

**DIFFERENCES BETWEEN STUDENTS SENIOR YEARS
COMPARED TO FIRST YEAR OF STUDY WHO WERE NOT
INCLUDED IN SPORTS PROGRAMS DURING THE COVID-
19 PANDEMIC**

Eva Jamnik

Faculty of sport University of Ljubljana

DATA ACQUISITION METHODS

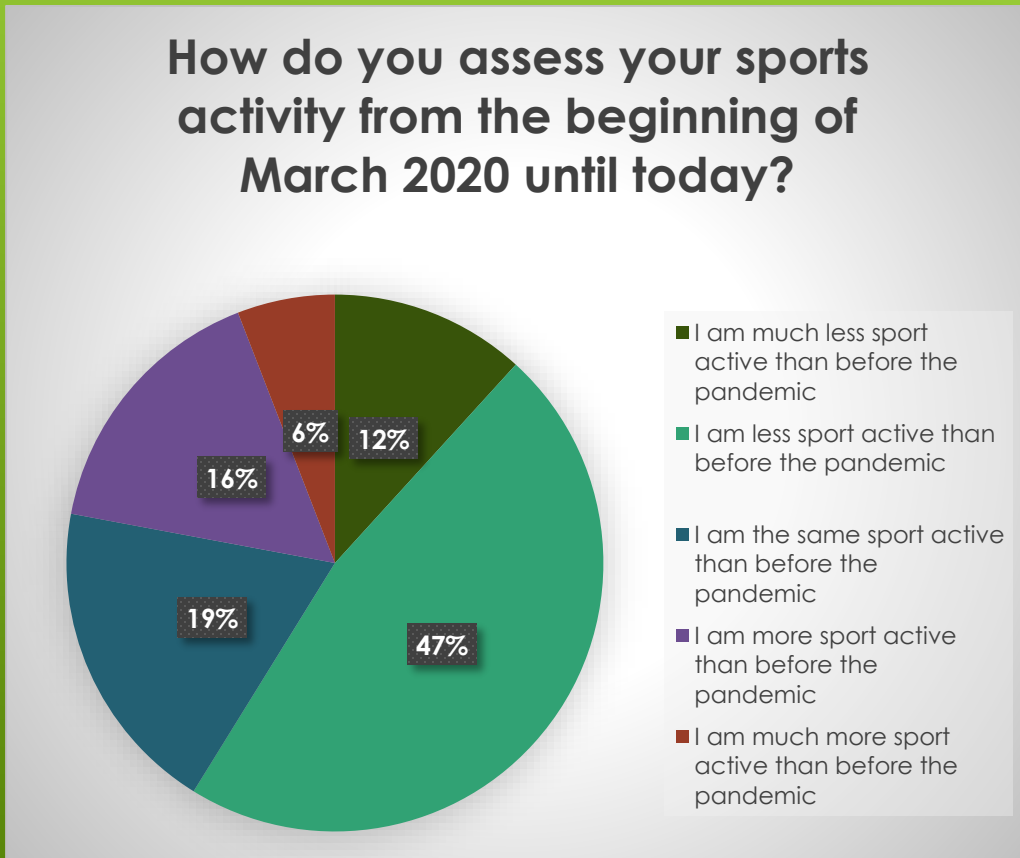
The survey questionnaire consisted of 11 questions that directly related to the “state” of students during the first and second waves of the COVID-19 pandemic (from March 2020 onwards). We received answers from 270 students (from 68 first-year students and from 202 senior students) who were enrolled at the FKKT in the academic year 2020/21 and who were not involved in sports programs at FKKT.

For the purposes of interpreting the data, we used six questions (we compared the data of first-year students and senior students) and set the following hypotheses accordingly:

- ▶ **Hypothesis 1:** Second to fifth year students and postgraduate students were considered to be more active in sports than first-year students.
- ▶ **Hypothesis 2:** second to fifth-year students and postgraduate students felt that their current physical fitness was better than that of first-year students.
- ▶ **Hypothesis 3:** second to fifth year students and postgraduate students considered their body weight to be “more favorable” than first-year students.
- ▶ **Hypothesis 4:** second to fifth year students and postgraduate students felt that their psychological state was bad due to the pandemic, but also that it was still better than first-year students.

