

The Effect Of Al-Istiqlal University Procedures Of The Corona Pandemic (COVID 19) On The Physical And Psychological Condition And Healthy Behavior From The Students' Standpoint

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Abstract

The purpose of this paper is to impact of Al-Istiqlal University's procedures of the Corona pandemic (COVID 19) on the physical and psychological condition and healthy behavior from the students' point of view. researchers used the descriptive approach, the study population consisted of (204) individuals, and the study sample reached (90) individuals, accounting for 52% of the study community, were selected randomized and a questionnaire consisting of (36) items was applied to them, It contains three fields:(physical and psychological condition and healthy behavior), and The results showed that the impact of Al-Istiqlal University's procedures of the Corona pandemic (COVID 19) on the physical and psychological condition and healthy behavior were medium, as the arithmetic average reached (3.29), and the level of fields came between medium and large, And it was on the physical condition at a medium degree, average reached (2.94), And it was on the psychological condition at a medium degree, average reached (3.17), And it was healthy behavior at a large degree, average reached (3.77).The results also showed that there were no statistically significant differences attributable to the variables of the(gender, Section, academic level, virus infection).The researchers recommend that the universities of the homeland should be guided by the procedures of Al-Istiqlal University as a model because of their role in promoting healthy behavior among students.

Keyword: University's procedures of the Corona pandemic, (COVID 19), healthy behavior Al-Istiqlal University.

Introduction:

The world is going through and is still facing the most dangerous disasters it has experienced throughout the ages, as it is addressing the Corona pandemic, the virus that to this day scientists and researchers in the medical field have not been able to find an effective treatment to combat and end it, as the World Health Organization (WHO, 2020) indicates 19 (COVID-) is a virus from the Coronavirus family, which was discovered after its outbreak in China in 2019 in the city of Wuhan, and the virus was known as "Severe Acute Respiratory Syndrome Virus - Corona", and the disease resulting from it is called Coronavirus disease, as classified by the World Health Organization. In March 2020, the Coronavirus disease (COVID 19) as a pandemic.

The spread of the Corona pandemic is considered one of the most important crises and challenges that have afflicted the world now. The state of emergency, as President Mahmoud Abbas declared a state of emergency in Presidential Decree No. (1/2020) issued in the city of Ramallah on March 5 (2020 AD), and the state of emergency at that time consisted in imposing and restricting movement and movement, not mixing and staying in the home stone, In addition to many measures to limit the spread of this pandemic, which has killed and is still affecting all of humanity.

Many studies conducted during the pandemic such as that of Yong & Yan (Xiong & Yan, 2020) concluded that preventive strategies are necessary to reduce the spread of COVID-19 further. However, the strategies differed from one country to another. As COVID-19 has disrupted all sectors of global society, sports and physical activities were no exception to these interruptions, including

physical and athletic activities within universities.

The pandemic has left and still has many repercussions and effects on the behavior and lives of individuals, as the study (Mosleh, , and Hegazy, 2021) indicates that its impact on emotional, health and social behaviors was high regardless of gender, housing or university to which the students belong. Some studies concluded that The psychological and behavioral responses to the crisis of the pandemic outbreak were significant, as three-quarters of the subjects in the study (Balkhi, Nasir, Zehra, Riaz,2020,1) made changes in their behavior to ensure their safety, such as: "reducing physical contact, reducing visits to health care facilities, and paying attention to washing hands, and the emergence of new behaviors. The study's results (Jarwa, Tawahir, Abdel Jalil 2020, 184) also indicated that public safety measures created fear for many citizens in Algerian society.

The Corona pandemic has generated many negative emotional charges in individuals, including: fear, anxiety, and a sense of threat to life, and all of this affected the mental health of individuals (Arashaw, 6, 2020). It is "a set of intentional and unintended actions and activities undertaken by individuals with the aim of preventing disease or helping to alleviate suffering and disease"; Others confronted it with negative health behavior, which is a set of intentional and planned actions and activities that are issued by an individual or a group of individuals, causing harm to them, regardless of whether the individual is self-motivated or driven by the group.

The results of the study of (Selenia, et al, 2020), which was conducted in Italy, confirmed that the

COVID-19 pandemic has harmful effects on the world of sports, especially for professional and novice athletes, whether at the level of individual or team competitions in the physical and functional aspects, and on their psychological and social status. During the COVID-19 crisis, the results showed that the COVID-19 pandemic increased the perceived stress in junior athletes and was greater in women, while the level of physical, psychological and functional performance was less in elite athletes.

