

SUMMARY

THE USE OF PHYSICAL ACTIVITY APPLICATIONS AMONG ADOLESCENTS IN SECONDARY SCHOOLS DURING THE COVID-19 PANDEMIC

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Introduction: The COVID-19 pandemic significantly affected adolescents' physical activity, but research on this topic is limited. In particular, studies on the impact of the pandemic on the health habits of young people are lacking.

Research Objective: The goal was to develop guidelines for physical education teachers to remotely teach lessons using physical activity apps. The study was to assess the impact of the apps on motivation, engagement and the quality of physical education lessons.

Material and methods: The study was conducted in two secondary schools in Szczecin from November 2021 to July 2022, and involved 274 students - 154 in the experimental group and 120 in the control group. An experimental method and a diagnostic survey based on questionnaires, including the HBSC 2018 questionnaire, were used. Fitness was assessed using the International Test of Physical Fitness (MTSF).

Results: The experimental group (A) showed improvements in physical fitness, with median scores increasing from 368 to 377. In the control group (B), changes were minimal. Significant differences between the groups ($p = 0.02574$) suggest a positive effect of the app on physical fitness. Students in group A reported an increase in moderate to vigorous physical activity, as well as improved motivation and well-being.

Conclusions: Physical activity apps improved physical fitness and activity regularity among students in the experimental group. They also increased the quality of physical education lessons, which was positively evaluated by the majority of participants. All research hypotheses were positively verified.

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