

# Subjective Perception, Physical-Mental Condition And Psychological Well-Being In Swimmers In Isolation

Moreno SM<sup>1</sup>

<sup>1</sup>(Physical Education, Universidad del Tolima, Colombia)

---

## Abstract:

**Background:** The objective of this research was to analyze the subjective perception, mental fitness and psychological well-being in Colombian swimmers in isolation by Covid-19 and their relationship.

**Materials and Methods:** A quantitative, non-experimental, cross-sectional, descriptive design was carried out, the study sample consisted of 169 swimmers of both sexes, the sample was non-probabilistic and intentional. For its development, a Google Drive form was used in which three questionnaires were integrated: The International Fitness Scale (IFIS), Goldberg General Health Questionnaire (GHQ-28), BIEPS-J scale and a sociodemographic section.

**Results:** The results showed that isolation has a low incidence on the physical health and psychological well-being of the swimmers; it can be said that the athletes are optimistic and psychologically strong when it comes to coping with a difficult situation such as isolation. The research provides insight into swimmers living in the unforeseen situation of isolation due to the pandemic.

**Conclusion:** Subjective self-perceived well-being in swimmers is related to subjective perception, physical-mental condition and isolation situation due to coronavirus.

**Key Word:** Athletes, Covid 19, Self-perception, Physical condition, Physical fitness.

---

Date of Submission: 14-09-2023

Date of Acceptance: 24-09-2023

---

## I. Introduction

As the Covid-19 pandemic continues to spread worldwide, as of 2021, a total of 15,282,705 cases of COVID-19 have been reported in Latin America and the Caribbean. Brazil is the country most affected by this pandemic in the region, with about 15.3 million confirmed cases. Argentina is in second place, with almost 3.2 million infected. Mexico has registered a total of 2,368,393 cases. Among the countries most affected by the new type of coronavirus in Latin America are also Colombia, Peru, Chile and Ecuador<sup>1</sup>. Entire cities went into mass quarantine<sup>2</sup>. In view of the above, the Colombian Government declared a Sanitary Emergency (resolution 385 of March 12, 2020) (Measures Taken for Preventive Insulation, n.d.) throughout the country until May 30. This means that new preventive measures will be implemented through a regulatory framework that allows them to be applied in the territories, hand in hand with the guidelines of the World Health Organization (WHO) and with the accompaniment of local authorities.

Bearing in mind that social isolation is defined as the absence of satisfactory social relationships and a low level of participation in community life<sup>3</sup>, this is considered as the "loneliness experienced by the person, and perceived as imposed by others, and as a negative or threatening state<sup>4</sup>, cited by<sup>5</sup>, that is why social isolation is adopted as an objective measure to have minimal interactions with others and emotional isolation is defined as the subjective feeling of dissatisfaction with the low number of social contacts maintained<sup>6</sup>. According to research the risk of premature mortality increased by 26% in people who feel loneliness, 29% in people with social isolation and 32% in those who live alone<sup>7</sup>.

We identify then, social isolation as an unpleasant experience for those who suffer from it. Several studies began to identify the effects of these isolation patterns on young people<sup>8</sup>, especially related to their mental health, expressed in increased levels of depression, anxiety and situations of family violence<sup>9</sup>, as well as a greater sedentary lifestyle, less physical activity and increased obesity<sup>10</sup>.

Adolescents themselves may also display aggressive or delinquent behaviors while confined at home with their families, as adolescence is a time of development marked by psychobiological changes that can lead to increased emotional instability and increased irritability<sup>11</sup>. This period also includes the process of defining one's own identity, which depends largely on relationships with others<sup>12</sup>. During the COVID -19 pandemic, meetings with friends and peers decreased or disappeared altogether, which may increase stress, triggering negative or rebellious behaviors or excessive use of digital technologies, so one can agree with experts who state that studies are needed to examine the facets and impact of this time of social distancing for adolescents<sup>9</sup>.

