



## The relationship between physical activity and stress syndrome in students'' lives during the covid-19 period

### Poster Presentation

Ameneh Mehri \*; Zahra Alipour Asiri

Department of Sport Management, University of Jahrom, Jahrom, Iran( a10mehri@yahoo.com )

### Abstract

**Introduction:** The aim of this study was to determine the relationship between professional physical activity and health-oriented students on the stress syndrome of their life during the Covid period.

**Methods:** The method of the present study was descriptive causal-comparative and the statistical population consisted of 215 physical education students of Jahrom University who were selected from the available online sampling method through stressful life events screening questionnaire (SLESQ) Goodman et al. (1998) to have no history of other stresses in their lives. Stress Syndrome Inventory (SSI) was used. This scale was developed by Seyed Khorasani and Sedighiani (1998) in four subscales: cognitive, emotional, behavioral and physical. The content validity of the questionnaire was confirmed by experts and the reliability of the questionnaire was obtained from Cronbach's alpha reliability coefficient of 0.82. Data analysis was performed using SPSS software version 26. For normality of the data, K-S test and analysis of variance (ANOVA) were used to compare the three groups.

**Results:** Findings showed that students who have professional and health-oriented physical activity perform better than students who are inactive from cognitive, behavioral, and emotional stress symptoms and physical symptoms are better in students who have health-oriented physical activity than the other two groups and also, due to the limitations created by the corona virus in the community, the research findings showed that physical activity was used as a tool to reduce stress and maintain or increase mental health during the COVID-19 period.

**Conclusion:** Regular and health-oriented exercise can play an important role in affecting the physical condition of students and thus ensuring the mental health of students by affecting life stress symptoms and reducing the negative consequences of stress.

### Keywords

Corona Virus; exercise; Physical activity; stressful life syndrome

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