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

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RESUMEN

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

Materiales y Métodos: Se realizó un estudio de tipo cuantitativo con un enfoque transversal a una muestra de 550 personas mayores de 18 años residentes en la región caribe colombiana. Se midieron diferentes variables en un momento dado de la vida de los sujetos de estudio. Se determinó el nivel de actividad física con el Cuestionario Internacional de Actividad Física (IPAQ) formato corto. Se evaluó comportamiento sedentario mediante el tiempo en pantalla y el tiempo sentado. Para valorar la salud mental se utilizó la Escala de Depresión, Ansiedad y Estrés (DASS 21).

Resultados: Se evidenció que los adultos entre el rango de edad de 18 a 28 años tienen niveles de actividad física más altos 48,7% que los adultos entre 29 a 59 años de edad (33,5%). Se encontraron niveles altos de actividad física en personas sin síntomas de ansiedad entre 29 y 59 años de edad y depresión en personas mayores de 18 hasta 28 años de edad (69% vs 50,9%) (p=0,01 vs 0,02).

Conclusiones: Se evidencia que la actividad física es capaz de influenciar en aspectos como las emociones según el rango de edad. Por tal motivo, se deben promover programas con el fin de disminuir el comportamiento sedentario y aumentar la actividad física que otorga beneficios la salud mental en general.

Palabras claves: COVID-19, actividad física, comportamiento sedentario y salud mental, rango de edad

ABSTRACT

Objective: Determine compliance with the recommendations for physical activity and mental health in adults according to the age range during the time of the COVID-19 pandemic.

Materials and Methods: A quantitative study was carried out with a cross-sectional approach to a sample of 550 people over 18 years of age residing in the Colombian Caribbean region. Different variables were measured at a given moment in the life of the study subjects. The level of physical activity was determined with the International Physical Activity Questionnaire (IPAQ) short format. Sedentary behavior was evaluated using screen time and sitting time. To assess mental health, the Depression, Anxiety and Stress Scale (DASS 21) was used.

Results: It was evidenced that adults between the age range of 18 to 28 years have higher levels of physical activity 48.7% than adults between 29 to 59 years of age (33.5%). High levels of physical activity were found in people without anxiety symptoms between 29 and 59 years of age and depression in people older than 18 to 28 years of age (69% vs 50.9%) (p = 0.01 vs 0, 02).

Conclusions: It is evident that physical activity is capable of influencing aspects such as emotions according to age range. For this reason, programs should be promoted in order to reduce sedentary behavior and increase physical activity that provides benefits for mental health in general.

Keywords: COVID-19, physical activity, sedentary behavior and mental health, age range

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