

Exploring the Social Psychology Responses among the Female Practice of Bodypump during the Coronavirus Epidemic

Ayed Zureigat^a, Osama Abdel Fattah^{b*}, Alaa Elayyan^c, ^aFaculty of Physical Education, the University of Jordan, Amman, Jordan, OKCID, 0000-0003-4545-5562, ^bThe Ministry of Education, Amman, Jordan, OKCID, 0000-0003-4545-5562, ^c Les Mills bodypump certified instructor, Amman, Jordan, Email: ^aA.Zureigat@ju.edu.jo, ^{b*}osamhsaf.2811@gmail.com, ^calaaisa84@hotmail.com

Experts advise individuals to remain in self-isolation during the Corona pandemic, where these restrictions can have short and long-term negative effects on individuals' mental and physical health as the culture of society depends on social support and social cohesion and may be accompanied by stress disorders and negative effects on the mental health of individuals. Accordingly, the study aimed to explore the social psychology responses among the female practice of bodypump during the coronavirus epidemic. To achieve this we used the descriptive approach on 57 untrained healthy females who regularly practice bodypump before and during the Corona pandemic (age, 28.4±2 years; height, 168± 3.2cm; body mass, 66.8± 3.8kg). Because of the home quarantine an electronic questionnaire was built using Google forms, which consisted of 12 paragraphs to measure the social psychology effects among females that the bodypump practitioner could achieve during the Corona pandemic by sending the link via WhatsApp. To achieve the objectives of the study the researchers used mean, standard deviations and percentages by using SPSS version 24 with a confidence level of 95% (p value= 0.05). The results of the study have shown that bodypump has contributed positively to improving the level of satisfaction of life, communication with family and others with a very high average. It has also contributed to reducing the level of stress and anxiety from rumours with a high average. Finally, the practice of bodypump among the females has contributed positively in improving social psychology responses.

Keywords: *Social Psychology, Exploring, Bodypump, Female, Coronavirus.*

Introduction

The World Health Organization (WHO) declared that coronavirus (COVID-19) is a pandemic in the sense that this virus is an epidemic and that threatens the planet with 4,815.088 million cases and 318,721 deaths (WHO, 2020). Consequently, all countries have taken preventive procedures to reduce the spread of this epidemic, such as the closure of schools and universities, the suspension of flights, the application of home quarantine and the suspension of sports competitions, accompanied by increased negative emotions of individuals, the emergence of a risk to physical and mental health, the difficulty of adapting individuals to the events of stressful life, the emergence of feelings of grief, the emergence of mental disorders and symptoms of depression (Li et al., 2020; Macintyree, 2020; Shigermura et al., 2020). Experts advise individuals to remain in self-isolation during the Corona pandemic, where these restrictions can have short and long-term negative effects on individuals' mental and physical health as the culture of society depends on social support and social cohesion, may be accompanied by stress disorders and negative effects on the mental health of individuals such as mood problems, sleep problems, loneliness, grief in separating from the family and thinking about suicide (Banerjee, 2020; Brooks et al., 2020; Kang et al., 2020).

Despite the various benefits of home quarantine for individuals, but it can lead to a significant psychological, emotional and financial burden for them (Xiang et al., 2020). In addition, the intensity of media coverage of the epidemic increases the psychological stress of individuals, although social media is important in facilitating communication, it is not always a reliable source of information about the epidemic (Gao et al., 2020). The rumours that spread on these sites also contribute to shading and raising concerns among individuals (Bontcheva et al., 2013). In addition, the financial implications of this epidemic are associated with high levels of severe and persistent psychological stress among the individuals (Norris et al., 2002). The results of the Balkhi et al (2020) study showed that the spread of this epidemic led to a high level of anxiety among individuals, as well as 62.5% of the sample of the study had daily anxiety, 81.8% were concerned about the health of their families and 71% had high levels of fear of using social media.