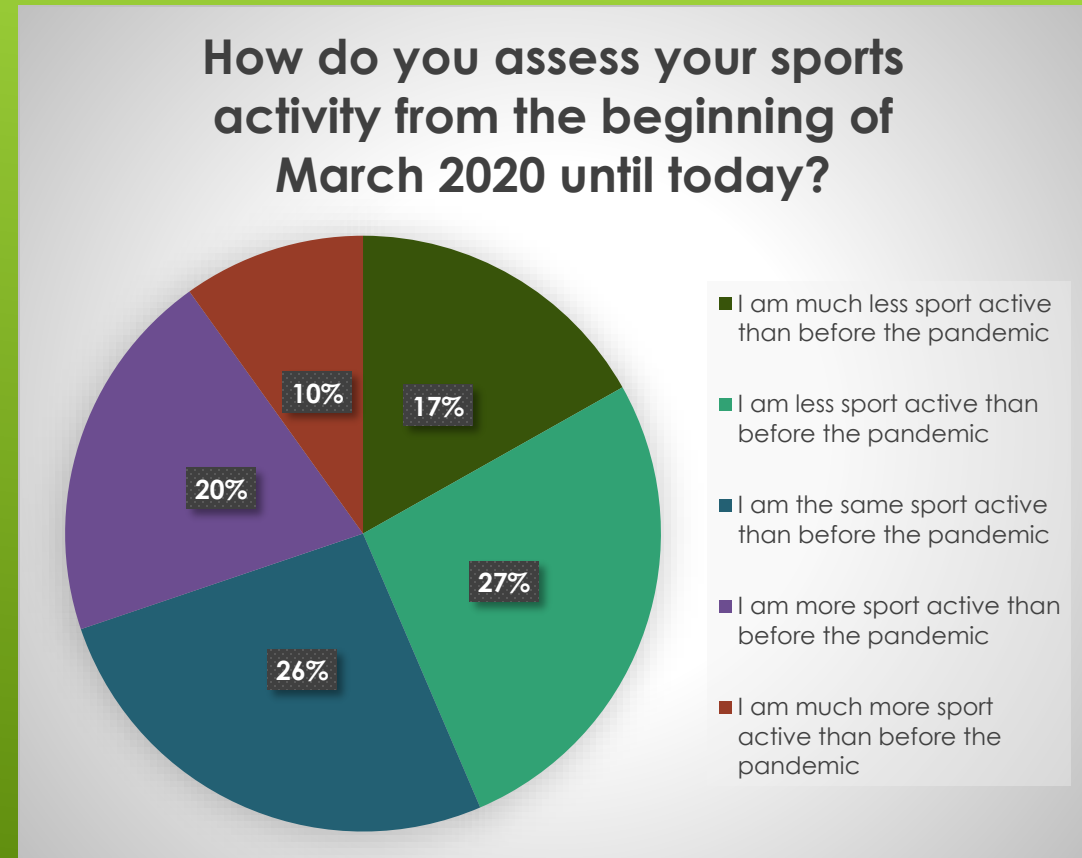
RESULTS AND DISCUSSION

Graph 1a: 1st year of study.



RESULTS AND DISCUSSION

Graph 1b: 2nd - 5th year of study and postgraduate study.