The results of the study of (Abdel-Jalil et al. 2020) also confirmed during the quarantine period that athletes, including referees, are unable to access training facilities, and in most cases it is impossible for them to leave their places of residence, and any outdoor exercise has been prohibited, and Bert Blocken says: “ When someone coughs or sneezes at the enemy, the droplets fly in the air current, and anyone in the path of this air current is exposed to the spray. (Dw, 2020)

This imposed quarantine is accompanied by a significant lack of movement, which negatively affects the fitness of individuals, including athletes, and according to "Dahoon O'Mary" that scientific experiments and research have proven that there is a negative impact of the lack of movement and physical activity and this may lead to several health problems such as obesity and cardiovascular disease. This is undoubtedly accompanied by a significant decline in the level of physical fitness.

The study of (Begović, 2020), (Aissa, N. & Messahli, S. 2020) indicated that the practice of light and entertaining physical activities has an important role during the Corona Covid-19 pandemic in relieving psychological stress and tension due to home quarantine, and to be in

places Open, whether in the garden of the house or open spaces, and it is required that it be diverse and not cause fatigue or physical fatigue for individuals. The results of the study of Kilani and others (Kilani, et al, 2020) also showed that the COVID-19 pandemic negatively affected the healthy lifestyle, mental well-being, nutritional status and sleep pattern, and the results also showed that individuals who exercised and adhered to good health behaviors such as adequate sleep And healthy, balanced food during the quarantine, they had better mental health and adapted better to home confinement than others, and thus this was reflected on their mental health, and the results came in the interest of males, and social distancing measures were important to the practice of physical activities, and the Palestinian Authority areas were negatively affected in a way Significant level of mental health.

The Palestinian Ministry of Health has published and circulated its health protocol for the safe return of university education to all universities of the country, including Al-Istiqlal University, based on the recommendations of the World Health Organization by following public safety procedures and instructions to prevent Covid-19 disease. At a distance of one meter between people, continuous hand hygiene and sterilization, respiratory hygiene, adherence to wearing a medical mask, avoiding friction and gatherings, using tissues when coughing, and avoiding contact with the eyes, mouth and nose after hand contact with surfaces contaminated with the virus. (WHO, 2020).

The study system at Al-Istiqlal University is considered closed and different, in terms of the daily program and the life system of students from the regular civil universities in Palestine, and it has special regulations and instructions

according to a specific daily program in which all students are committed without exception. Accordingly, the curricula and daily military exercises in the university focus on preparing an integrated Palestinian officer and non-commissioned officer in three dimensions: "academic, military and security", with a focus on the skills necessary for the student - officer after graduation.

The Intermediate College for Security Studies is concerned with all aspects in terms of preparing students, developing their physical abilities, and providing them with leadership skills and correct methods of communication with the public. It is also able to deal in an organized and advanced scientific manner in this field and is able to develop its tasks entrusted to it through the development of life skills. (Al-Istiqlal University, 2018).

The importance of the study from the theoretical and practical perspectives is that it dealt with a survey study for a special group of students of the Intermediate College for Security and Military Studies and the impact of the procedures followed by the university administration in accordance with the instructions and protocol of the Palestinian Ministry of Health recommended during the pandemic and the effects it has on psychological and physical aspects and on their health behavior after a break that lasted for a year and a half from the university, as students spend most days of the week inside the university in terms of sleep, food, and drink, and are exposed to the same conditions, and also contribute to positively enhancing the effects of the pandemic and monitoring negative effects in order to reduce them and identify the real reality in terms of health and physical behavior and impact. The study will also help decision makers at the university to develop programs and plans that relieve

any pressures that students may be exposed to during coexistence with this pandemic, and to be guided by the precautionary measures and measures taken by the university administration during the return to education and face-to-face training as a role model in universities Palestinian.