In general, physical activity at least 3 times a week for 30 minutes reduces stress and symptoms of depression. As well as facilitating the release of the endorphin hormone, which is linked to the immune system, as the immune cells are able to produce this hormone and this reflects the bilateral relationship between the nervous system and the immune system, which can be improved in response to physical activity (Jonsson, 2000). Physical activity improves self-confidence and reduces the risk of depression and improves mood (Tesarz et al., 2012). Furthermore, it contributes to controlling the level of cortisol hormone in the body, which contributes to reducing stress, high anxiety and the risk of depression (Bao & Swaab, 2010). With no omission the positive role of regular physical activity on brain health and thus improved motor communication networks for practitioners of this activity (Alicia, 2015).

Additionally, physical activity is associated with improving various psychological aspects such as self-esteem and social interaction and reducing symptoms of depression (Eime et al., 2013).

Body pump is a form of exercise that uses high repetitions with an intensity ranging from low to moderate during the training unit of 30-60 minutes, where this program contains 10 musical tracks and the duration of each track is 4-6 minutes. Each track includes a set of exercises dealing with muscle groups. Each unit is guaranteed 800-1000 repetitions and each track has 50-100 repeats with breaks between each track ranging from 7 to 14 seconds, where the calories are estimated spent per training unit to (250 ± 68) Kcal (Rustaden, 2018; Bertiaume et al., 2015). Additionally, the studies also indicate that many positive psychological benefits can be achieved through this program such as the emergence of high levels of satisfaction, pleasure and happiness, improved social interaction, low negative feelings and high levels of psychological well-being (Ho, 2000; Lythe et al., 2000; Lythe, 2001). Empirical evidence indicates that people who enjoy a high level of satisfaction of life have a high level of psychosocial performance, as well as have successful social relationships with others and have lower behavioural problem with others (Gilman & Huebner, 2006; Suldo & Huebner, 2006; Proctor et al., 2010). A physical pump is a form of exercise that uses high repetitions with an intensity ranging from low to moderate during a training unit of 30 to 60 minutes.

Through the researchers' knowledge of previous studies, we see that they focus on the physical symptoms of the various diagnosis and treatment of the disease and often ignore the social self and mental health aspects of individuals during this epidemic, so this study aimed to explore the social self-responses of women who practice body pump. Thus, to identify the reality of the effect of these exercises on the women during this epidemic. Therefore, the results of this study may contribute to improving their productive ability and developing their communication skills. In which these findings inform future research, it offers insights for policies and interventions aimed at caring for people's psychological well-being during epidemics in order to reduce the negative psychological effects resulting from this epidemic and not to continue with them in the future.

Methodology

Patients and study design

To achieve the objectives of the study, we used the descriptive approach on 57 untrained healthy females (age, 28.4 ± 2 years; height, 168 ± 3.2 cm; body mass, 66.8 ± 3.8 kg). Noting that those in the study sample do not suffer from any disease. Participants in this study regularly practice body pump before and during the corona pandemic. Therefore, the sample was chosen intentionally

The experiment

Due to the curfew in the country and to reduce interaction face to face, an electronic questionnaire was built using Google forms, which consisted of 12 paragraphs to measure social psychology effects among female that the body pump practitioner could achieve during the corona pandemic by sending the link by the WhatsApp application, where the study sample was confirmed after completing the questionnaire, by pressing send.

Scientific coefficients of the study tool

To verify the validity of the study tool, we presented it to a committee of five arbitrators with the competence and experience of the faculty of physical education at the University of Jordan to find out the suitability of paragraphs of this questionnaire and its ability to achieve the goals of the study. In addition, we used the Likert scale to measure how participants feel about each paragraph (Table 1).

