



79th



International
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the University
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Computer-related work and physical activity at home environment in university students during pandemic

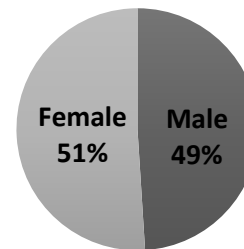
Strukcinskiene Birute, Strukcinskaite Vaiva, Strazdiene Neringa

Summary

Background

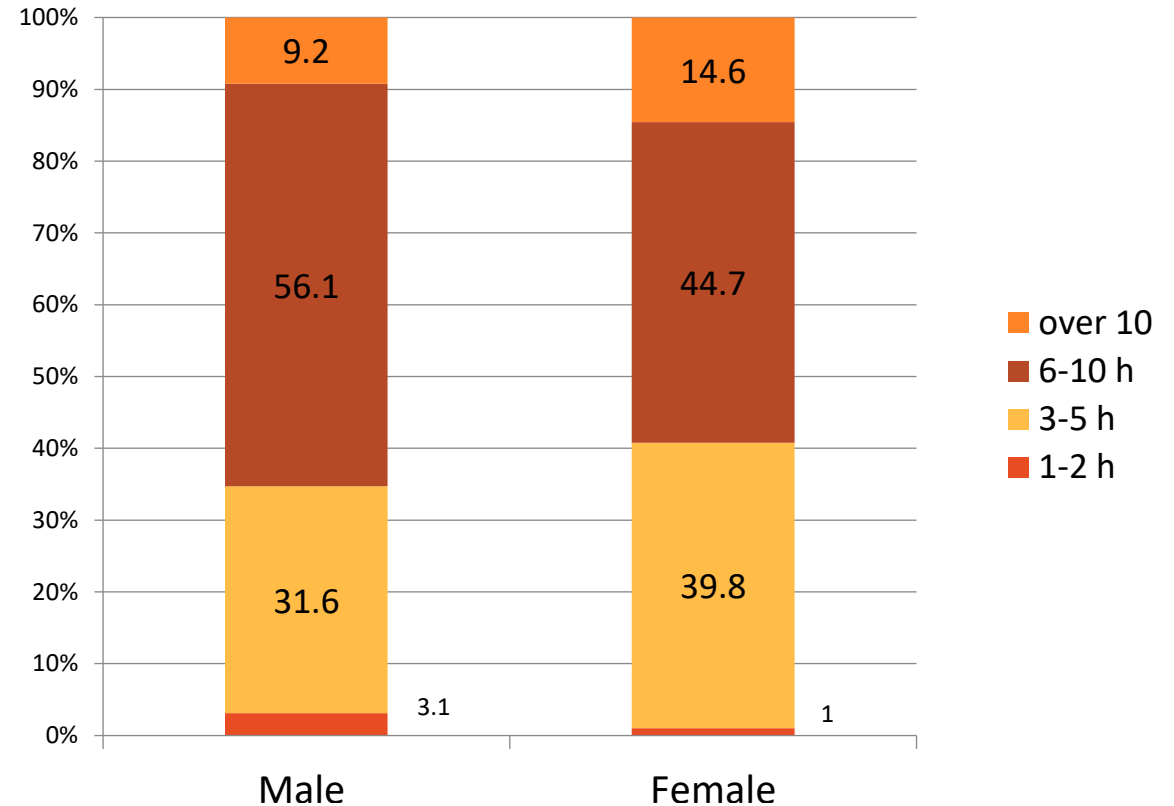
Students' physical inactivity and sedentary behaviours have increased due to immense escalation of computer use during lockdown. It is a rising disaster in young people, leading to deterioration their health condition. Therefore, investigating computer-related working environment and physical inactivity in young people is of importance.

- **Aim.** The aim of the study was to investigate computer-related work and physical activity at home environment in university students during pandemic.
- **Methods.** The study was performed in 2020, in Lithuania, after the first wave of pandemic. 201 university students participated in the survey. Chi-square test was applied and the significance level $p \leq 0.05$ was considered statistically significant.



