

INDONESIA AND THAILAND STUDENTS' PHYSICAL ACTIVITY LEVELS AFTER COVID-19 VACCINE: A COMPARATIVE STUDY

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ABSTRACT

The global population has been facing a health crisis since Covid-19 was declared a health emergency by WHO in 2020. One of the efforts in dealing with the Covid-19 pandemic is the massive production and distribution of vaccines around the world. Indonesia and Thailand as developing countries in ASEAN are taking the same strategic steps related to vaccination. Students are one of the targets of the vaccination program in the context of reconstructing education which is also experiencing a crisis due to the Covid-19 pandemic. Based on various studies that have been conducted, it is known that students tend to be passive due to the Covid-19 pandemic. With the vaccination program that has been provided, it is hoped that students can return to active physical activity and sports, especially students at sports universities. This study sought to explore the level of physical activity of sports students after receiving the vaccine, especially in sports students at the Faculty of Sports Science UNY and the Faculty of Health and Sports Science, Thaksin University Thailand. The samples in this study were students of the Faculty of Sports Science, Yogyakarta State University, and the students of the Faculty of Health and Sports Science, Thaksin University who had received the Covid-19 vaccine, both the first vaccine, complete vaccine, and booster vaccine with a total of 120 students. The instrument used in this study was the Global Physical Activity Questionnaire (GPAQ). Data on total physical activity values were analyzed descriptively. The results showed that the level of physical activity of students tended to be at a moderate level with a mean total MET of 2,429.7.

Kata Kunci: *physical activity level, students, GPAQ*