



The effect of eight weeks of Pilates exercise on psychological preparation and perceived stress in young girls during the COVID-19

Oral Presentation

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Abstract

Introduction: The coronavirus outbreak has caused changes in people's lifestyles, the prevalence of obesity, and decreased immune system due to home quarantine and an extended stay at home. Physical activity at home can be a valuable tool for protecting your health from illness. Therefore, the present study aimed to investigate the effect of eight weeks of Pilates exercise on psychological preparation and perceived stress in young girls during the coronation.

Methods: The present study was a quasi-experimental study with a pre-test design with a control group. The sample consisted of 50 girls from Urmia who were selected by the available sampling method and were randomly divided into experimental and control groups. The experimental group practiced Pilates at home for eight weeks, and the control group did not receive any intervention during this period. Dependent variables were measured in both groups using psychological readiness and perceived stress questionnaires during the pre-test stages. Data analysis was performed using 2×2 composite analysis of variance at a significance level of 0.05.

Results: The results of combined analysis of variance showed that physical activity during quarantine had a positive effect on girls' psychological preparation and perceived stress compared to the control group so that 88% of changes in psychological preparation and 98% of changes in perceived stress were affected by their physical activity.

Conclusion: Physical activity strengthens a person's immune system, improves psychological preparation, and reduces stress, giving people a higher ability to fight the coronavirus. Therefore, sport as an attractive and diverse activity can diversify the lifestyle of people in-home quarantine.

Keywords

Psychological preparation; perceived stress; COVID-19; Pilates

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