Results 1

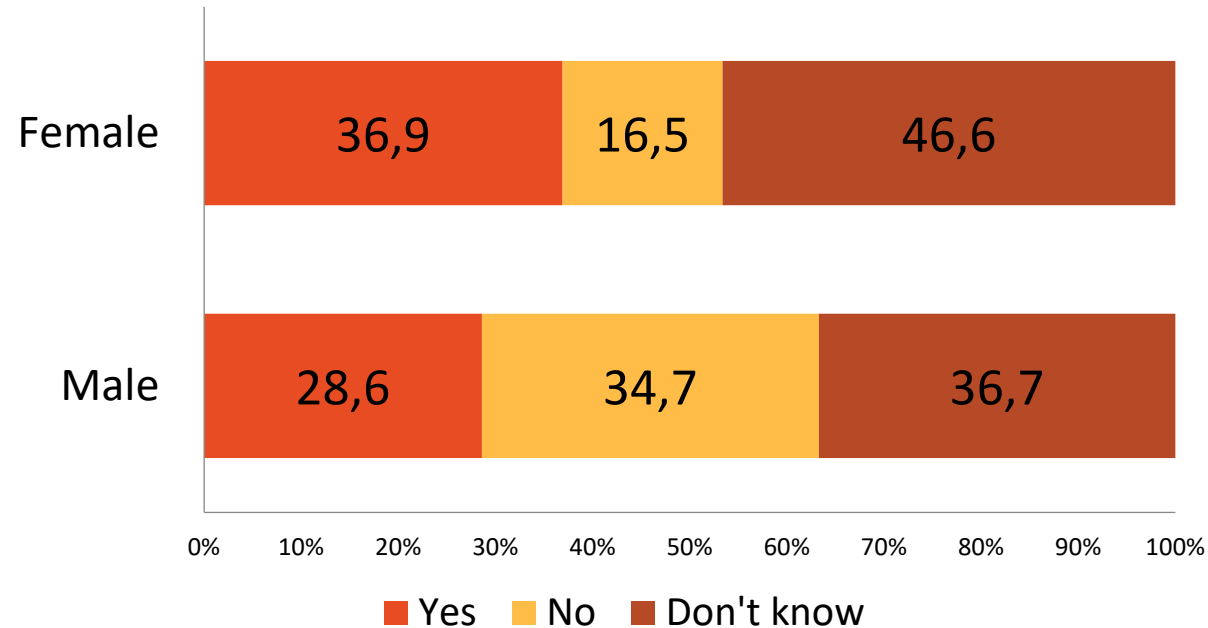
How many hours per day students have spent by computer
($\chi^2 = 4.569$; $df = 3$; $p = 0.206$)



Work environment

68.7% of students used uncomfortable work chair, 68.2% – complained of insufficient computer table area, 65.7% – had insufficient working space. 22.9% of respondents used computer at very good illumination, 55.2% – at good, 21.4% – at moderate illumination. While working with computer, 40.8% of respondents were disturbed by other people, 21.4% – by noise. 37.8% of young people had regular breaks during their work with computer.

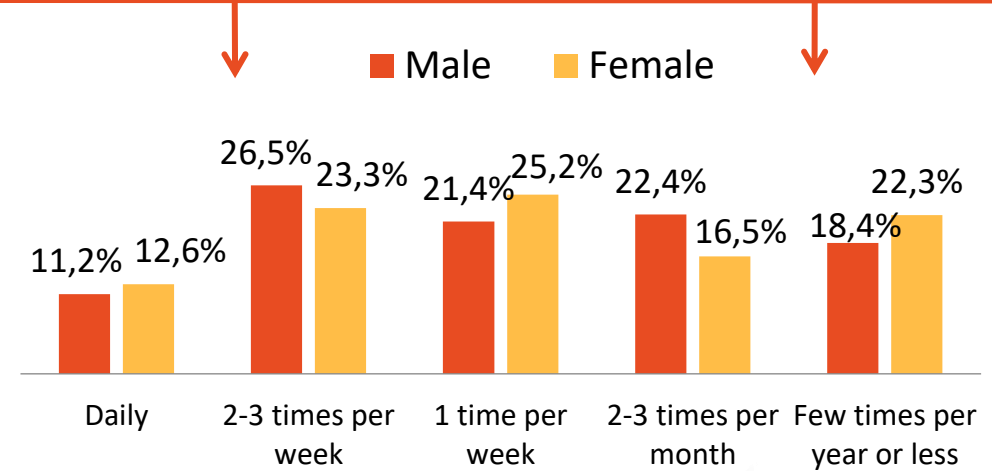
Results 2



Students' knowledge about impact of physical activities on health
 ($\chi^2 = 8.777$; $df = 2$; $p = 0.012$)