RESULTS AND DISCUSSION

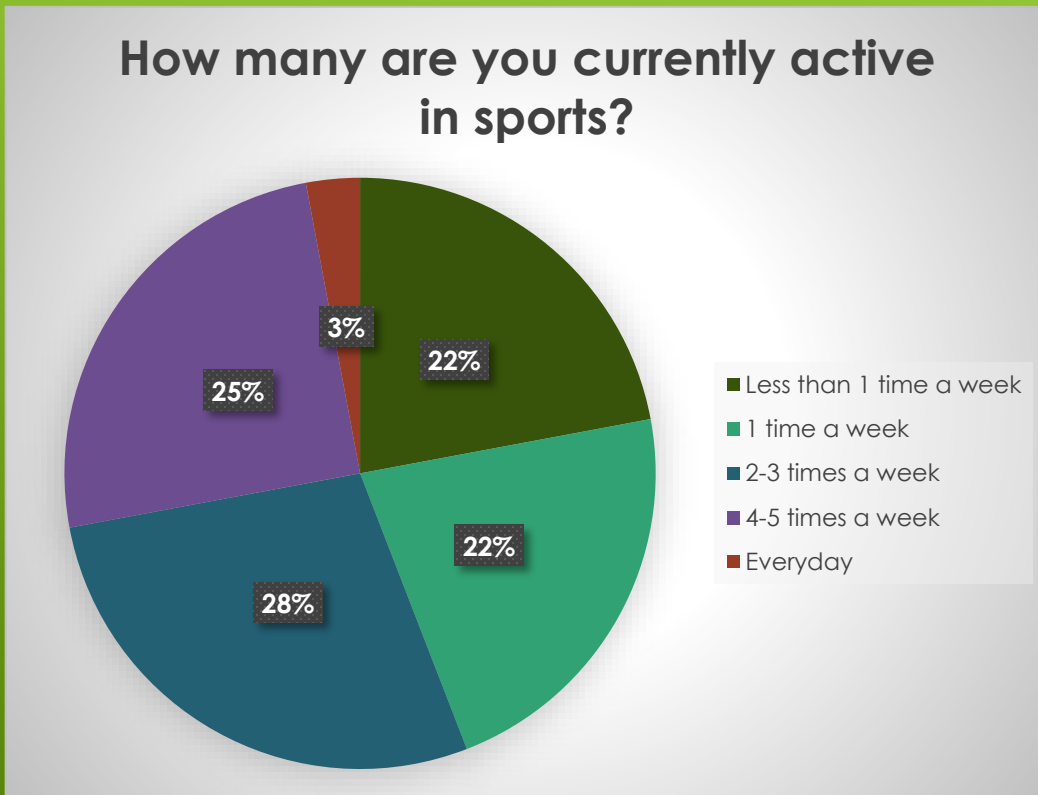
The results (Graph 1a and Graph 1b) show where the differences are visible, especially in the percentage of students who were less active during the pandemic. Even when we compare the results of those who are increasingly active, we can say that the students from 2 to 5 years and postgraduates students (30% in total) achieved a higher percentage than 1st year students (22% in total).

From the analyzed data we can conclude that senior students (2nd-5th and postgraduate) in their free time during the pandemic were more active in sports, they tried harder to maintain physical condition than 1st year students. From this we can conclude that older students, and thus older generations of students are more aware of the importance of sports activities in their free time.



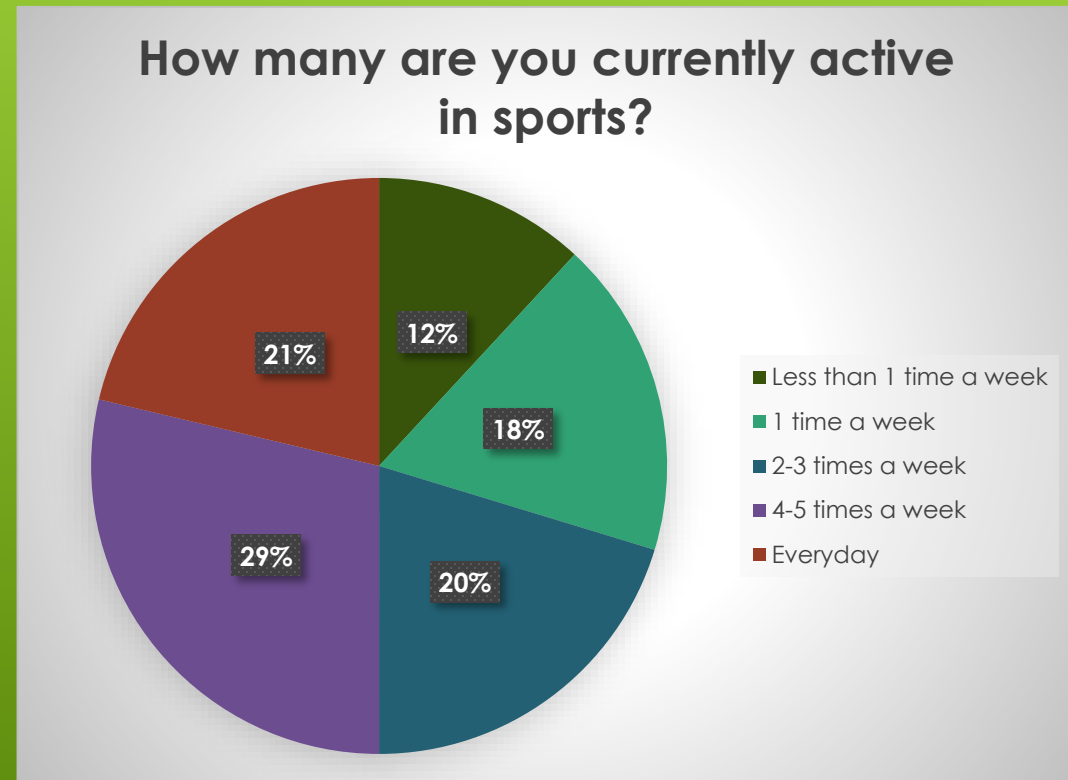
RESULTS AND DISCUSSION

Graph 1c: 1st year of study.



