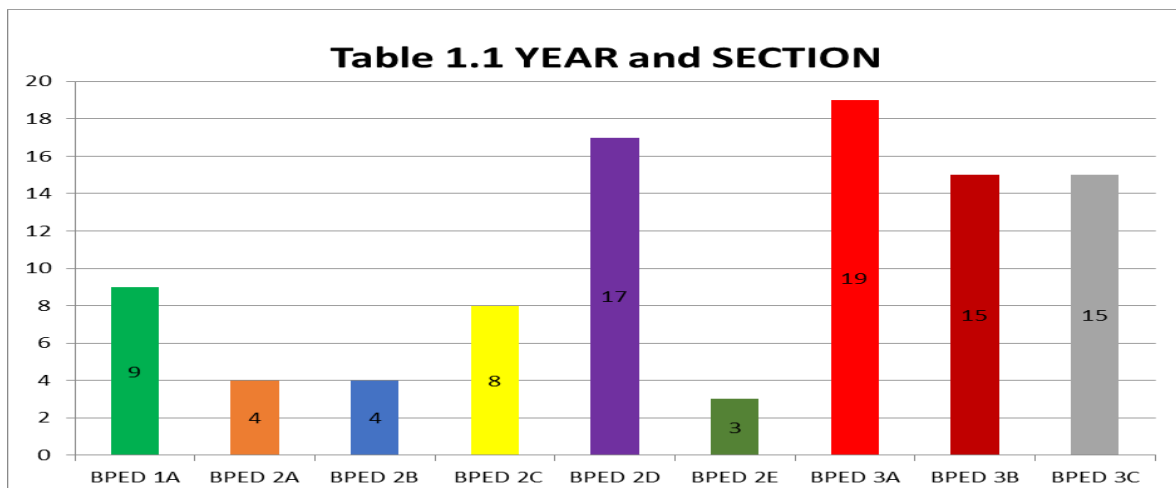
Figure 1.1 Gender

As shown in the graph, most student-athletes with 51(54.3%) are female, 43(45.7%) student-athletes are male.

It implies that female student-athletes from the BPEd had the highest percentage than males. These findings support the study of “best practice for youth sport by robin vealey & melissa chase”. Several physical traits of postpubescent males tend men to surpass girls in sports that involve strength, power, and speed. Adult males tend to be taller with longer limbs. The width of their shoulders allows for more muscle on a wider shoulder girdle, which is the primary reason for postpubescent boys' upper-body strength advantage.

