

A27 Factors associated with level of physical activity during Covid-19 among university student in UiTM Shah Alam

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This cross-sectional study aimed to determine the factors associated with level of physical activity during COVID-19 among undergraduate student aged 18-26 years. A sample of 171 students from Universiti Teknologi Mara Shah Alam ($n=171$; 37 males; 134 females) participated in this study. The respondents were selected by using a simple random sampling among students of the Faculty of Applied Sciences . A self-administered online questionnaire was used to gather information regarding their socio-demographic characteristics (age, gender, ethnicity), psychosocial factors (social support, level of stress, anxiety, and depression), environmental factors (home safety), sedentary lifestyle and physical activity level. Pearson Correlation analysis was performed to determine factors associated with physical activity levels. The majority of respondents (61.4%) were classified as having a low physical activity, followed by vigorous (28.7%) and moderate physical activity (9.9%). The findings of Pearson Correlation showed that there was a significant association between family support ($r=0.247$, $p=0.001$) and physical activity level. While there were no significant association between friend support ($r=0.147$, $p=0.055$), stress ($r=-0.36$, $p=0.641$), anxiety ($r=-0.49$, $p=0.527$), depression ($r=-0.023$, $p=0.767$), home environment ($r= 0.010$, $p=0.899$) and sedentary lifestyle ($r=0.082$, $p=0.283$) with physical activity levels. This study showed that family played important role and associated with physical activity level during this COVID-19 pandemic.