Research problem:

Through the researchers' observation and follow-up to the students of the Military Sports Department, and they are lecturers inside the department, they noticed during the students' return from the beginning of the academic year for face-to-face education and training within the university in light of the entry of the fourth wave of the pandemic in Palestine and the call of the government and the Ministry of Health to take precautionary measures and measures while coexisting with the same. The time with the pandemic, but within specific controls and measures, the university took all necessary measures and measures to prevent transmission or injury, and the first measure was to quarantine all students inside the university campus and never communicate with the external environment for two consecutive months, as the researchers noted through their work in teaching. The practical courses in the department include fatigue, obvious physical fatigue and psychological pressure on students as a result of their moving from a large stone represented by their cities and villages to a smaller stone represented by the university, and this, according to the researchers' knowledge, negatively affected many aspects, especially the physical, health and psychological aspects, so the burden on the student enrolled in the university became large from where the commitment to the preventive measures imposed on him fear and worry on a continuous and daily basis of infection or infection with the virus on the

one hand; And he made the extra effort to restore the physical and physical fitness that he lost during the period of home quarantine and the comprehensive closure, as well as adherence to self-health behavior while on the campus as a daily preventive measure on the other hand. Hence the problem of the study emerged, which will answer the following questions:

- What is the impact of Al-Istiqlal University's procedures during the Corona pandemic on the physical and psychological condition and healthy behavior from the point of view of the students of the military, security and customs sports departments?
- Are there statistically significant differences in the impact of Al-Istiqlal University's procedures during the Corona pandemic on the physical and psychological condition and health behavior due to the variables (gender, department, academic level, infection with the virus during coexistence within the university)?

Research objective:

- The impact of Al-Istiqlal University's procedures during the Corona pandemic on the physical and psychological condition and healthy behavior from the point of view of the students of the military, security and customs sports departments.
- The differences in the extent of the impact of Al-Istiqlal University's procedures during the Corona pandemic on the physical and psychological condition and

health behavior according to the variables (gender, department, academic level, infection with the virus during coexistence within the university).

Research fields:

- Human field: Students of the Departments of the Intermediate College of Security Studies
- Time field: The first semester of the academic year 2021/2022 AD, and the study tool was applied in the time period between 5/11/-10/11/2021.
- Spatial field: Al-Istiqlal University - Jericho - Palestine.

Research methodology and field procedures:

Research Methodology:

The researchers used the descriptive approach in its survey form due to its suitability and the nature of the study.

Community and sample research:

The study population consisted of all the students of the Intermediate College of Security Sciences who were registered according to the statements of the Deanship of Admission and Registration in the first semester of the academic year 2021/2022, and their number was (204) male and female students, and the study sample was selected randomly, which numbered (90) male and female students, at a rate of (45%) of the original academic community. Table (1) shows the description of the sample members.

Table (1) Distribution of study sample members according to study variables. (n=90)

Variables	Repetition	Percentage
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Sex	Male	53	58.9%
	Female	37	41.1%
	Total	90	100%
Section	Security and Military Sciences	48	53.3%
	Customs Science	17	18.9%
	military sports	25	27.8%
	total	90	100%
Academic level	First	40	44.4%
	second	50	55.6%
	the total	90	100%
virus infection	yes	28	%31
	no	62	%68.9
	total	90	%100

Study application procedures

The researchers carried out the study procedures according to the following steps:

- Refer to educational literature and review previous studies, in addition to reviewing specialized scientific sources and books.
- Designing the study tool in proportion to the study population and sample, and ensuring its validity and reliability.
- Doing an inventory of the study community, which is represented by the students of the intermediate college, by referring to the statements and records in the Deanship of Admission and Registration.
- Seeking the assistance of the military department in order to distribute the questionnaire to the sample inside the university library

and to clarify the paragraphs of the questionnaire and the words and terms that need interpretation.

- Data collection and classification.
- Using the statistical program for the social sciences (SPSS) to analyze the data and extract the results.

In order to obtain data and information, the study tool was distributed to the study sample members and then retrieved according to the following:

After selecting the study sample, the tool was handed over to the military department at the university, which distributed the questionnaire to the study sample in a stratified random manner.

(90) questionnaires were returned out of (100), or 90%. The negative paragraphs were reversed before the statistical analysis, then the data were tabulated and processed statistically.

