

RELACIÓN ENTRE LOS NIVELES DE ACTIVIDAD FÍSICA Y LA SALUD MENTAL DURANTE EL TIEMPO DE PANDEMIA POR COVID-19

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RESUMEN

Objetivo: Determinar el cumplimiento de las recomendaciones de actividad física, el comportamiento sedentario y la salud mental en adultos durante el tiempo de la pandemia por COVID-19.

Materiales y Métodos: Se realizó un estudio descriptivo de corte transversal en 550 adultos de la Región Caribe de Colombia. Se aplicó el Cuestionario Internacional de Actividad Física (IPAQ) formato corto para evaluar la actividad física, el comportamiento sedentario se evaluó mediante autoreporte del tiempo frente a pantallas y trabajando y la Escala de Depresión, Ansiedad y Estrés (DASS 21) para la salud mental.

Resultados: Se evidenció que los participantes dedican en promedio $4,9 \pm 3,3$ horas/día estar sentando trabajando y $4,5 \pm 3,3$ horas/día frente al computador. Con respecto a la actividad física, se encontró que realizan $85,2 \pm 193,1$ minutos actividad física vigorosa. Además, se halló una significancia estadística entre los niveles altos y bajos de actividad física con aquellos que no presentan síntomas de depresión ($p < 0,002$), ansiedad ($p < 0,019$) y estrés ($p < 0,017$).

Conclusiones: La pandemia por COVID 19 en la población estudiada ocasionó una disminución de la actividad física, aumento de la conducta sedentaria y los niveles de ansiedad. Al relacionar los niveles de actividad física con la salud mental se encontró que los síntomas eran mínimos, siendo posible que la actividad física puede ser un factor protector ante el desarrollo de enfermedades de salud mental. Por lo tanto, se recomienda realizar actividad física de fácil ejecución para mantener un buen estado de salud mental y reducir el comportamiento sedentario.

Palabras clave: COVID-19, actividad física, salud mental, conducta sedentaria

ABSTRACT

Objective: To determine compliance with physical activity recommendations, sedentary behavior and mental health in adults during the time of the COVID-19 pandemic.

Materials and Methods: A descriptive cross-sectional study was conducted in 550 adults in the Caribbean Region of Colombia. The International Physical Activity Questionnaire (IPAQ) short format was applied to assess physical activity, sedentary behavior was assessed by self-reporting time in front of screens and working, and the Depression, Anxiety and Stress Scale (DASS 21) was used to assess mental health.

Results: It was found that participants spent an average of 4.9 ± 3.3 hours/day sitting at work and 4.5 ± 3.3 hours/day in front of the computer. With respect to physical activity, it was found that they performed 85.2 ± 193.1 minutes of vigorous physical activity. In addition, statistical significance was found between high and low levels of physical activity with those without symptoms of depression ($p < 0.002$), anxiety ($p < 0.019$) and stress ($p < 0.017$).

Conclusions: The COVID 19 pandemic in the population studied caused a decrease in physical activity, increased sedentary behavior and anxiety levels. When physical activity levels were related to mental health, it was found that symptoms were minimal, and it is possible that physical activity may be a protective factor against the development of mental health diseases. Therefore, it is recommended to perform physical activity of easy execution to maintain a good mental health status and reduce sedentary behavior.

Key words: COVID-19, Exercise, mental health, sedentary behavior.

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