IMPROVING BODY IMMUNITY BY SPORTING ACTIVITIES DURING THE COVID-19 PANDEMIC

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ABSTRACT

Covid-19 has changed the way people take care of their health, many people do sports activities to help increase their immune systems. Some sports criteria are good for maintaining or even increasing the body's immune system. The chosen sport needs to pay attention to its frequency, duration, consistency, and type. A strong immune system will help protect the body from viruses and diseases. Objectives: To find out the types of sports that are of interest to increase immunity. Results: The survey results show that 91% of respondents have a habit of exercising and the remaining 9% do not exercise. The types of exercise are 42% choose cycling, 25% morning run, 15% gymnastics, 5% brisk walking, and the remaining 4% mountain climbing, yoga, and swimming. Conclusion: The type of sports activity that Leuwiliang Hospital employees are interested in maintaining health is cycling, but it is necessary to pay attention to the duration, frequency, intensity, type, and consistency Suggestion: It is recommended for the public to do sports regularly by paying attention to the type of sports activity selection, duration, frequency, intensity to obtain the perfect conditions to increase the body's immunity, especially during the Covid-19 pandemic.

Keywords: Covid-19, Immunity, Health, Exercise, Bicycle

INTRODUCTION

The Coronavirus Disease 2019(COVID-19) pandemic that has occurred since March 2020 has been going on for more than 1 year. Changes in behavior will be the key to optimism in dealing with Covid-19 by implementing health protocols according to government recommendations, people must always live clean and healthy to avoid the coronavirus. One way to prevent the coronavirus is by increasing the body's immunity, there are many ways to increase the body's immunity by eating nutritious food, thinking positively, and exercising diligently. Exercising has also been shown to increase endurance and reduce inflammation. However, it should also be noted that regular exercise has a better effect on the immune system compared to only occasional exercise. So, make time to exercise at least 30 minutes every day.

Physical activity during the pandemic can be done at home, and if you do it outside you must follow health protocols. Sports should be done indoors to reduce the spread of the coronavirus (COVID-19). The choice of types of sports at home can be such as yoga, stationary bicycles, gymnastics, muscle training, and stretching. when exercising (physical distancing) about 2 to 4 meters, avoid group sports, avoid touching public facilities. (2) Choose the right type of sport such as choosing a sport

that can be done alone such as cycling and running that can maintain a distance. (3) Choose a quiet place to exercise because crowded areas are difficult to maintain distance. (4) Keep wearing masks because masks prevent transmission and need to replace your mask regularly during exercise. The frequency, duration, consistency, and type of exercise play an important role in boosting the body's immune system. A strong immune system will help protect the body from viruses and diseases. Frequency is how often you exercise each week. WHO recommends exercising every day for about 30-45 minutes of moderate intensity. Duration is the optimal time to gain immunity The World Health Organization (WHO) recommends, optimal exercise up to 300 minutes per week or about 45 minutes to 60 minutes every day with moderate intensity. You can also exercise five times a week with a duration of 30-60 minutes at a moderate intensity. moderate to severe.

Intensity is the power of exercise in spurring the heart. The recommended intensity of exercise is moderate to vigorous. The faster the heart beats or the more breathless it is, the higher the intensity of the exercise. Consistency plays an important role in maintaining the body's immune system. Exercise that is done regularly is more effective in increasing the body's immune system than exercise that is only done once. Many studies prove that aerobic exercise is good for boosting the body's immune system. Some examples of aerobic exercise are walking, running, cycling, and swimming.

METHODS

The research method used is a survey method. In research, Descriptive analysis is used to analyze the behavior of choosing the type of sport to increase body immunity. The population is

Leuwiliang Hospital employees selected randomly between the ages of 20 to 50 years as many as 255 employees. Data were collected using interviews and observing the daily behavior of employees.

RESULTS AND DISCUSSION

People with COVID-19, even with mild symptoms, are not recommended to exercise because based on research in the Journal of the American Medical Association (JAMA) it can cause serious heart problems, namely myocarditis or inflammation of the heart muscle. In healthy conditions, aka not suffering from SARS-CoV-2, regular exercise can protect the body from the dangerous complications of COVID-19 in the form of ARDS because exercise can stimulate the body to produce an antioxidant called extracellular superoxide dismutase (EcSOD). This EcSOD plays a role in protecting the body to survive ARDS attacks. Table 1.1 shows the characteristics of the respondents which include 255 respondents. The age of the respondents ranges from 20-55 years.

Table 1.1 Respondents' Answers about Types of Exercise to Increase Body Immunity

No	Question	Percentage
1	Cycling	42%
2	Jogging	25%
3	Gymnastics	15%
4	Brisk walk	5%
5	Hiking	2%
6	Yoga	1%
7	Swimming	1%
8	None	9%
	Total	100%

Table 1.2 Respondents' Answers about the Frequency of Exercise

Question	7x mgg	3 xmgg	1x mgg
Frequency	18%	30%	52%

Table 1.3 Respondents' Answers on Exercise Duration

Question	> 60 minutes	30 sd 45 minutes	< 30 minutes
Duration	22%	42%	36%

Table 1.4 Respondents' answers about exercise intensity

Question	Light	Medium	Hard
Intensity	50%	42%	8%

Table 1.1 shows the characteristics of the respondents which include 255 respondents. The age of the respondents ranges from 20-55 years.

From the table above, it can be concluded that cycling is the most popular among people in increasing

body immunity during the COVID-19 pandemic. The pattern of healthy behavior (behavioral health) is one aspect of human behavior about the fulfillment of basic needs. Table 1.2 shows the frequency of exercise of respondents who are still lacking based on WHO criteria, while the duration of exercise is quite good where the WHO standard is above 30 to 45 minutes already more than 64%, the intensity of exercise recommended by WHO is still in the range of 42%. this is still a bit less than expected.

CONCLUSION AND SUGGESTIONS

The Covid-19 pandemic has had a good impact on new behavior in society, which is much more concerned with hygiene, health, and safety factors. Based on the results of this study, it shows that the knowledge, attitudes, and behavior of the employees of Leuwiliang Hospital, Bogor Regency regarding exercise increases body immunity during the Covid 19 pandemic in the fairly good category. This condition is only limited to the employees of Leuwiliang Hospital, most of whom have basic health sciences, so they cannot be used as databases for the entire community in Bogor Regency. But it is hoped that with good awareness from healthy people, it will become a good force for the government in the Covid-19 prevention program.

During the COVID-19 pandemic, it is hoped that people will maintain their health, especially with sufficient body immunity by exercising and following health protocols. In exercising, it is also necessary to pay attention to the selection of the type of exercise, frequency, duration, consistency. Therefore, the author urges the public to maintain health by exercising to deal with this uncertain situation during the Covid-19 pandemic.

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