

PHYSICAL ACTIVITY AND EMOTIONAL STATE DURING CONFINEMENT IN THE COVID-19 PANDEMIC

The **objective** of this work has been to evaluate the incidence of physical activity (PA) on the emotional state during a period of mandatory confinement due to COVID-19 to **360 university students** participated divided into three groups.

The experimental groups were conducted on a **PA intervention program for 11 weeks**, from the beginning to the end of the mandatory confinement.

A weekly online questionnaire was collected, recording the level of PA (min / week) and the results of the PIL test (Purpose In Life).

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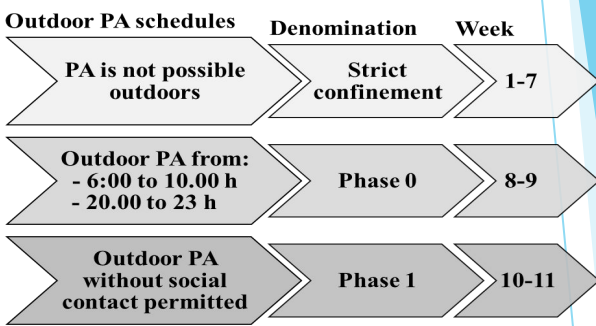
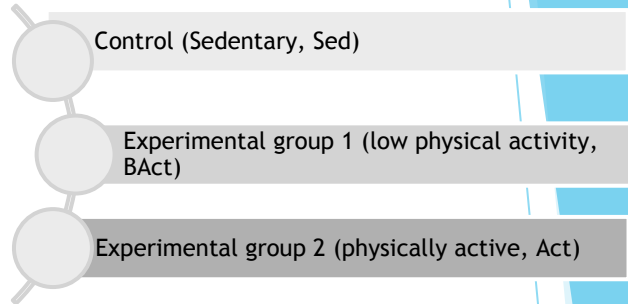
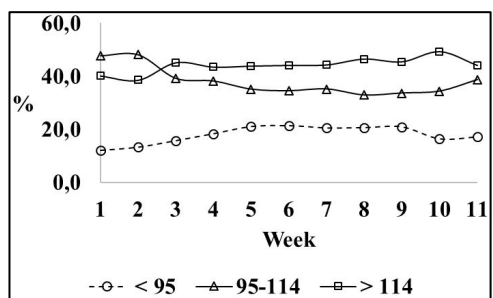


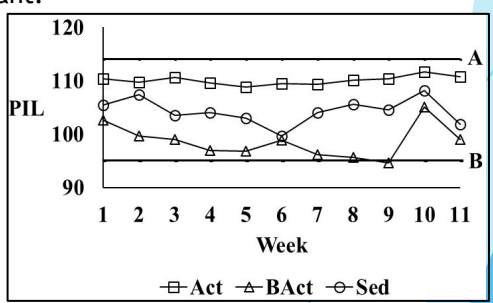
Fig 1. Distribution of the values of the PIL test (in%) in the variables the lines: lack of meaning (<95); zone of indefiniteness (95-114), and zone of strong meaning or purpose of life (> 114), for the 11 weeks of follow-up.



Timeline of the intervention program from week 1 to 11 according to the confinement and de-escalation phases

Results: The level of PA decreased significantly at the beginning of the confinement and increased significantly in the flexibilization phases. PA has a positive effect on the sense of life and practicing some physical exercise on a regular basis could be a crucial tool to face a state of mandatory confinement.

Fig 2. Variation of PIL test scores by week and type of participant.



NOTE: A = 114; B = 95

References

Romero-Ramos, N., Romero-Ramos, Ó., Suárez, A. G., & Lobach, Y. (2022). Efecto del confinamiento sobre el estado emocional en una muestra de habitantes panameños [Effect of confinement on the emotional state in a sample of Panamanian inhabitants] *Investigación y Pensamiento Crítico*, 10(1), 12-24.

Romero-Ramos, N., Romero-Ramos, Ó., & Suarez, A. J. G. (2021). Purpose in life during COVID-19 confinement: effect of physical activity and meditation. *Polish Journal of Sport and Tourism*, 28(2), 25-31.