1.2 Year level and section

Table 1.1 Year and Section

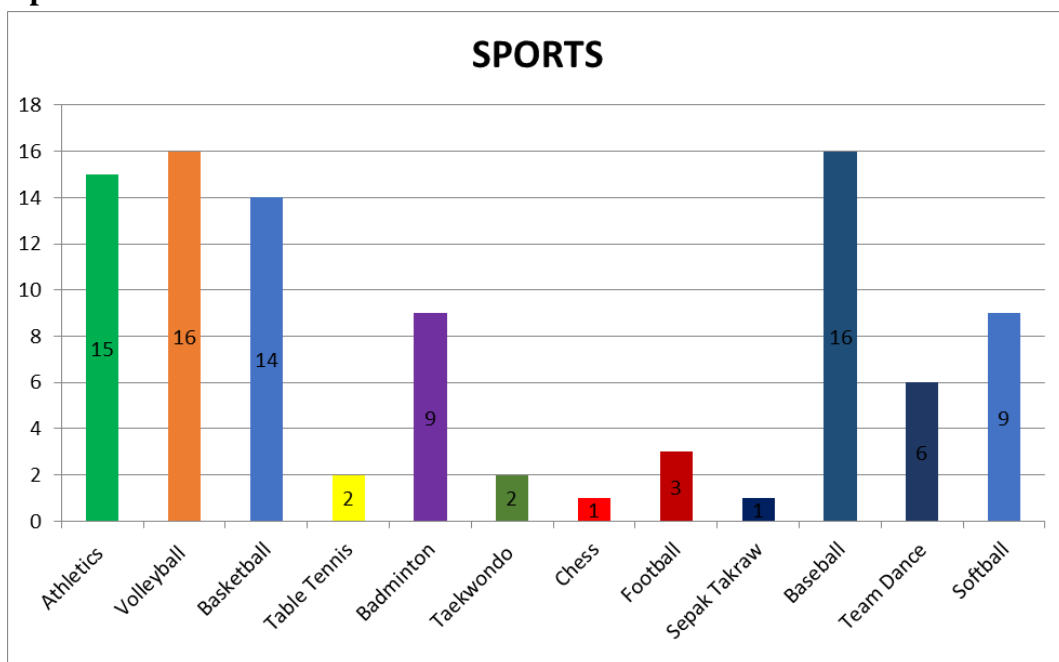


As shown in the table, it showed that 94 student-athlete from Bachelor of Physical Education. BPED 3rd year has the highest number of student-athletes with 49 respondents, while BPED 2nd year has total respondents of 36. Thus, nine respondents are from BPED 1st year.

It implied that the number of respondents who has the highest number of student-athletes are from BPED 3rd year. The researchers concluded that most of the students-athletes in BPED are from 3rd yr. students because more than half of the BPED population are 3rd yr. students, followed by 2nd yr. students and least of 1st yr. students.

1.3 Sports they played

Figure 1.2 Sports



Finding in figure 1.2 revealed the sports played by BPED student-athletes. 16(17%) of the respondents indicated Baseball is their major sport. Thus, 16(17%) of the respondents play volleyball, 15(16%) of them indicate athletics as their major sports, 14(14.9%) of the respondents belong to the basketball team. While 9(9.6%) student-athletes are from the sports badminton, softball has the same number of respondents, with 9(9.6%) respondents. In addition, 3(3.2%) respondents belong to the football team, 2(2.1%) respondents from Taekwondo, and 2 (2.1%) student-athletes from Table Tennis. 1(1.1%) respondent from Chess and 1(1.1%) respondent from Sepak Takraw.

It implied that both Baseball and Volleyball had the highest percentage of student-athletes in Bachelor of Physical Education.

2. Current mental and physical Health during a pandemic

Table 2.1 presents the respondents’ physical health during the Pandemic garnered an overall weighted mean of 3.0 with a verbal interpretation of “Seldom.”

PHYSICAL HEALTH	Mean	Verbal Interpretation
I participate in physical activities.	3.60	Extremely Physically healthy

I exercise every day during the COVID pandemic.	3.06	Moderately Physically healthy
I spent 30-40 minutes in exercise on my daily basis during the Pandemic	2.87	Moderately Physically healthy
I have a short break from sitting by doing 3-5 minutes of physical movement.	3.01	Moderately Physically healthy
I eat my meals and snacks on a regular schedule to keep my digestive in shape.	3.16	Moderately Physically healthy
I properly maintain my weight during the COVID pandemic.	2.94	Moderately Physically healthy
I always do 30-50 minutes of jogging every morning	2.39	Low Physical Health
Overall Weighted Mean	3.0	Moderately Physically healthy

Among the ways to prevent the physical health of the respondent’s statement no. 1, “I participate in physical activities.” perceived to be the most way of maintaining their physical health with the WM 3.60 and a VI of “Extremely Physically Healthy.” And it is followed by statement no. 5, “I eat my meals and snacks on a regular schedule to keep my digestive in shape,” with a WM of 3.16 and VI of “Moderately physically healthy.”

On the other hand, statement no. 7, “I always do 30-50 minutes jogging every morning,” is perceived to the least way of maintaining the physical health of the respondents with the WM of 2.39 and VI “Low physical health”

It can therefore be concluded from the data gathered that most of the respondent’s way of maintaining their physical health is by participating in physical activities during the pandemic.

It is important to take note that all of the respondents can maintain their physical health amidst pandemics in different ways or in their way.

This study supported by the finding of Martin et al. 2009), “Exercise at a moderate intensity for 30–45 min at home every day. The exercise needed must increase the heart rate and cause mild shortness of breath (called aerobic exercise). In addition, moderate-intensity exercise is known to improve immune function and potentially reduce risk and severity of respiratory viral infection.”

Table 2.2 presents that the respondents’ mental health during the pandemic garnered an overall weighted mean of 2.83 with a verbal interpretation of “Seldom.”

