

The Recreational Impact Of The Covid-19 Pandemic

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(Abstract)

The Covid-19 pandemic presents a global health crisis, but not only that, it has disrupted all of our daily lives and routine. And with all of the gyms closing and having to stay physically apart from one another can cause a really big impact on recreational activities, and I wanted to know just how many people have had to carry this burden. So the question is did 80% of people who were surveyed significantly change their daily recreational activities during the Covid pandemic? I said no, 80% of people did not change their recreational activities because from my experiences not many people are as active because of all the advancements in new technology. What I did to experiment this was first I made survey that had 4 multiple choice questions. Then next I sent the survey to 30 people and then I collected the results. And the only materials needed were a survey and a group of people to take the test. The results of this experiment were 80 percent of people said that they have become more sedentary whilst 20 percent said they didn't and only 15 percent of people didn't partake in an activity whilst 85 percent did and that means that the pandemic did affect the majority of peoples recreational activities. Also 55 percent of people said they have become less determined which is also the majority and only 5% of people said that the pandemic didn't affect their recreational activities. Some of the only mistakes that I could have made were that there were questions that may have been worded wrong and people misunderstood them but overall I think that the results are pretty solid. To conclude I said No 80% of the people surveyed did not significantly change their daily recreational activities because judging by my experiences people spend most of their time at home except for when they went to work or the store. However that hypothesis was not supported because 80 percent of people have become sedentary and 55 percent of peoples recreational activities were affected causing them to become less determined. Next time I would have a bigger sample size and also more questions that would be worded differently, so people could maybe understand them better. And maybe another variable that could be experimented is how adults and minors compare in these situations because kids should be more active than adults in recreational kind of

activities but there are a lot of kids that aren't that active and another variable could be the affects of recreational activities in different countries.

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Intro

Did 80% of people surveyed significantly change their daily and recreational activities during the Covid pandemic? The different variables are that everybody got the same survey and answer choices but different people could answer the questions differently. And I said No 80% of the people surveyed did not significantly change their daily recreational activities because judging by my experiences people spend most of their time at home except for when they went to work or the store because of the new advancements in technology.

Literature Review

<https://academic.oup.com/jue/article/6/1/juaa020/5892687>

This basically is the same kind of flavor of project I did and it had the same results as me. It said that there is a lot of stress going on with the pandemic and with the lowering of public building capacity it puts a burden on the recreational activities. There findings as well as mine indicate that urban outdoor enthusiasts are disproportionately impacted by the recreational burden of the pandemic—reducing their participation. Changing their recreation settings, and reducing backcountry recreation to greater degrees than residents of rural areas.

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-020-09429-3>

This also had the same results as me and they concluded that Short-term changes in PA and SB in reaction to COVID-19 may become permanently entrenched, leading to increased risk of obesity, diabetes, and cardiovascular disease in children. Programmatic and policy strategies should be geared towards promoting PA and reducing SB over the next 12months.

<https://www.un.org/development/desa/dspd/2020/05/covid-19-sport/>

This states that because of things closing people have become undetermined to do anything and that leads to weight gain and also more eating, as well as loss of fitness because of the gyms closing as well. It also states that lack of access to exercise and physical activity can also have mental health impacts, which can compound stress or anxiety that many will experience in the face of isolation from normal social life. Possible loss of family or friends from the virus and impact of the virus on one's economic wellbeing and access to nutrition will exacerbate these effects.

<https://www.nrpa.org/blog/coronavirus-what-impact-will-covid-19-have-on-parks-and-recreation/>

This website states that there is a really big impact on everything that could lead to the loss of recreational activities. It states temporary suspension of large public gatherings including concerts and sports events, cancellation of recreational programs and activities such as youth league sports, and temporary closings of community centers, fitness rooms and gyms. In addition, other activities such as after-school programs, evening teen programs, drop-in hours at community centers, and senior activities may be suspended. For programs that are of a continuing nature such as after-school, older adult programming and day camp programs, agencies should be prepared to securely keep personal information of participants at program locations — as was required by health departments where measles was prevalent.

Materials

A laptop
An email
a survey
subjects to take the survey

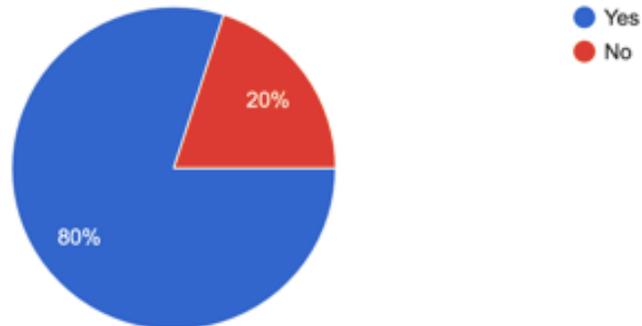
Procedure

- 1.) make 3 questions (that include what you did on a day to day basis and also what kinds of recreational activities happened before the pandemic and during the pandemic)
- 2.) have subjects take the survey
- 3.) get the results and find what people said and create a conclusion

Results

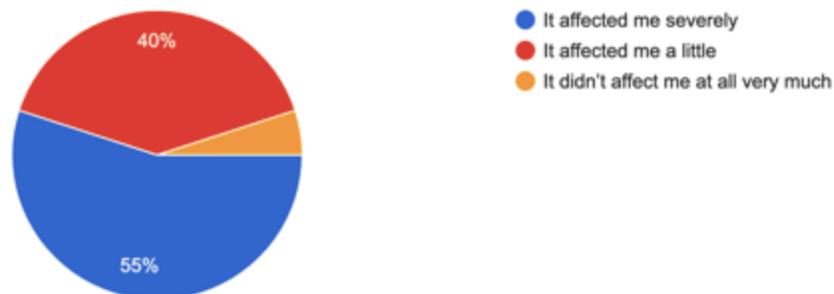
Have you become more sedentary (not very active) because of this pandemic?

20 responses



How did your activities change when the pandemic hit? Select one.

20 responses



80 percent of people said that they have become more sedentary whilst 20 percent said they didn't and only 15 percent of people didn't partake in an activity whilst 85 percent did and that means that the pandemic did affect the majority of peoples recreational activities. Also 55 percent of people said they have become less determined which is also the majority and only 5% of people said that the pandemic didn't affect their recreational activities. Some of the only mistakes that I could have made were that there were questions that may have been worded wrong and people misunderstood them but overall I think that the results are pretty solid.

Conclusion

I said No 80% of the people surveyed did not significantly change their daily recreational activities because judging by my experiences people spend most of their time at home except for when they went to work or the store. However that hypothesis was not supported because 80 percent of people have become sedentary and 55 percent of peoples recreational activities were affected causing them to become less determined. Next time I would have a bigger sample size and also more questions that would be worded differently, so people could maybe understand them better. And maybe another variable that could be experimented is how adults and minors compare in these situations because kids should be more active than adults in recreational kind of activities but there are a lot of kids that are not as active in todays society, Another variable could be how it affected peoples lives in other countries because other country's politics make it much different then the way we went through this global pandemic.

Acknowledgments

I'd like to thank Mrs. Colomb for helping me with my experiment and also helping me come up with the idea for the project and I would also like to thank the judges for taking time out to judge the science fair.

Bibliography

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<https://www.nrpa.org/blog/coronavirus-what-impact-will-covid-19-have-on-parks-and-recreation/>