Table 1: The estimation scale of the study sample responses

Tools	The response	Degree	Average	Level
Psychological effects	Completely apply to me	5	More than 4.20	Very high
	Greatly apply to me	4	3.40- less than 4.20	High
	Moderately apply to me	3	2.60- less than 3.40	Moderate
	Seldom apply to me	2	2.60- less than 1.80	Low
	Never applies to me	1	Less than 1.80	Very low

To verify the consistency of the study tool, we used the Alpha Cronbach coefficient, where its value reached 0.84 for the social psychology effects and this value is considered a high indicator of the stability among study tool.

Ethical considerations

The participants' rights were protected by explaining the purpose and significance of the study. Participants were reassured that their responses would remain anonymous. The clients were informed that their participation in the study would remain anonymous and that their privacy was respected. They were provided with a comprehensive explanation that their involvement in the study was voluntary and that they could withdraw at any time and written approval was obtained from all study participants. As no blood samples were drawn, the experiment was limited to answering the paragraphs of the study tool.

Statistical analysis

To achieve the objectives of the study and answer its questions, the researchers used mean, standard deviations and percentages by using SPSS version 24 with a confidence level of 95% (p value= 0.05).

Results

Table 2 indicates the mean, standard deviations and percentages of social psychology statements. Where the level of significance was to Levine's test (0.835) a greater than 0.05 and an indication of the homogeneity of the study sample in the measured.

Table 2: Mean, standard deviations and percentages of social psychology statements (n=57).

Statements	Completely apply %	Greatly apply%	Moderate apply%	Low apply %	Never apply %	Mean each paragraph
Bodypump reduced my fear of the rapid spread of the Corona virus	65.5	27.3	7.2	0	0	4.37
Bodypump reduced the level of anxiety from what is being reported in the media	55.6	26.3	10.3	7.8	0	3.82
Bodypump reduced the anxiety from rumours	46.4	28.2	11.4	14	0	3.74
Bodypump reduced the fear level of the long incubation period of the virus	48.5	28.3	14.3	8.9	0	3.78
Bodypump improved my social relationships with my family	55.5	36.4	8.1	0	0	4.46
Bodypump improved my outlook for the future	55.4	45.5	0	0	0	4.55
Bodypump contributed to my normal life during the home ban	45.5	36.4	16.3	1.8	0	4.10
Bodypump improved communication skills with others	54.5	36.4	9.1	0	0	4.25
Bodypump reduced my fear of increasing the number of people infected with this virus	46.4	27.3	18.2	8.1	0	4.02
Bodypump reduced my stress level during the home stone period	45.5	27.3	20.4	6.8	0	3.92
Bodypump adjusted my eating process	45.5	36.4	18.2	0	0	4.32
Bodypump improved my life satisfaction	45.5	54.5	0	0	0	4.55
Means %	50.82	34.19	11.13	3.95	0	4.12
Standard deviations	6.4	8.71	6.74	4.88	0	0.37

Figure 1 indicates the mean of social psychology statements that achieved a very high average, where it ranged between (4.25- 4.55).