MENTAL HEALTH	Mean	Verbal Interpretation
I have become easily annoyed or irritated due to the COVID pandemic.	2.86	Moderately Mentally healthy
I could not sleep because I worried about getting coronavirus disease 2019	2.40	low Mental Health
I felt nervous or anxious when I watched the news about coronavirus disease 2019	2.84	Moderately Mentally healthy

I have difficulty with concentration and attention during the COVID pandemic.	2.83	Moderately healthy	Mentally
I have changes in or avoiding activities that I enjoyed in the past.	2.97	Moderately healthy	Mentally
I have unexpected headaches and pain throughout my body.	2.63	Moderately healthy	Mentally
I feel that my eating habits have changed during the COVID pandemic.	3.09	Moderately healthy	Mentally
I have changes in appetite, energy, desire, and interests during the COVID pandemic.	3.01	Moderately healthy	Mentally
Overall Weighted Mean	2.83	Moderately healthy	Mentally

Out of the ways to prevent the mental health of the respondents’ statement no. 7, “I feel that my eating habits have changed during COVID pandemic.” perceived to be the most reason for maintaining their mental health with the WM 3.09 and a VI of “Moderately Mentally healthy.” And it is followed by statement no. 8, “I have changes in appetite, energy, desire, and interests during COVID pandemic.” with WM of 3.01 and VI of “low Mental health.”

On the other hand, statement no. 2, “I could not sleep because I worried about getting coronavirus disease 2019,” is perceived to the least reason affecting the mental health of the respondents with the WM of 2.40 and VI “Moderately Mentally healthy” Therefore, it can be surmised from the data gathered that most of the respondent’s mental health is affected by the change of their eating habits during the COVID pandemic.

This study supported by the findings and statement of Sarah Gupta, MD (2021), “eating disorders can cause a wide variety of mental and physical health disorders.” Eating disorders are not a choice. But instead, they are severe medical conditions that can affect a person’s mental and physical health. The conditions of mental health can be affected during, before, or after an eating disorder. These are called “co-occurring.” They happen at the same time as eating disorders.

3. Different ways to improve physical health

The following data presented focus on discussions regarding different ways to improve the respondents’ physical health during the Pandemic.

Table 3.1 presents the different ways of improving the physical health of the respondents during the pandemic

WAYS/ACTIVITIES	Frequency	%
I sleep 8 to 10 hours every day.	53	56.38
I practice drills 30 minutes to 1 hour in selected sports.	24	25.53
I participate in physical activities regularly.	55	58.51
I drink a minimum of 8-10 glasses of water daily.	82	87.23
I do some stretching daily.	68	72.34
I avoid eating 3 hours before bedtime	39	41.49

I eat more fruits and vegetables and less fast foods.	67	71.28
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Among the statements to improve the physical health during the pandemic, statement no. 4, “I drink a minimum of 8-10 glasses of water daily.” is the most way of the respondents to improve their physical health with the frequency of 82 respondents and have a percentage of 87.23%. Followed by statement no. 5, “I do some stretching daily.” with the frequency of 68 respondents and a percentage of 72.43%

On the other hand, statement no. 2, “I practice drills 30 minutes to 1 hour in selected sports.” is perceived to the least way to improve the physical health of the respondents with a frequency of 24 and a percentage of 25.53%.

It can therefore conclude on the data gathered that most of the respondent’s way of improving physical health is by consuming at least 8-10 glasses of water daily, furthermore

It is also important to mention that the respondents maintain their physical health amidst the pandemic by having a proper meal and exercise.

The research supported by the data gathered by (Cardemil et al.2017) “To avoid being infected with the coronavirus and the consequences of infection with the coronavirus., it is important to stay well hydrated,” staying hydrated lowers the risk of catching a virus and the severity of the infection (which may often involve fever, diarrhea, nausea, etc.)

4. Different ways to improve Mental Health

The information discussed focuses on the various methods for improving respondents’ mental health during the pandemic

Table 4.1 presents the different ways of improving the mental health of the respondents during the pandemic.

