



The effect of sports games on reducing depression due to adolescent home quarantine during the outbreak of coronavirus

Oral Presentation

1Mohammad Amin Kooshki * ; 2Keyvan Shabani Moghadam

¹Master, Physical Education, Farhangian University, Kermanshah, Iran(aminkooshkie@gmail.com)

²Assistant Professor, Scientific Memberships of Razi University, Kermanshah, Iran

Abstract

Introduction: The effect of exercise on depression has been scientifically and experimentally proven. Exercise effectively improves depression by modulating the effects of depression (1). Unfortunately, many people suffer from depression every year. Due to depressive symptoms, A disorder ill negatively affects social relationships, occupation, or education (2). According to statistics, a high percentage of the Iranian population suffers from depression; also, the country's sports per capita are much lower than the global average. These two statistics can be a relatively good reason for the high correlation between exercise and depression (3). In addition to physical health, exercise ensures mental health. It sometimes works better than any medication in treating depression. Exercise eliminates the effects of depression on the brain and improves its function; As a result, you will feel better about yourself and your life with regular exercise (4).

Methods: This study aimed to investigate the effect of sports games on reducing depression due to adolescent home quarantine during coronavirus outbreaks. The purpose of this study was applied and descriptive-analytical. The statistical population consisted of 220 junior high school students selected by convenience sampling. A researcher-made questionnaire (sports games, reduction of depression) was used to collect data. Descriptive statistics and inferential statistics (Pearson correlation test) were used to analyze the data. All statistical steps were performed using SPSS24 software.

Results: Findings showed that sports games had a positive and significant effect on reducing depression in adolescents.

Conclusion: The results showed that exercise had a positive effect on reducing adolescent depression. Therefore, it is recommended that parents provide the conditions at home for such activities to increase their children's mental health.

Keywords

Sports Games; depression; Teens; Quarantine; Corona

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