



## Physical activity during the coronavirus outbreak: Assessing girls public health and anxiety

### Oral Presentation

1Mina Keshavarz \* ; 2Elaheh Yousefi

<sup>1</sup>Department of Motor Behavior, Faculty of Physical Education & Sport Science, University of Urmia, Urmia, Iran (minaakeshavarzii@gmail.com )

<sup>2</sup>Department of Motor Behavior, Faculty of Physical Education and Sport Sciences, University of Tabriz, Tabriz, Iran

### Abstract

**Introduction:** The worldwide outbreak of coronavirus heart disease has disrupted everyday life and forced people to distance themselves socially. Physical activity at home can be a valuable tool for protecting your health from illness. So, the purpose of this study was to investigate the effect of physical activity on girls' public health and anxiety.

**Methods:** This research was semi-experimental with pre-test and post-test design and control group. The sample study consisted of 50 girls from uremia city aged 20-35 years old selected by available sampling method and randomly assigned into two experimental and one control group. The experimental group received intervention at home for eight weeks (three sessions per week) through Team Link software, while the control group did not. Dependent variables were measured using the public Health Questionnaire (GHQ) and the Coronavirus Anxiety Scale (CDAS) in the pre-and post-test stages in both groups. Data analysis was performed using covariance at a significance level of 0.05.

**Results:** The results of covariance analysis showed that physical activity during quarantine had a positive effect on girls' public health ( $F = 174.07$ ) and anxiety and anxiety ( $F = 201.15$ ) compared to the control group, so that 32% of changes in public health and 46% of changes in anxiety were affected by their physical activity.

**Conclusion:** Therefore, based on this scientific evidence, it can be concluded that physical activity leads to improved public health and reduced anxiety, which is an essential motivational force and provides the necessary energy for athletes to be consistent in their behaviors and activities to achieve A high level of performance is vital.

### Keywords

anxiety; public health; Physical activity; COVID-19

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