

The Level of Physical Activity and the Constructs of Social Cognitive Theory in Students Faculty of Sport Science, State University of Makassar In the New Normal Covid-19 Era

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Abstract

Social restrictions in the Covid-19 Pandemic era today have the potential to affect the level of physical activity of the community, including FIK UNM students. The main purpose of this study was to determine the pattern, level and status of students' physical activity and whether there were different physical activity statuses of students with different social cognitive theory construct statuses. This research is a cross-sectional observational study on 102 people who are active students of FIK UNM who are carrying out distance learning in the midst of the COVID-19 pandemic in full. The research sample was taken by convenience sampling method with the criteria of students filling out online forms that were sent distributed through the Student Association (HIMA) of each Study Program. Physical activity is measured by the Global Physical Activity Questionnaire (GPAQ) instrument. The social cognitive construct was measured using an adaptation instrument from the WHO's COVID-19 Snapshot and Monitoring (COSMO) which includes self-efficacy, self regulation, outcome expectation and social support. Descriptive analysis is used to describe the physical activity patterns of FIK UNM students. The results showed that the physical activity patterns of FIK UNM students tended to be high on average in the recreational activity domain (11279.52 Mets / week), followed by the work activity domain (497.35 Mets / week), and transportation (373.46 Mets / week). Students with better cognitive social status levels have higher levels of physical activity than students with poor cognitive social status. It can be concluded that students with good social cognitive status have a good level of physical activity as well.

Keywords: Social Cognitive Theory Construct, Physical Activity Level, New Normal Era COVID-19

Introduction

Common efforts to improve the immune system include the consumption of balanced nutrition, adequate rest, consumption of vitamin supplements, not smoking, and controlling comorbidities such as diabetes mellitus, hypertension, cancer, and regular and measurable physical activity (Peeri et al. , 2020). Immunity can be easily increased by physical activity or sports, the increase in immunity is determined by the intensity and duration of physical activity (Sukendra, 2015). Research has shown that physical activity, especially moderate to heavy intensity, carried out in 60 minutes can increase the antipathogenic activity of tissue macrophages (Peake et al., 2017). Other than that, Physical activity carried out regularly can reduce cortisol levels, which is a stress hormone that can suppress immune cell function and can increase the body's resistance to

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