

The Role of Physical Activities in Improving the Psychological State, Reducing Stress and Anxiety Resulting from the Corona (Covid-19) Pandemic

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Abstract : The current coronavirus pandemic (COVID-19) is a special and unusual reality. It can affect people physically, but also psychologically. Indeed, in such a context, many people will experience reactions of stress, anxiety and depression, and Sports is known to be a great in improving the effectiveness of the nervous system and mental health. Professor Ango Frubuze "many studies proved that sports play an important role in fighting psychological tension and some other psychological problems, such as depression and sleep difficulties, but on condition of practicing them properly, choosing the kind that generates comfort and happiness for man ". The sports university professor in the German city of Cologne added that the effort exerted during the exercise works on restoring balance to the stress hormones like cortisol. The case report provides an insight into the COVID-19 current situation and represents a picture of the current state of mental health and an overview of novel coronavirus (Covid-19) outbreaks in some countries of the world. Some procedures taken to combat the coronavirus. We proposed the practice of physical activities during the quarantine period, and we showed their importance and their positive effects.

Keywords : COVID-19, psychological impacts, stress, physical activities

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