

# Impact of COVID-19 Pandemic on Physical Health in Young Adults

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**Abstract:** *Background:* From the Wuhan city of the China, first Corona virus 2019 (COVID 19) was identified in December 2019, and in short time the spread of virus was throughout the other part of China. In very short time it caused lot of mortality and morbidity rate in China by February 2020. COVID-19 had rapidly spread to various other countries around the world, including the United States of America, Italy, Russia, Germany, United Kingdom and France. By April 18, the spread of virus was in 198 countries including India, contaminated more than 2.4 million people and causing more than 1,50,000 mortality rates across the world and thereafter it considered as a global pandemic. The assessed lockdown, performing in the check of business conditioning, public places, fitness and exertion centres, and overall social life, has hampered numerous aspects of the lives of people including routine fitness conditioning of fitness freaks, which has redounded in colourful cerebral issues and serious fitness and health enterprises. *Method:* In this study, both male and female ranging from the age group 18 to 35 were taken. Total 110 data had participated in this study with convenient sampling method. General practice physical activity questionnaire Scale (GPPAQ) was used to analyse the impact of COVID 19 pandemic on physical health in young adults. Data were analysed by using SPSS statistics. *Result:* Statistics suggested that only 15.9% participants, showed almost nil effect on physical health. 12.5% showed mild symptoms of physical affection, whereas, 47.3% participants reported with moderate physical affection and 24.3 % showed severe physical symptoms. *Conclusion:* There was moderate to severe range of influence was found in physical health of young adults due to lack of physical inactivity and increase in amount of obesity with numerous reasons which includes previous lockdown, work from home, and over eating with reduced workout.

**Keywords:** COVID 19 pandemic, physical health, General practice physical activity questionnaire

## 1. Introduction

From the Wuhan city of the China, first Corona virus 2019 (COVID 19) was identified in December 2019, and in short time the spread of virus was throughout the other part of China.<sup>1,2</sup> In very short time it caused lot of mortality and morbidity rate in China by February 2020. COVID-19 had rapidly spread to various other countries around the world, including the United States of America, Italy, Russia, Germany, United Kingdom and France.<sup>3,4,5,6</sup> By April 18, the spread of virus was in 198 countries including India, contaminated more than 2.4 million people and causing more than 1,50,000 mortality rate across the world and thereafter it considered as a global pandemic.<sup>7,8</sup>

The assessed lockdown, performing in the check of business conditioning, public places, fitness and exertion centers, and overall social life, has hampered numerous aspects of the lives of people including routine fitness conditioning of fitness freaks, which has redounded in colorful cerebral issues and serious fitness and health enterprises.<sup>9</sup>

The warning given by World Health Organization (WHO) that the impact of COVID-19 on mental health and psychological wellbeing will be prominent and enduring. The pandemic primarily affects physical health which includes respiratory symptoms primarily and later due to inactivity major postural changes.<sup>10</sup>

It is important to note that physical conditioning and exercise not only maintain physical and cerebral health but also help our body to respond to the negative consequences of several conditions similar as diabetes, hypertension, cardiovascular conditions, and respiratory conditions.<sup>10</sup>

In a recent review of 31 published studies, Bentlage et al. (2020) concluded that physical inactivity due to current epidemic restrictions is a major public health issue that's a prominent threat factor for dropped life expectation and numerous physical health problems (Jurak et al., 2020). Exercise is shown to keep other physical functions (respiratory, circulatory, muscular, nervous, and cadaverous systems) complete and supports other systems (endocrine, digestive, vulnerable, or renal systems) that are important in fighting any given or unknown trouble to our body (Lavie et al., 2019; Jiménez-Pavón et al., 2020).<sup>10</sup>

By watching the current situation of covid 19 pandemic, this study would help to supply required data as well as mandatory steps to prevent deterioration of physical health in younger and older adults by applying beneficial physical exercises which further help them to prevent musculoskeletal dysfunction.

### Need for the study

Lockdown and other social restriction in India have led to many lifestyle changes in younger adult which includes their eating habits, sleep pattern, work from home pattern and physical activity. These all reasons may lead to many physical problems in younger adults. This study is intended to find out the impact of the pandemic on physical health. This study may provide useful data, to take proper measures as well as design physical exercise regime to prevent the possible complications.

