



## COVID-19 Gymnastics: an Exercise used for Adult Mental Health

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### Abstract

One of the psychological elements that is crucial to life's journey is mental wellness. People that are mentally sick will suffer from bad effects in their lives. The purpose of this research is to certain how COVID-19 gymnastics implementation affects adult mental health. In this investigation, the experimental approach was applied by treating adults with COVID-19 gymnastics. There were 150 adults as subjects. The GHQ-12 is used as a tool to assess mental health. Data analysis was done using the t-test. The implementation of COVID-19 gymnastics has a major impact on adults' mental health. Furthermore, this study revealed a rise in mental health scores. From this study, we can concluded that adult mental health can benefit from COVID-19 gymnastics. For a specific amount of time, this activity is implemented really successfully in order to have a greater long-term effect.

### How to Cite

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## INTRODUCTION

Mental health is one of the studies in psychology or psychology that has been known since the 19th century, such as in Germany in 1875 AD (Aditiyawarman, 2010). At first, mental health was only limited to individuals who had mental disorders and was not intended for every individual in general. However, this view has shifted so that mental health has a broader scope than just mental illness, namely how the individual can explore himself to how he interacts with the surrounding environment (Fakhriyani, 2019).

In today's era, mental health is one of the variables that is often highlighted. This is not without reason, various reasons cause it to happen. Some of them, such as increasingly heavy work demands, increasing needs for basic commodities, the COVID-19 pandemic, and various other things. We are highlighting the impact of the pandemic on mental health, especially in adults who can be said to have heavier life demands. This pandemic not only carries the risk of death for society, but also creates psychological disturbances for individual mental health (Shahriarirad et al., 2021). Therefore, a person's mental health needs to be maintained so as not to harm his life.

This problem will become a prolonged problem if not addressed immediately. Therefore, the author created a form of sports activity in the form of gymnastics which is expected to be able to overcome this problem, called COVID-19 Gymnastics. Aerobics is a complete type of sport because it includes a variety of movements and also pleasure that can express all feelings (Yang & Chen, 2018). Gymnastics is one of the choices that are often chosen to do (Zendrato, 2020). Gymnastics or aerobic activity makes a person get a positive effect on the body if done properly (Irfannuddin et al., 2018; Jumareng et al., 2021; Syamsudin et al., 2021). The purpose of this research is to certain how COVID-19 gymnastics implementation affects adult mental health.

## METHOD

The method used in this study is an experimental method and a one group pretest-posttest research design (Fraenkel et al., 2012). COVID-19 gymnastics treatment (3 times/week) (Bompa & Buzzichelli, 2018) was given to 150 research subjects consisting of 65 adult men and 85 adult women in Indonesia with ages  $31.4 \pm 2,729$  years. We used a purposive sampling technique in selecting subjects. This COVID-19 gymnastics is

a standard exercise that has been made previously and given directly to the subject by a professional gymnastics instructor. Each session consists of 45 minutes total with low to medium intensity (Komarudin et al., 2022). The 12-item General Health Questionnaire (GHQ-12) was used to measure mental health by containing 12-item questions (Liang et al., 2016), SPSS Version 24 using a t-test used in this study (Santoso, 2017).

## RESULTS AND DISCUSSION

**Table 1.** Data Description

Test	N	Min.	Max.	Sum	Mean	Std. Deviation
Pre-	150	8	31	2849	18.99	5.940
Post-	150	19	34	4208	28.05	3.723

Based on **Table 1** it can be seen that the final test has a higher score than the initial test, which indicates that the treatment given to the subject gave an increase in mental health scores. Furthermore, t-test result can be seen in Table 2.

**Table 2.** t-Test Result

Test	t Skor	Sig. (2-tailed)
Pre-Post	17.384	0.000

Before performing the t-test, the author previously conducted a normality test using the One-Sample Kolmogorov-Smirnov Test and obtained the value of Sig. > 0.05, so that the data can be declared normally distributed and the t-test can be performed. Based on table 2, the t-score is 17,384, and the Sig. (2-tailed) is 0.000 < 0.05, so H<sub>0</sub> is rejected.

Physical activity and sports are things that have very broad benefits for individuals, both aspects of physical condition and psychological aspects which in this study are in the spotlight. One of the psychological aspects is mental health which needs to be considered because it affects many things in a person's life process. As previous studies have shown that various populations in China suffer from mental problems (Liang et al., 2016), in particular they are adults working professionals at high risk to their mental health (Liang & Cao, 2015; Zhu et al., 2014). Similarly, the results of a study in Iran identified mental health problems as a major aspect of the COVID-19 outbreak and it is strongly recommended that a program that supports mental health be implemented to avoid these problems (Shahriarirad et al., 2021). This is likely to get worse with the cur-

rent pandemic.

This pandemic is caused by severe acute respiratory syndrome and affects various aspects of life (Pierce et al., 2020). Therefore, regular physical activity are one solution because it can help people to stay healthy and happy (Elmagd, 2016). Because we know that adults tend to be passive in doing physical activities and sports. A person's inactivity is a danger because it can be a major risk and is directly related to death (Lavie et al., 2019). Especially, a person's inactivity cannot be left alone because it can be permanently embedded (Dunton et al., 2020). COVID-19 gymnastics given to the subjects in this study is a sports innovation that can be a solution to overcome various existing problems.

The results indicate that this treatment has a significant effect on the mental health of adults. This is also supported by previous research which gave positive results from the implementation of COVID-19 gymnastics on other psychological aspects (Komarudin et al., 2022). This is a breath of fresh air for us to be able to avoid various psychological problems, especially mental health. A study of around 10 million Google surveys on psychological health in the aftermath of government regulations regarding COVID-19 showed that subjects were more likely to have heightened tension, negative ruminations, anxiety, and many more (Jacobson et al., 2020). This COVID-19 gymnastics is proven to be able to make people have better mental health than before.

## CONCLUSION

This study concludes that COVID-19 gymnastics can have a positive impact on the mental health of adults. The implementation of this activity is very well done for a certain duration to obtain a better long-term effect.

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