The procedures of Al-Istiqlal University in light of the Corona pandemic (COVID 19) were represented in the following points:

1. Emphasizing that students do not attend the university until after they have tested the Corona virus and provided a medical report stating that they are not infected.
2. Examining all students with electronic thermometers when they enter the university, and placing fixed electronic devices to check the temperature at the entrances to the student dormitories, to check on students periodically.
3. The obligation to wear medical masks and the need to put them in the correct way, and dispose of them when they become wet or dirty in a correct manner.
4. The obligation to adhere to personal hygiene by washing hands with soap and water for a period of more than 30 seconds and sterilizing hands after touching surfaces.
5. Commitment not to shake hands or hug when greeting or meeting.
6. Using tissues for one time when sneezing or coughing, and if tissues are not available, sneezing or coughing can be done in the upper part of the sleeve.
7. Not to put hands on the face and eyes unless they are sterilized well or washed with soap and water.
8. Emphasis on not using any other student's personal items or belongings such as towels, shaving tools, etc.).
9. The necessity of allocating eating utensils such as plates, spoons and cups for each student and not exchanging them with anyone else.
10. Emphasizing the culture of social exchange, not gathering, and reducing the number of students in dorms, classrooms, and closed places.
11. Publishing awareness media such as posters and awareness leaflets in assembly areas in university facilities and official websites to urge students and faculty to wash hands and follow the etiquette of coughing and sneezing.
12. Providing health awareness about the disease and its symptoms by holding awareness lectures for students about the nature of the disease, its transmission and prevention methods.
13. Ensure the availability of hand soap in the toilets and sanitizers in the university facilities.
14. Ensure the disinfection and sterilization of public places, dining areas, and toilets frequented by students, with a focus on places where contact is most likely, such as door handles, dining tables, and seat cushions on a regular basis.
15. Ensure that classrooms, dorms, and gathering places are well ventilated, and it is preferable to use natural ventilation.
16. Emphasizing students not to drink water directly using the hand and mouth from different water drinks, providing special cups for each student, and not switching cups between them.
17. Ensure that students do not gather at the water bars, and organize the drinking process for them.

18. Isolating and quarantining any person showing symptoms such as high temperatures or normal flu symptoms, and contacting the Medical Services Department to diagnose his condition.
19. If any cases of infection appear, those in contact with them must be quarantined as soon as possible and contact the Medical Services Department immediately.
20. Determining the number of persons authorized to mix with the trained students, and emphasizing that they avoid mixing with the rest of the employees, except in cases of necessity.
21. Arrange the dates of entry and exit of students to closed places to reduce overcrowding as much as possible.
22. Commitment to wearing a mask in the correct manner for all university employees, especially those who have direct contact with students, such as workers in medical services and the kitchen.
23. Emphasis on university employees who show symptoms of the disease to stay at home and not come to work until after doing the Corona virus PCR examination.
24. Maintain the cleanliness of student rooms and wash bedding and pillows at least once a week.
25. It is necessary to establish communication channels between the medical services of the university and preventive medicine in the Jericho Governorate to keep abreast of the latest developments in the disease and the methods used in the event of any cases.
26. Allocate one or more rooms away from the movement of

students to isolate any suspected case.

Scientific coefficient:

A- The validity of the questionnaire

The researchers designed the study tool, and then presented it to a group of arbitrators and experts specialized in the field of measurement, evaluation, physical education and educational psychology who hold a doctorate degree, in order to express an opinion about the appropriateness of the paragraphs for the fields of study, and to choose the appropriate paragraphs, and delete the inappropriate paragraphs. The arbitrators and experts represent the validity of the content of the study tool, and the amendments referred to by (75%) of the arbitrators or more were taken into account. .

Methods for extracting results:

The response scale on the scale items consisted of five responses:

- I agree very much and it has (5 points).
- I highly agree and it has 4 marks.
- I agree with an average degree and it has ((3 marks.
- I agree to a small degree and it has ((2 points).
- I agree with a very small degree, and it has one (1) degree.

Referring to the study of Zakarna et al. (2020) and Atlul (2017), the following criterion was adopted in order to interpret the results:

- Less than 2.34, (46.8%) a low degree.
- From 2.34 - 3.67, (46.8 - 73.2%) a medium degree.

- Above 3.67, (73.4%) a significant degree.

The researchers calculated the stability of the study tool by the method of internal consistency, by calculating the stability equation Cronbach Alpha, and the results came as evident in Table (2).

Questionnaire stability:

Table (2): Results of Cronbach Alpha's stability coefficient

scale	Number of paragraphs	Value Alpha
The total score of the questionnaire items	36	0.74

It is clear from Table (2) that the overall reliability coefficient of the questionnaire was (0.74), and this is an acceptable coefficient that satisfies the purposes of the study.