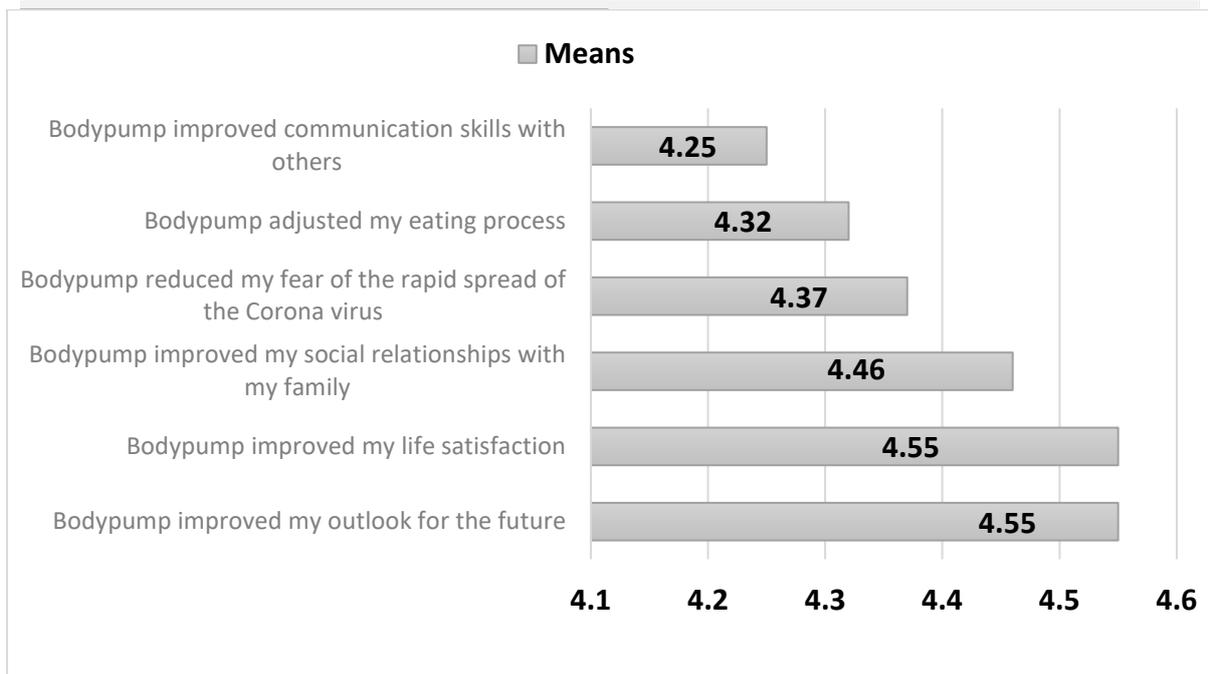


Figure 1. Mean of social psychology statements that achieved a very high average

Figure 2 indicates the mean of social psychology statements that achieved a high average, where it ranged between 3.74 and 4.10.