RESULTS AND DISCUSSION

Graph 1d: 2nd - 5th year of study and postgraduate study



RESULTS AND DISCUSSION

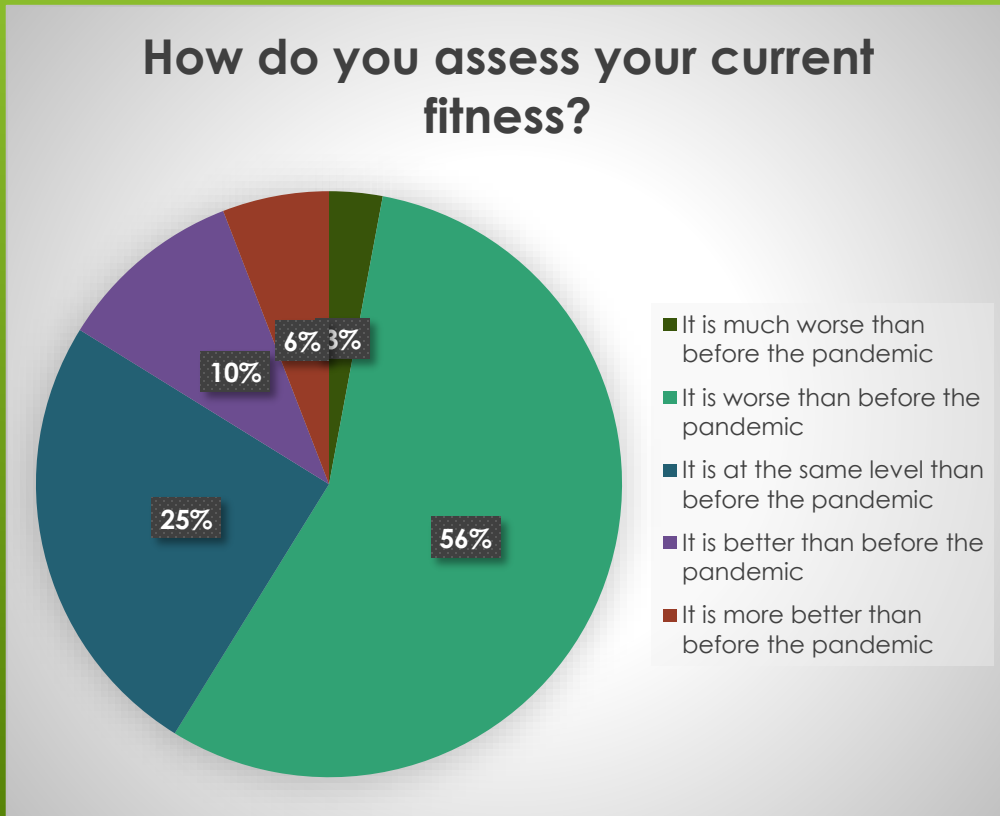
After a year of a pandemic, senior students are currently much more active than first-year students. The biggest difference is in students who think they are active every day, namely 21% of surveyed senior students and only 3% of surveyed first-year students. Also, a few% more senior students think they are active 4-5 times a week against first year students. However, when we talk about sports activities 2-3x, 1x or less than 1x per week, the percentage of first-year students prevails.

According to the data obtained, we must emphasize the fact that there are many more senior students who are active at sports more than three times a week, which also coincides with the results of Graph 1a and Graph1b, because they are much more active in sports than first-year students. Above all, it is necessary to mention data on sports activities per week, as it is recommended to exercise three times a week to maintain a healthy lifestyle and to improve a healthy lifestyle more than three times a week. Senior students reach this area in 70% of respondents, in contrast to first-year students, who reach this area in only 56% of respondents. This clearly shows the fact that senior students are much more committed to maintaining and improving their health even during a pandemic that has triggered a huge number of new changes.

From all this we can confirm Hypothesis 1.