Ryff's Psychological Well-Being Theory (PWT) constitutes one of the most important theoretical perspectives in psychology, as it is particularly appropriate for understanding the psychological aspects of performance in sport and physical activity because participation in these contexts is usually highly volitional and self-regulated. Authors such as<sup>13</sup> have divided the studies into two main traditions: one fundamentally corresponding to happiness (hedonic well-being), and the other linked to the development of human potential (eudaimonic well-being). Some authors such as<sup>14</sup> have extended the boundaries of this classification to the construct subjective wellbeing (subjective Wellbeing, SWB) and define it as "a broad category of phenomena that includes people's emotional responses, satisfaction with domains, and global judgments about life satisfaction"<sup>15,19</sup>, the hedonic tradition whose predominant view is that well-being consists of subjective happiness built on the experience of pleasure versus displeasure, including judgments about the good and bad elements of life<sup>13</sup>. The EBP construct (Psychological Wellbeing, PWB) as a representative of the eudaimonic tradition<sup>17</sup>, links this conception of wellbeing to the feeling of "personal expressiveness", this being the type of state that links experiences of great involvement with the activities that the person performs, of feeling alive and fulfilled, of seeing the activity performed as something of great impact on the person's life that gives meaning to what he/she does.

Is necessary to point out that there have also been perspectives within mental health research that have adopted the classical concept of well-being as eudemonia. In this sense, and because of its special historical relevance, we should mention the work of<sup>18</sup> who proposed one of the first models of positive health, which defended the existence of six dimensions: positive self-attitudes, growth and self-actualization, personality integration, autonomy, perception of reality and mastery of the environment.

As for the Psychological Well-Being Scale (PWS) line, the authors consider that in addition to individual variables related to positive/negative affect and life satisfaction, it is necessary to take into account the relationship between the person and the environment<sup>19</sup>. BP researchers criticize the exclusive operationalization of well-being through indices of positive or negative affect or unidimensional scales of satisfaction, ignoring the adjudication of meaning of human acts. Some authors propose that well-being is multidimensional and that it is necessary to consider social and environmental aspects for the evaluation of well-being<sup>20,21</sup>. In this line are the works of<sup>22</sup>, who study the constructs related to personal goals and propose that projects have two functions: an instrumental one related to efficacy and the achievement of happiness and a more symbolic one, related to consistency and resulting in the meaning assigned to the life project<sup>23</sup>.

Some studies indicate that low-intensity physical activity (PA) is positively associated with physical health and well-being, since physically active people suffer less from depression<sup>24,25,26,27</sup>. Moreover, PA can have an antidepressant effect, there is better perception of health and higher quality of life, and well-being in older people, it is also stated that by performing PA on a regular basis Subjective Well-Being (SB) improves<sup>28,29,30,31</sup>.

From Health Psychology, according to the author, the category "well-being" has not only theoretical but also practical utility, since it is approached as a resource, a determinant, a component and an outcome of health, regardless of the conceptual problems that limit its research and intra- and interprofessional communication. EBP Psychological well-being can and should be studied taking into account different levels of integration of human behaviors, and defines it as "a much broader construct than the simple stability of positive affects over time, called happiness by popular wisdom"<sup>32</sup>.

Considering a study conducted with 448 Spanish university students<sup>29</sup>, it was observed that BS is associated with the frequent practice of physical exercise, regardless of the type of exercise practiced. People who exercise tend to perceive higher levels of health, lower levels of stress and better mood. Likewise, a subsequent study designed a physical exercise program, demonstrating the positive influence of PA on productivity and on the job satisfaction and well-being of individuals. Casullo and Solano created a BS assessment scale for adolescents (BIEPS-J), which implemented a valid and reliable self-administrable technique for the assessment of self-perception of BS with a reliability 0.74, having as a basis four categories: control of the situation, bonds, projects and self-acceptance<sup>32,33</sup> said that<sup>32,34</sup> to the extent that the adolescent person improves his/her regulation and satisfaction competencies, to that extent he/she enables the acceptance of him/herself and the environment.