Study variables

This study included the following variables:

1. Independent Variables:

- Gender: It has two characteristics (male and female).
- Department: It has three titles (Sciences, Security and Military Sciences, Customs Sciences, and Military Sports).
- Academic level: It has two levels (first year and second year).
- Infection with the virus: It has two answers (yes, no).

2. Dependent variables: The degree of response to the impact of measures in light of the Corona pandemic (COVID 19).

: The search data was processed through

Statistical methods:

After the completion of the data collection process, it was emptied and entered into the computer and processed using the Statistical Package for the Social Sciences

(SPSS) and using the following statistical treatments:

- Arithmetic averages, standard deviations, and percentages.
- The results of a t-test for two independent groups to indicate the differences between the variables.
- The Cronbach Alfa equation to verify the validity and reliability of the study scale.
- Results of one-way analysis of variance for the significance of differences and the use of Scheffe's test for post-comparison.

Results and discussion:

First: the results related to the first question, which reads: "What is the impact of Al-Istiqlal University's procedures in light of the Corona pandemic (COVID 19) on the physical and psychological condition and healthy behavior from the students' point of view"?

To answer the first question, the researchers extracted the arithmetic averages, standard deviations, the percentage relative importance of each paragraph, the domains, and the total degree, and the two tables (3, 4) illustrate this.

Table (3): Arithmetic averages, standard deviations, relative importance and level for all items of the study tool (n = 90).

No. of paragraphs	Paragraphs	Arithmetic mean	Standard deviation	relative importance %	level
1	The pandemic negatively affected my fitness.	3.04	1.47	60.8	medium
2	My performance abilities during military training have decreased under the pandemic.	3.47	5.57	69.4	medium
3	My physical efficiency has decreased as a result of frequent interruptions from training under the pandemic.	2.76	1.36	55.2	medium
4	I feel very tired during workouts under the pandemic.	3.22	1.44	64.4	medium
5	I feel tired during workouts under the pandemic.	3.28	1.40	65.6	medium
6	I suffer various injuries due to the stress of daily training under the pandemic.	3.15	1.42	63	medium
7	My movement has decreased due to the frequent quarantine inside the university in light of the pandemic.	3.25	1.56	65	medium
8	My physical abilities decreased due to the frequent quarantine inside the university in light of the pandemic.	2.91	1.37	58.2	medium
9	I gained weight due to the frequent quarantine inside the university in light of the pandemic.	2.35	1.53	67	medium
10	I feel weak in my physical fitness due to the lack of advice and guidance regarding food.	3.02	1.52	60.4	medium
11	I'm lazy with my workouts during the pandemic.	2.78	1.48	55.6	medium
12	I miss training in the field frequently	2.00	1.39	40	lower

	in light of the pandemic.				
13	I am constantly worried about the military exercises inside the university in light of the pandemic.	3.31	1.45	66.2	medium
14	My emotions increased while I was in training during the pandemic.	3.20	1.37	64	medium
15	I am optimistic about my future career despite the pandemic.	4.00	1.30	80	Large
16	The pandemic affected my willpower during workouts.	2.66	1.37	53.2	medium
17	The pandemic affected my perseverance during workouts.	2.74	1.29	54.8	medium
18	The pandemic affected my fighting trait during training.	2.72	1.34	54.4	medium
19	I'm bored of training under the pandemic.	3.24	1.44	64.8	medium
20	I'm nervous about training under the pandemic.	3.22	1.42	64.4	medium
21	I have a constant fear of infection during training and living in college.	3.62	1.44	72.4	medium
22	The psychological pressure on me increased in light of the pandemic.	3.50	1.53	70	medium
23	My confidence plummeted during training during the pandemic.	2.34	1.50	46.8	medium
24	I have trouble sleeping while at university during the pandemic.	3.46	1.50	69.2	medium
25	I am committed to applying the preventive measures for the Corona pandemic recommended by the Ministry of Health and applied within the university.	4.00	1.40	80	Large
26	Weekly check-ups are conducted to follow up my health status by a specialized medical staff inside the university.	3.96	1.53	79.2	Large