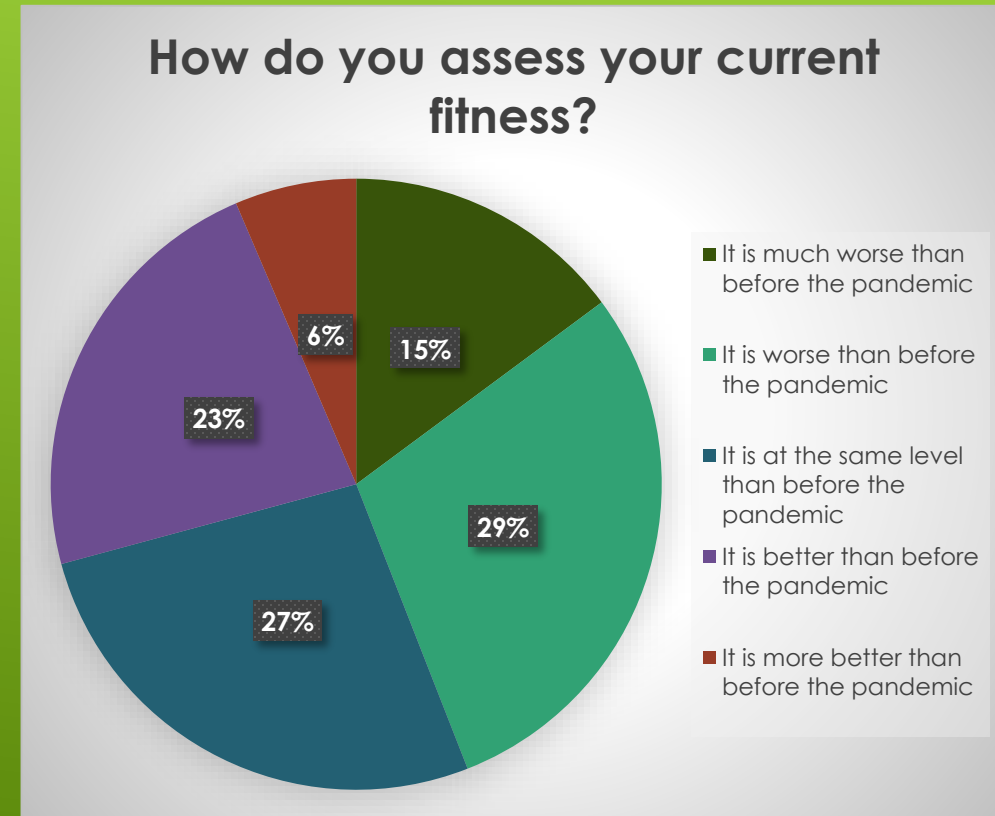
RESULTS AND DISCUSSION

Graph 2a: 1st year of study.



RESULTS AND DISCUSSION

Graph 2b: 2nd - 5th year of study and postgraduate study.