WAYS/ACTIVITIES	Frequency	%
I always avoid social comparisons.	70	74.47
I distance myself from things that don’t feel good.	86	91.49
I used social media and my phone to escape from being stress.	82	87.23
I am confident in my ability to manage my exposure to COVID-19	89	94.68
I take a rest when feeling tired or having little energy.	86	91.49
I listen to music to release stress and anxiety.	79	84.04
I talk to someone to tell them my problems.	89	94.68
I used my free time to relax.	70	74.47

Out of the statements to improve the mental health of the respondents during the pandemic, statement no. 4, “I am confident in my ability to manage my exposure in COVID-19.”, and statement no. 7, “I talk to someone to tell my problems.” is the most way of the respondents to improve their mental health during the Pandemic with the frequency of 89 respondents and have a percentage of 94.68%. Followed by statement no. 2, “I distance myself from things that don’t feel good.”, and statement no. 5, “I take a rest when feeling tired or having little energy.” with the frequency of 86 respondents and percentage of 91.49%.

Oppositely, statement no. 1, “I always avoid social comparisons.”, and statement no. 8, “I used my free time to relax.” perceived to the least way to improve the mental health of the respondents with the frequency of 70 and percentage of 74.47%.

It is also worthy to note that all of the respondents can maintain their mental health amidst pandemics in different ways or in their way. Having a way to remain mentally healthy is one thing during this time of the Pandemic.

This study supported by the findings of (Dong and Bouey 2020). Stress levels and anxiety in public mental health continue to rise as the COVID pandemic is quickly spreading globally. The lack of knowledge about the incubation period of the virus, medium of transmission, and safety precautions cause fear and anxiety And the findings of (Li et al. 2020; Ho et al. 2020; Goyal et al. 2020). The locked-down makes the people stay at their own homes, which causes fear and anxiety that affect the mental health level of the residents.

This chapter summarizes the findings, generated the conclusions and recommendations based on the result obtained from the study to Bachelor of Physical Education student-athletes in maintaining their mental and physical health during the covid-19 pandemic.

DISCUSSION

The following results are explained the study’s findings:

Sex

Among 94 student-athlete’s respondents from BPED, 51 or 54.3% of the respondents were female, while 43 (45.7%) of the respondents were male.

Year Level

Out of 94 student-athlete respondents from BPED, 49 of the respondents were from BPED 3rd year, while there were 36 of the total number of the respondents is from BPED 2nd year and nine respondents from BPED 1st year.

Sports

A total of 94 respondents from BPED, 16 (17%) of the respondents indicated Baseball as their major sport. Thus, 16 (17%) of the respondents play volleyball, 15 (16%) of them indicate athletics as their major sports, 14 (14.9%) of the respondents belong to the basketball team. While 9 (9.6%) student-athletes are from the sports badminton, softball has the same number of respondents, with 9 (9.6%) respondents. In addition, 3 (3.2%) respondents belong to the football team, 2(2.1%) respondents from Taekwondo, and 2 (2.1%) student-athletes from Table Tennis. 1(1.1%) respondent from Chess and 1 (1.1%) respondent from Sepak Takraw.

2. Respondents' physical and mental Health during COVID-19

Among the ways to prevent the physical health of the respondent's statement no. 1, "I participate in physical activities." perceived to be the most way of maintaining their physical health with the WM 3.60 and a VI of "Extremely Physically Healthy." And it is followed by statement no. 5, "I eat my meals and snacks on a regular schedule to keep my digestive in shape," with a WM of 3.16 and VI of "Moderately physically healthy."

On the other hand, statement no. 7, "I always do 30-50 minutes jogging every morning," is perceived to the least way of maintaining the physical health of the respondents with the WM of 2.39 and VI "Low physical health"

Out of the ways to prevent the mental health of the respondents' statement no. 7, "I feel that my eating habits have changed during COVID pandemic." perceived to be the most reason for maintaining their mental health with the WM 3.09 and a VI of "Moderately Mentally healthy." And it is followed by statement no. 8, "I have changes in appetite, energy, desire, and interests during COVID pandemic." with WM of 3.01 and VI of "low Mental health."

On the other hand, statement no. 2, "I could not sleep because I worried about getting coronavirus disease 2019," is perceived to the least reason affecting the mental health of the respondents with the WM of 2.40 and VI "Moderately Mentally healthy"

3. Respondents ways of maintaining their physical health during the COVID-19 Pandemic

Among the statements to improve the physical health during the pandemic, statement no. 4, "I drink a minimum of 8-10 glasses of water daily." is the most way of the respondents to improve their physical health with the frequency of 82 respondents and have a percentage of 87.23%. Followed by statement no. 5, "I do some stretching daily." with the frequency of 68 respondents and a percentage of 72.43%

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