27	I abide by the university administration's instructions to conduct a corona examination before heading to the university.	4.35	1.22	87	Large
28	I will be isolated inside the university in case I have symptoms of illness.	3.63	1.59	72.6	medium
29	I observe - as much as possible - a physical distancing of 1.5 meters while I am in the field.	3.37	1.56	67.4	medium
30	I am followed up on a daily basis before each training by conducting a temperature check by the competent medical staff.	2.51	1.69	50.2	medium
31	I commit to wearing a mask inside the university facilities.	3.45	1.60	69	medium
32	I stick to one time use of paper towels.	3.93	1.47	78.6	Large
33	I commit not to use any personal items for my colleagues.	4.14	1.23	82.2	Large
34	I sanitize my personal belongings on a daily basis.	3.58	1.50	71.6	medium
35	I eat meals that contain all the elements beneficial to my body (vegetables, fruits, meat, fish, cheese) within the university.	3.61	1.47	72.2	medium
36	I adhere to personal hygiene on a permanent basis within the university.	4.71	0.79	94.2	Large

Table (4): Arithmetic mean, standard deviations, relative importance and level for the study tool fields (n = 90).

Fields	Arithmetic mean	Standard deviation	relative importance %	level
First field: physical condition	2.94	1.01	58.8	medium

second field: the psychological state	3.17	.820	63.4	medium
third field: healthy behavior	3.77	.690	75.4	Large
total degree of the fields	3.29	.600	65.8	medium

It is clear from the two tables (3, 4) that the impact of Al-Istiqlal University's procedures in light of the Corona pandemic (COVID 19) on the physical and psychological condition and health behavior from the point of view of the students themselves was average, and the arithmetic mean on the total score was (3.29), and the paragraph won "I adhere to personal hygiene permanently inside the university" with the highest average score of (4.71), and the paragraph "I frequently miss training in the field under the pandemic" got the lowest average of (2.00); The researchers attribute this result to the university's keenness to implement the procedures followed to confront the pandemic and prevent its spread among students, as the occurrence of the paragraph related to personal hygiene indicates the importance of self-health behavior that university students must follow as a procedure and a first and preventive line of defense to avoid exposure to infection and prevent its spread to others, and this is what confirmed According to it (Zehra, Riaz, 2020, 1) that ensuring the safety of individuals is to reduce physical contact, and pay great attention to washing hands, and this result agreed with the study (Ahrashaw, 2020. 6), which confirmed that the pandemic affected the positive health behavior of individuals as a response. An act, whether intentional or unintentional, taken by them with the aim of preventing disease or helping them to alleviate suffering and disease. It also indicates the commitment of all students

as a binding procedure on a daily basis to participate in sports and military exercises in the field and on a daily basis to the extent of the university's keenness that sports and training are a preventive and health measure in order to strengthen the vital functions and organs of the body, especially the immune system, and everyone's keenness to engage in daily exercises for their importance on Students' physical and health behaviors in the face of the pandemic. This finding is in agreement with the study of both Young and Yan (Xiong & Yan, 2020), which emphasized that preventive strategies are necessary to further reduce the spread of COVID-19 including physical and sports activities within universities, and Begović (2020), Aissa , N. & Messahli, S. 2020)) indicates that the practice of light and entertaining physical activities has an important role during the Corona Covid-19 pandemic, provided that they are in open spaces, whether in the garden of the house or open spaces, and it is required that they be diverse and do not cause fatigue or physical fatigue for individuals. This result differed with the study (Kilani, et al, 2020), whose results concluded that the COVID-19 pandemic had an overall negative impact on the healthy lifestyle, especially for individuals in the Palestinian Authority areas.

Second: The results related to the second question, which states: "Are there statistically significant differences in the extent of the impact of Al-Istiqlal University's procedures in light of the Corona pandemic (COVID 19) on the

physical and psychological condition and healthy behavior from the students' point of view due to the variables (gender, department, Academic level, infection with the virus during coexistence inside the university)?

To answer this question, the researchers used the t-test, and the results of tables (5, 6, 7, 8) show that.

Table (5): The results of the t-test for the differences in the arithmetic averages of the fields of study and the total score depending on the sex variable.

Fields	sex	Number	Arithmetic mean	Standard deviation	T value calculated	degrees of freedom	Type sig
physical condition	male	53	2.76	1.10	-2.034	88	0.483
	female	37	3.19	0.80			
Psychological state	male	53	3.00	0.79	-2.411	88	0.772
	female	37	3.41	0.81			
healthy behavior	male	53	3.68	0.71	-1.408	88	0.549
	female	37	3.89	0.64			
Total degree	male	53	3.15	0.59	-2.839	88	0.898
	female	37	3.50	0.55			

Table (6): The results of the t-test for the differences in the arithmetic means of the fields of study and the total score according to the academic level variable.