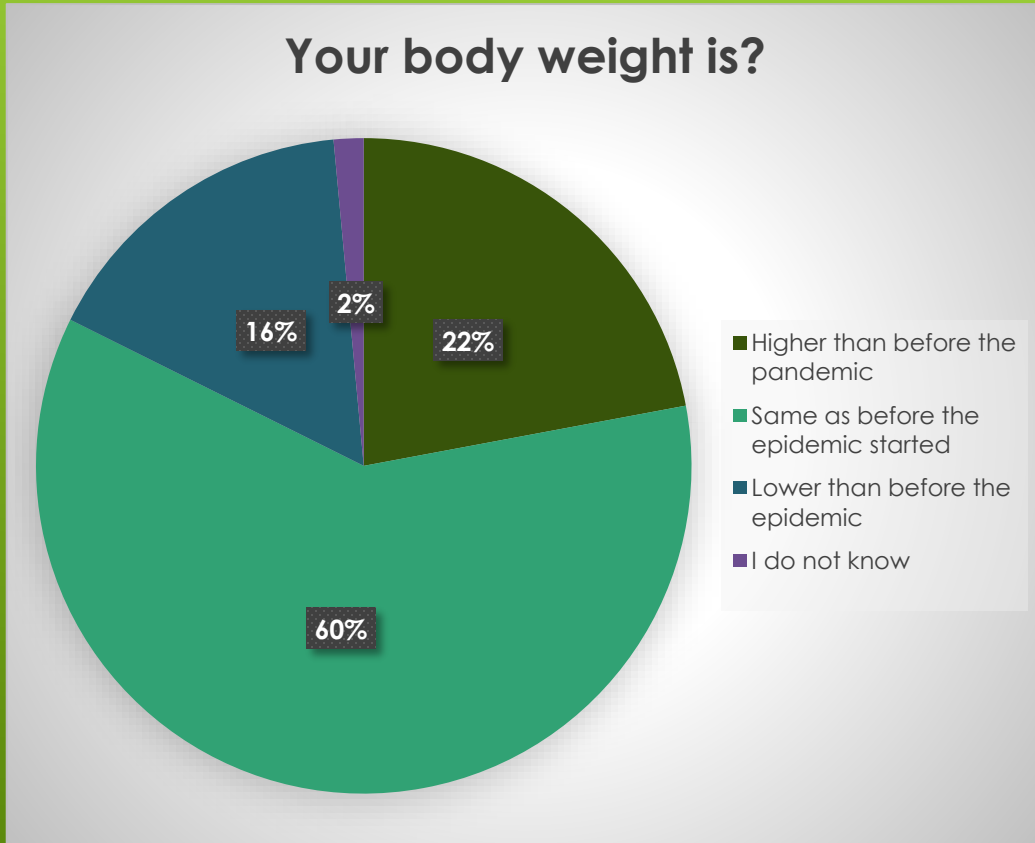
RESULTS AND DISCUSSION

Hypothesis 2 was confirmed because senior students assess their current physical fitness much better, which also coincides with the results for confirming Hypothesis 1. As many as 56% of first-year students think they are currently less physical fit, while 29% of senior students think so. For current better physical fit, this is estimated by only 10% of first-year students and 23% of senior students. Since physical fitness itself depends on the frequency of sports activities, the results once again show a better commitment to sports activities of students of higher years of study.



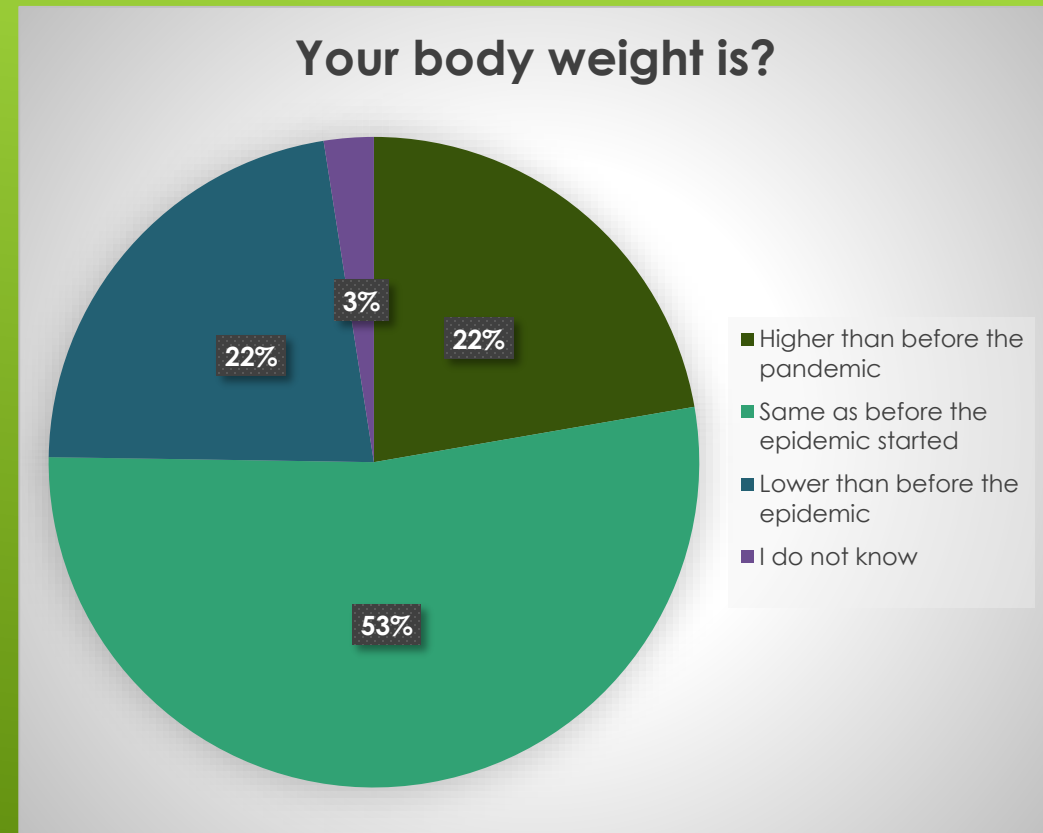
RESULTS AND DISCUSSION

Graph 3a: 1st year of study.



