



Comparison of the Effect of Exercise and music on Anxiety Caused by COVID 19 in Medical Staff with emphasis on the theory of desire

Oral Presentation

1Seyed Ehsan Amirhosseini * ; 2Samad Goodarzi; 3Fatemeh Mirakhori

¹Department of sport science, yasooj branch, islamic azad university, Yasooj, Iran (amirhosseini474@gmail.com)

²Graduated from Sports Management, Education, District 15, Tehran, Iran

³Assistant professor, Department of Sport Science, Imam Khomeini International University, Qazvin, Iran

Abstract

Introduction: The coronavirus outbreak has increased the anxiety of the medical staff. Anxiety weakens the immune system and prevents the treatment staff from fighting coronavirus. Due to these reasons identifying and developing strategies to deal with anxiety among this group is essential. Previous research has examined the role of exercise and music in reducing anxiety in different statistical communities; the results have been contradictory. This contradiction seems to be due to one's desire. Therefore, this study aims to compare the effect of exercise and music on Corona-related Anxiety in Treatment Staff, emphasizing the theory of desire.

Methods: This quasi-experimental study was performed by pretest and posttest. The study population was a medical staff of hospitals in several provinces of Iran that provided services to patients with COVID 19. The sample size was 54 people who were randomly and purposefully selected. The research instrument was the Anxiety questionnaire of Corona designed by Alipour et al. (2017). ANOVA, dependent t-test, and LSD post hoc tests were used to analyze the data after checking the normality of the distribution of scores.

Results: The results showed that there is a significant difference between pre-test and post-test scores in the exercise volunteers (21.9), listening to music volunteers (11.66), and exercise random groups (3.84), which shows their effect on reducing anxiety in the treatment staff. There is no significant difference between the pre-test and post-test scores of the control group (0.556) and the random listening to music group (0.512).

Conclusion: Exercise, due to the predominance of physiological aspects, whether it is according to the desire of the medical staff or not, reduces anxiety in the treatment staff. However, listening to music, due to the predominance of its spiritual dimension, reduces the anxiety of the medical staff only when it is based on one's desires.

Keywords

Exercise; music; anxiety; Covid 19

Reference:

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