Fields	Academic level	Number	Arithmetic mean	Standard deviation	T value calculated	degrees of freedom	Type sig
physical condition	First	40	2.89	1.23	-0.375	88	.2280
	Second	50	2.97	0.80			
Psychological state	First	40	3.00	0.83	-1.776	88	.4940
	Second	50	3.30	0.79			
healthy behavior	First	40	3.75	0.71	-0.243	88	.9260
	Second	50	3.79	0.68			
Total degree	First	40	3.21	0.68	-1.108	88	.1130
	Second	50	3.35	.510			

Table (7): t-test results for the differences in the arithmetic means of the fields of study and the total score according to the virus infection variable.

Fields	virus infection	Number	Arithmetic mean	Standard deviation	T value calculated	degrees of freedom	Type sig
Physical condition	Yes	28	3.18	0.64	1.567	88	.0730
	No	62	2.82	1.12			
Psychological state	Yes	28	3.46	0.72	2.356	88	.2510
	No	62	3.03	0.83			
healthy behavior	Yes	28	3.69	0.74	-0.768	88	.3190
	No	62	3.81	0.67			
Total degree	Yes	28	3.44	0.48	1.642	88	.1000
	No	62	3.22	.630			

Table (8): shows the results of the one-way analysis of variance test to examine the significance of the differences for the fields of study and the total score according to the department variable

Fields	Contrast source	Sum of squares	Degree of freedom	Mean squares	Value F	Level sig
Physical condition	between groups	1.308	2	0.654	.6340	.5330
	through groups	89.820	87	1.032		
	Total	91.128	89			
Psychological state	Between groups	2.856	2	1.428	2.160	.1220
	Through groups	57.518	87	0.661		
	Total	60.374	89			
Healthy behavior	Between groups	0.031	2	0.015	.0310	.9690
	Through groups	42.639	87	0.490		

	Total	42.670	89			
Total degree	Between groups	0.732	2	0.366	1.014	.3670
	Through groups	31.411	87	0.361		
	Total	32.143	89			

It is clear from the results of the tables (5, 6, 7, 8) that there are no statistically significant differences at the significance level (α) $0.05 \geq$ in the level of impact of Al-Istiqlal University's procedures in light of the Corona pandemic (COVID 19) on the physical and psychological condition and health behavior. From the students' point of view, the researchers attribute this result to the nature of the environment and the conditions to which university students are subject, both in terms of the procedures followed in housing, food and drink, and the nature of the exercises in the field, as they are similar and one applies to everyone without exception and the necessity of everyone's commitment to applying the procedures and protocol followed to confront the pandemic and the prevention of its spread inside the university campus and under penalty of responsibility as a result of the strict controls and instructions imposed by the nature of the university as it follows the closed system and the military nature that requires commitment, discipline and obedience to orders. This result agreed with the study (Jarwa, Tawahir, 2020, 184), whose results indicated that following the procedures Public safety and prevention created fear for many citizens, regardless of gender, to commit to working in it in Algerian society. It also agreed with the study (Mosleh and Hijazi, 2021) that the pandemic affected the population. Emotional and healthy

behaviors regardless of gender, residence or university to which students belong.

Conclusions and Recommendations:

Conclusions:

According to the study results and their discussion, the researchers conclude the following:

1. There is a medium and acceptable degree of commitment by university students to the university's procedures to confront the Corona pandemic
2. University students enjoy a great self-health behavior, which had the effect of mitigating the spread of infection and preventing its aggravation inside the university campus.
3. The procedures followed during the pandemic affected the students' psychological condition and physical fitness to a moderate degree.
4. Despite the conditions of quarantine and disease, the university stressed the continuation of sports and military exercises for its preventive and health role in strengthening the body's vital systems and strengthening the immune system.
5. There were no exceptions for university students to follow the instructions and preventive measures to confront the pandemic inside the university campus, regardless of gender, academic level or department.

Recommendations:

According to the study objectives and results, the researchers recommend the following:

1. Necessity for the universities of the homeland to be guided by the procedures of Al-Istiqlal University as a model because of their role in promoting healthy behavior among students.
2. Opening sports facilities and fields of sports training in sports universities for students to practice sports and recreational activities because of their role in relieving them.
3. Conducting similar survey studies within Palestinian society, especially in refugee camps, to determine the extent to which their members have been affected as a result of the pandemic caused by this category.

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