RESULTS AND DISCUSSION

Graph 3b: 2nd - 5th year of study and postgraduate study.



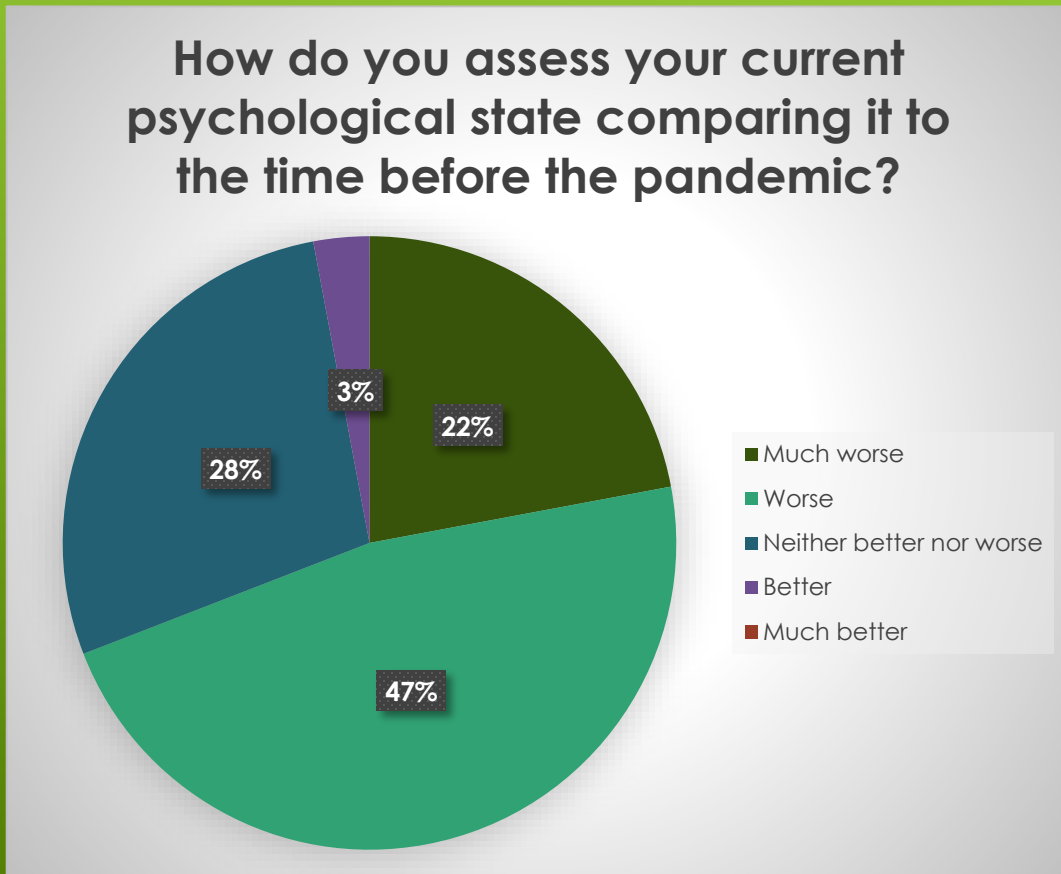
RESULTS AND DISCUSSION

Hypothesis 3 can also be confirmed, as senior students felt that their body weight was “more favorable” during the pandemic than that of first-year students. Although the results of weight-related issues during a pandemic do not differ that much, we can still conclude from the results that the proportion of those students who gained weight is the same for senior students and first-year students. The difference is said in the proportion of those who lost weight during the pandemic, namely 22% of senior students and 16% of first-year students.

In addition to the diet a person eats, their weight also depends on sports activities. Above all, it should be emphasized that food and sports activities interact. According to the obtained data, it is of course easier for older students to lose weight, because they are generally much more active than first-year students. Of course, it is also worth mentioning that during a pandemic we spend a lot more time at home, thus reaching for better quality food and also preparing quality food. Unfortunately, we often forgot this in life before the pandemic, because we especially lived in a "fast world", where we did not have much time to choose quality food and time for sports activities.