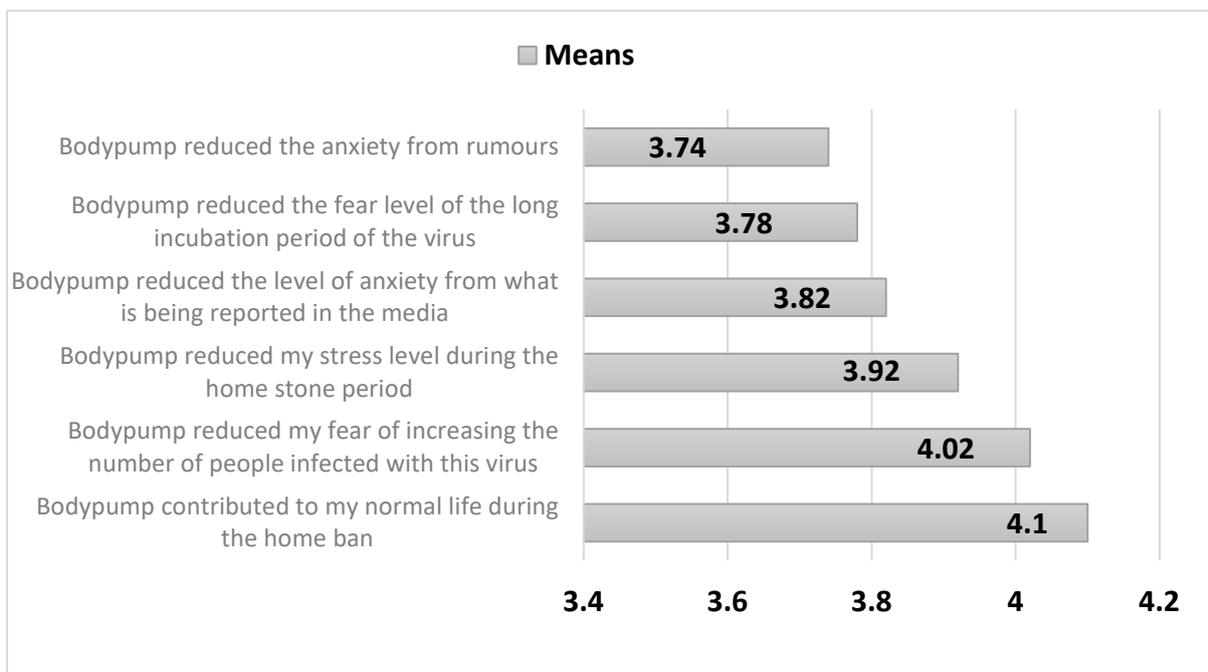


Figure 2. Mean of social psychology statements that achieved a high average

Discussion

By reviewing the results of the study, we find that regular practice of bodypump contributed to improving female perception of the future and raising the level of satisfaction with life as well as improving communication with parents and others. The degree of satisfaction of life reflects an individual's perception of the situation he or she is living on the basis of goals, expectations, values and interests. People with a high level of life satisfaction enjoy a high level of social self-performance and successful social relationships with others and reduce behavioural problems with others, as shown by the results of the study through the study sample enjoying a high level of ability to communicate with parents and others. Increased visual and vocal communication among the study sample may improve the social relations of parents and others.

The results indicate the contribution of regularity in bodypump in the control and organisation of the process of eating, which is of great importance in the circumstances accompanied by stress, it is known may accompany the high level of stress and anxiety emotional eating, which contributes to the high level of fat in the body and thus the metabolism becomes slow. These exercises also contribute to positive investment in female's leisure time. Also, the results of a previous study by researchers suggest that the non-practicing females of bodypump got in the pre-measurement of satisfaction of life domains (2.15-2.34). The emotional stability field has the lowest average (2.15), the average positive emotions in the pre-measurement (15.6) and (36.4) for negative emotions and this reflects these exercises during the corona pandemic.

In general, there are overlapping relationships between physical activity and the organisation of the level of hormones in the body and the efficiency of their immune system. Regular exercise of physical activities contributes to reducing stress and symptoms of depression. Which can be improved as a response to the human activity while not ignoring its role in improving the secretion hormone. This positively affects on the immune system for practitioners of these physical activities to better deal with infections compared to non-practitioners, and this can reduce the risks of depression and stress and lead to improved self-confidence and moods for them.

The positive role of regular physical activity is not overlooked on brain health thus improves motor communication networks. These activities are therefore a major link between physical health and well-being, leading to improved psychological aspects and better satisfaction of life.

Studies also indicate that many positive psychological benefits can be achieved through the bodypump program such as the emergence of high levels of satisfaction, pleasure and happiness, improved social interaction and low negative feelings and high levels of psychological well-being.

Although domestic quarantine is generally resorted to in the interest of individuals, it may result in a great psychological, emotional and financial burden on individuals. In addition, the



intensity of media coverage on this epidemic contributes to increasing psychological pressures for individuals, despite the importance of social media in facilitating communication. It is not always a reliable source of information about this epidemic and body pump exercises have contributed to reducing the impact of rumours circulating on social media sites by reducing the level of anxiety and fear of the spread of this virus and reducing tension among body pump practices during the period of home quarantine.

Conclusions

The Corona pandemic is accompanied by many preventive procedures such as house isolation, which is accompanied by many negative social psychological effects such as stress disorders, mood problems, sleep problems, loneliness, and sadness about separation from the family. However, the regular practice of the body pump has contributed to achieving many positive benefits for females by improving the level of satisfaction of life, communication with family and others and improving the ability of females to face domestic isolation, rumours spread on social networking sites with a decrease in the level of stress and anxiety during the corona pandemic. This requires putting the results of this study in the hands of those in charge of health care in order to adopt new strategies that help individuals manage their lives effectively in order to reduce the negative effects of this pandemic in the short and long-term.

Conflicts of Interest

We declare no competing interests.

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