According to<sup>35</sup>, the purpose was to examine the relationships between the practice of physical sports activity in adolescence and various self-assessments such as physical self-concept, health perception and life satisfaction. For this purpose, the Physical Self-Concept Questionnaire (CAF), the General Health Questionnaire (GHQ) and the Satisfaction with Life Scale (SWLS) were used in 1504 adolescents (Spain), between 14 and 16 years of age. The analysis shows that physical practice is a variable that generates significant differences, in the constructs studied, in favor of those who practice; however, the frequency of practice only shows significant differences between groups in physical self-concept. On the other hand, the years of experience in physical practice behaviors influences the results found, obtaining more positive evaluations in those who have been performing this type of tasks for a longer period of time. The present research contributes to reinforce the importance of creating active lifestyle habits to increase EBP in people.

In summary, different research has highlighted that happier and more satisfied individuals suffer less discomfort, have better personal appraisals, mastery of the environment and social skills to bond with other people, which leads us to characterize satisfaction and happiness as indicators of good mental functioning<sup>36</sup>.

This research analyzes how isolation by Covid-19 affects the subjective perception of physical-mental condition and EBP in swimmers from Tolima, for which information was collected through the application of different tests and a reflection was made regarding the current situation of isolation by the pandemic and how it can affect our swimmers.

## II. Material And Methods

### Sample

Made up of 169 swimmers (111 men and 58 women), with the following inclusion criteria: a) being between 10 and 24 years old; b) both sexes; c) being a swimmer and coach; d) belonging to a swimming school; e) being in a confinement situation; g) being Colombian. Non-probabilistic, purposive type. It is considered quantitative, non-experimental, cross-sectional, descriptive.

According to article 11 of Resolution 008430 of 1993 of the Ministry of Health (29), this study is classified as "Research without risk". Participation was voluntary and subjects could withdraw at any time if they so wished; the information provided was handled confidentially. In addition, the results were used for research purposes only.

The above was presented to the participants as part of the informed consent, the management of the information from the completed questionnaires was the responsibility of the researcher responsible for the study, who stored and recorded it with the necessary rigor.

### Instruments

A Google Drive form was used for the study, which consists of three questionnaires, in addition to a sociodemographic section in the initial part. The first questionnaire is The International Fitness Scale (IFIS) (HELENA, 2006), which measures the perception that swimmers have about their physical and mental condition, with a Cronbach's coefficient of 0.807, and modified by the author, with a scale of 1 to 5, being 1 very bad and 5 very good (Table 1). Second, the Spanish version of the Goldberg General Health Questionnaire (GHQ-28)<sup>37</sup>, which evaluates general health status through four subscales of seven items each, was used. Scale A refers to somatic symptoms; scale B, anxiety and insomnia; scale C, social dysfunction; and scale O, severe depression. With a satisfactory validity and reliability coefficient. Thirdly, the BIEPS-J. scale contains 13 items, measuring five factors: a) acceptance and control; b) autonomy; c) bonds; d) projects<sup>38,32</sup>.

**Table 1.** IFIS physical fitness self-assessment instrument.

Questions	Response options
1. Your general physical condition is:	a) Very bad b) Poor c) Acceptable d) Good e) Very good
2. Your cardiorespiratory fitness (ability to exercise, for example, running for long periods of time) is:	
3. Your muscular strength is:	
4. Your speed/agility is:	
5. Your flexibility is:	
6. *your mental condition is:	
7. *How would you describe your current state of health?	

Source: (Helena 2006) modified by the author\*.

### Procedure methodology

The survey was applied to swimmers from different departments of Colombia via email during the month of June 2020. In the email, the intention of the research was briefly indicated and a link using the google form was included. The informed consent was also included, they had to read and finally accept to be able to answer the form.

### Statistical analysis

The IBM SPSS version 26 statistical program was used, and a descriptive statistical analysis was then performed, including: mean, standard deviation, frequencies, minimum and maximum. Subsequently, the nature of the random variables was ascertained by applying Fisher's Skewness Coefficient, Correlation Coefficient and Exploratory Factor Analysis, by means of KMO Coefficient and Bartlett's Sphericity test.

