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The Mood and Physical Activity of the Tibetan and Han University Students During the COVID-19

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Abstract

This study aimed at exploring a relation between the mood state and physical activity (PA) among the Zang and Han university students during the COVID-19. 2382 university students in Shaanxi, Tibet, Hubei and Guizhou were recruited using a convenient sampling method to participate in this study. Independent samples t-test and ANOVA were used to compare the differences of the mood state of the college students by gender, grade, and ethnicity respectively. Pearson correlation and stepwise linear regression were conducted to examine the indicators' relations. The results indicated that there was statistical significance in the mood state among the ethnicity, gender, and grade ($p < 0.05$). The total emotional score tended to increase as the grade increased; There are statistical significance in PA between gender, and grade ($p < 0.05$), while PA declining as the grade increased. However, there was no statistically significant relationship between grade and positive affect ($p > 0.05$). There are statistically significances between all other indicators ($p < 0.05$). The study shows that COVID-19 suppressed mood state and participation in PA among Tibetan-Han college students. PA is better for increasing mood state of the university students, which is better for positive emotion, but bad for negative emotion as the grade rises.

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Keywords: pandemic, mood, physical activity