### Aim of the study

To find out Impact of Covid-19 Pandemic on the physical health in younger Adults.

## 2. Method and Materials

**Source of Data:** Community Dwelling Individuals.

**Population:** Both Male & Female 18-35 Years of Age Group

**Study Design:** Observational Study

**Sampling Technique:** Convenient Sampling.

**Sample Size:** 110 participants.

**Outcome Measure:** General practice physical activity questionnaire Scale (GPPAQ).

**Duration of the Study:** 3 weeks

Descriptive Analysis was done in SPSS statistical tool.

**Inclusion Criteria:** Both Male & Female Individuals within age group 18 to 35 years.

**Exclusion Criteria:** Individual with prior physical health issue and individual with poor IQ.

## 3. Results

Table 1 shows gender distribution

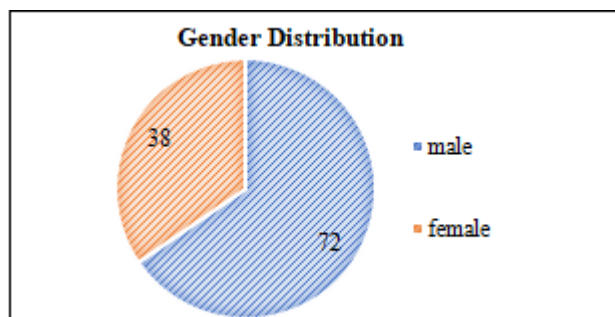
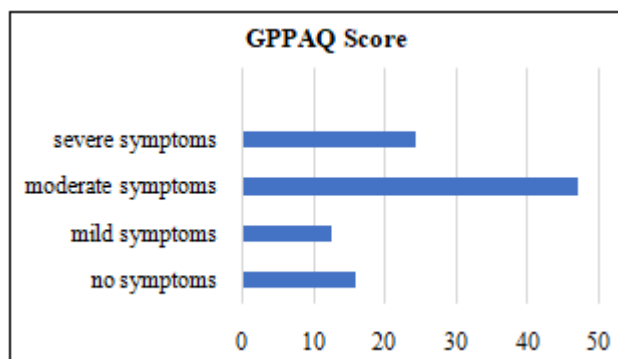


Table 2 shows impact of COVID 19 on physical health of younger adults



Statistics suggested that only 15.9% participants, showed almost nil effect on physical health. 12.5% showed mild symptoms of physical affection, whereas, 47.3% participants reported with moderate physical affection and 24.3 % showed severe physical symptoms.

## 4. Discussion

In present study it was found that majority of the subjects were found with moderate to severe physical health disorder. There could be many reasons behind having affection includes, lack of physical activity, postural changes while doing work from home for many hours, over activity of house-hold works specifically in females, weight gain and many more.

Also, it's well-known that the COVID-19 pandemic has made it delicate for people to adequately maintain their normal physical exertion patterns at home (Ammar et al., 2020). There is plenitude of studies that have addressed the impact of COVID-19 on physical conditioning of the general public (Ammar et al., 2020; Chtourou et al., 2020; Xiao et al., 2020), demonstrated the significant drop in physical conditioning and exercise patterns, and illustrated its ill goods on physical and internal health status.<sup>11</sup>

There's also a growing body of literature that suggests strategies to encourage people to be involved in home-grounded exercises and fitness conditioning (Ammar et al., 2020; Chtourou et al., 2020; de Oliveira Neto et al., 2020). Still, all these studies were conducted in the before phase of the epidemic. There's a lack of studies probing the way in which people have dealt with the problems arising from the COVID-19 epidemic and posterior lockdown/ home confinement. In fact, it would be intriguing to explore how and to what extent people were suitable to follow and served from the drill at home.<sup>11,12</sup>

Thus, the present exploration aims at understanding people's unique gests during the period of lockdown due to COVID-19 and exploring the ways in which regular exercise engagements helped them deal with the cerebral and physical consequences of home confinement.

## 5. Conclusion

There was moderate to severe range of influence was found in physical health of young adults due to lack of physical inactivity and increase in amount of obesity with numerous reasons which includes previous lockdown, work from home, and over eating with reduced workout.

## Acknowledgement

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**Conflicts of interest-**Nil

**Funding-**None

**Ethical clearance-**It was given by ethical committee

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