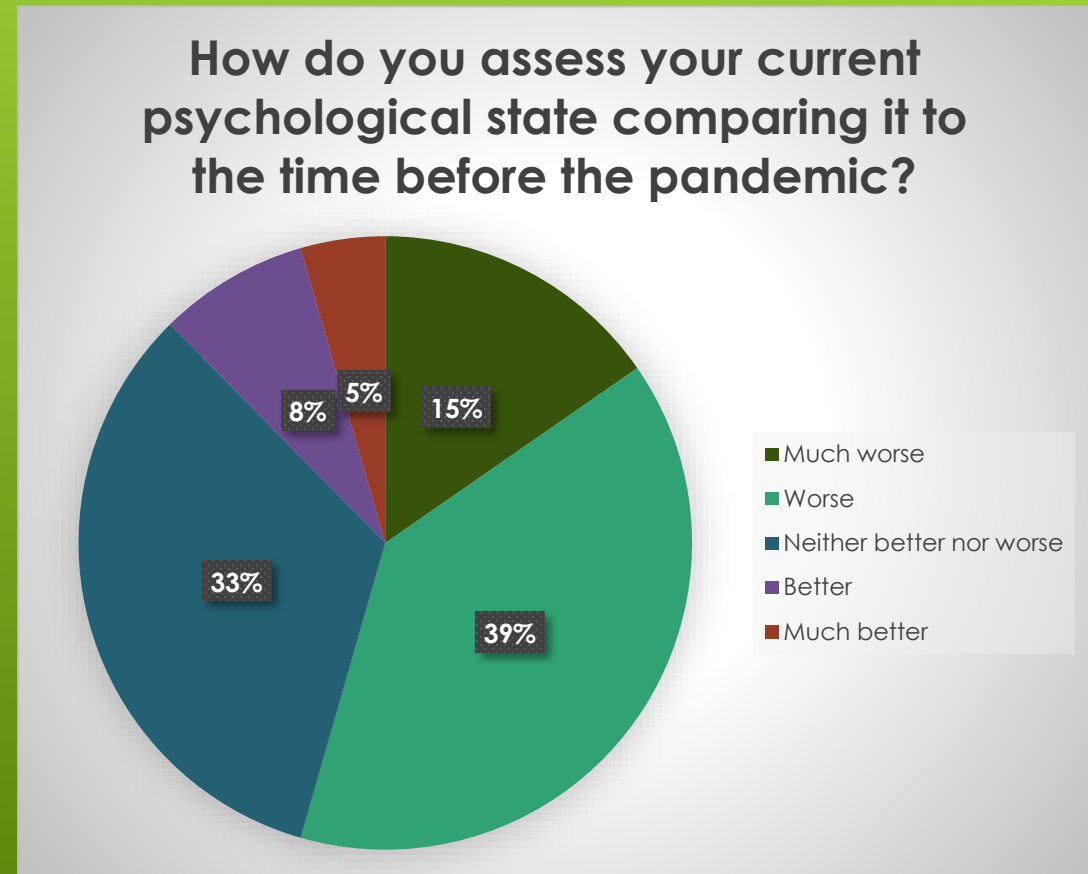
RESULTS AND DISCUSSION

Graph 4a: 1st year of study.



RESULTS AND DISCUSSION

Graph 4b: 2nd - 5th year of study and postgraduate study.



RESULTS AND DISCUSSION

We can also confirm Hypothesis 4, as senior students believe that despite their otherwise poor psychological condition, they are still in a better condition than first-year students. As expected, the results show a deterioration in the psychological state during the pandemic, but this can be seen more in first-year students (worse and much worse, a total of 69%). An interesting fact is that 5% of senior students believe that their psychological condition has greatly improved.

The better results of senior students can be attributed to greater sports activity during a pandemic, as sports activity is one of the factors improving well-being and a time when we ignore all problems. In addition to greater sports activity, the better psychological state of senior students would also be attributed to the personal growth of individuals during their studies. Through their studies and their older age, senior students also form different values and strive more towards achieving the life goals they have set for themselves. In any case, they much prefer to spend time at home with family, partners, etc., while first-year students are usually more focused on socializing with peers with whom they were not even allowed to socialize during the pandemic.

CONCLUSION

The fact that senior students are more prone to leisure sports on their own initiative than first-year students mainly refers to the age, values, goals, education and awareness of students about the importance of sports activities for maintaining a healthy lifestyle.

With this we can confirm the thoughts of sports pedagogues at Slovenian universities that in the 1st year of study at all Slovenian universities students' sports activity should return as a regular (compulsory) activity, and all other sports activities that are currently underway are preserved and upgraded.



THANK YOU FOR YOUR ATTENTION

