

Impact of COVID-19 on sustainable university sports: Analysis of physical activity and positive and negative affects in athletes

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Abstract

The suspension of university activities due to the pandemic affected training and sports competitions. However, some universities adapted online education, allowing students to carry out their activities without being infected by the virus. The aim of this study was to find out the impact of the pandemic on physical activity levels and the positive and negative effects on Chilean university athletes. The information was obtained by applying the PANAS scale and demographic and physical activity variables were also measured. The sample of Chilean university athletes ($n = 254$) were aged between 18 and 31 years ($M = 22.17$; $SD = 2.76$). This study led to the conclusion that maintaining the frequency of physical training during the pandemic was associated with a preservation in the levels of Positive Affect and Negative Affect compared to the non-pandemic period. Thus, physical activity training was protective of emotional well-being and, therefore, of mental health. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

COVID-19; PANAS scale; Physical activity; Positive and negative affects; University athletes