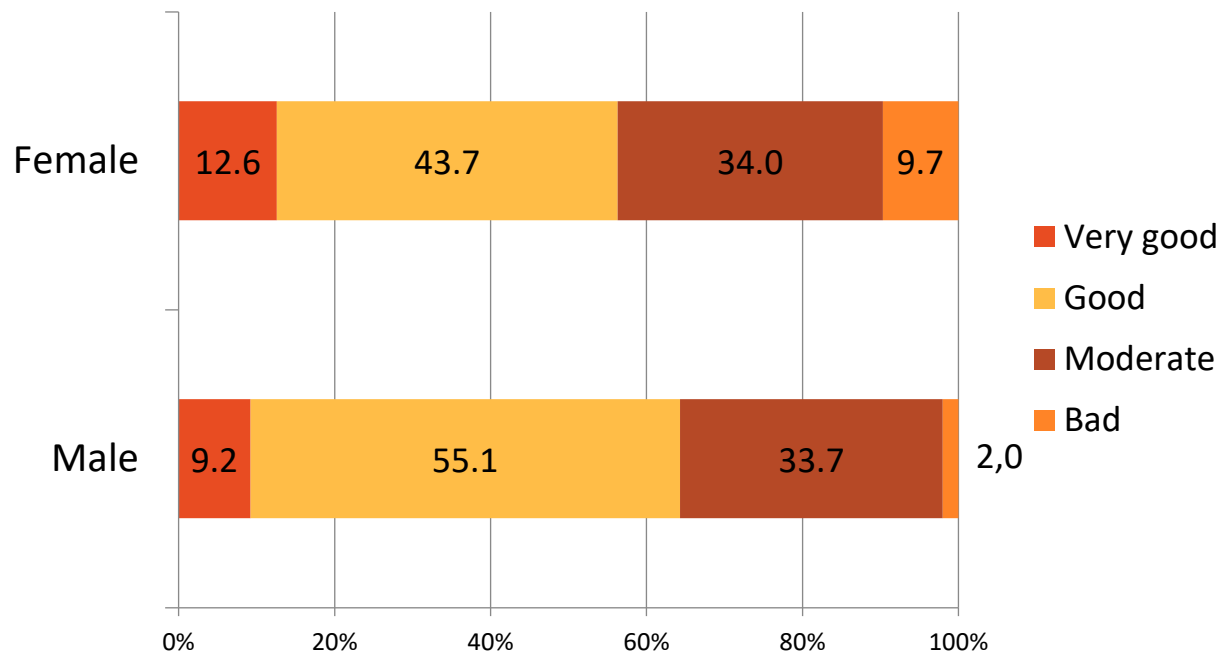
How many students exercised or did a sports for training for at least 30 minutes daily
 ($\chi^2 = 1.906$; $d = 4$; $p = 0.753$)

- 62.2% of young people agreed that they should be more physically active.
- 68.2% of students would like to exercise together with peers and friends, 19% – with family members.



Results 3 and Conclusions

How students self-rated their physical health ($\chi^2 = 6.817$; $df = 3$; $p = 0.078$)



Conclusions

The study showed that during pandemic most of young people used computer for too many hours per day, with irregular breaks. They experienced insufficient working equipment and poor working environment, and suffered from the pains in different parts of the body. The majority of students self-reported too little effort regarding physical activities. Students prefer to exercise with peers and friends. More attention must be dedicated to creating a healthy environment and promoting physical activities.

Over half of the respondents suffered from the pain in the neck, shoulders, and back area.