## III. Result

Given the size of the population, the Kolmogorov-Smirnov test was applied to identify the normality of the data distribution and determine the type of statistics to be applied, which yielded a criterion <0.05, which

accepts the alternative hypothesis. The data do not have a normal distribution and non-parametric statistics are applied.

The sample is made up of swimmers from 13 departments, 66% of the total surveyed belong to the male gender (111 men) and 34% to the female gender (58 women). The departments of Tolima, Norte de Santander, Cundinamarca and Bogota contribute the largest number of male participants (46%); and the departments of Tolima, Bogota and Norte de Santander (24.6%) in women of the sample.

The anthropometric variables of height with a mean of 162.3, a weight of 60 kg, a body mass index (BMI) of 22.81 was observed, classifying them in the Normopeso group. It was previously verified that the correlation matrix was adequate for this type of analysis (significance associated with Bartlett's test of sphericity, which is 0.000,  $p < .0001$ ; Kaiser Meyer Olkin sample adequacy index = 0.75).

In terms of educational level, 46% of the men had a basic secondary education, 31.5% had a higher education and 17.1% had technical careers. Meanwhile, 53.4% of the women have a basic secondary education; 29.3% have higher education; and 8.6% have technical careers. In terms of stratum, both men and women mostly belong to stratum three. There are 63 male and 35 female swimmers in the Juvenile A and Juvenile B categories, with 17 coaches of both sexes. This is shown in Table 2.

**Table no 2:** Characterization by gender, categories and schooling

Categories	Males n=111	Females n=58	Total n=169
Coach	14	3	17
Infantile A	7	5	12
Infantile B	9	3	12
Juvenile A	24	13	37
Juvenile B	39	22	61
Youth	18	12	30
Schooling			
Elementary 5th grade	6	3	9
Secondary (6th to 9th)	51	31	82
Technologies	19	5	24
Higher education (University)	35	17	52
Not studying	0	2	2

**Self-assessment of physical and mental condition**

In the analysis we found the percentages of agreement with each question in Table 3.

**Table no 3:** Self-assessment of physical and mental condition

Questions	Very good %	Good %	Acceptable %	Poor %	Very poor %
1. Your general physical condition is:		53.8	20.1	3	23.1
2. Your cardiorespiratory fitness (ability to exercise, for example, running for long periods of time) is:	33.7	47.9	16	2.4	
3. Your muscular strength is:	9.5	53.3	32.5	4.7	
4. Your speed/agility is:	14.8	46.7	33.1	4.1	1.2
5. Your flexibility is:	10.1	32	43.2	12.4	2.4
6. *your mental condition is:	33.1	47.3	16.6	1.8	1.2
7. *How would you describe your current state of health?	33.7	54.4	11.8		

**General health**

Goldberg General Health Questionnaire (GHQ-28). It presents a reliability of 0.90 Cronbach's alpha. The significance associated with Bartlett's test of sphericity was tested, which is 0.000,  $p < .0001$ ; Kaiser Meyer Olkin sample adequacy index = 0.855. These are the results for the four factors evaluated:

- Somatic dimension: this scale allows us to identify somatic symptoms, the most significant percentages show that 75.1% of the respondents felt perfectly well in physical and mental health, they do not present any somatic discomfort; and 17.2% present harmful situation, with manifestations such as: headaches, digestive alterations, muscle tension, loss of weight and energy, tiredness and chest tightness.

- Anxiety/Insomnia: This scale allows us to identify symptoms of anxiety, the most significant percentages indicate that 71.0% present a normal situation, without showing emotional alterations of anxiety or discomfort when falling asleep; and 18.3% present feelings of fear, anxiety, worry, irritability, insomnia and lack of concentration.

- Social dysfunction dimension: This scale allows us to identify symptoms of a social nature, the most significant percentages show that 66.9% are in a normal situation, without presenting behavioral alterations or symptoms of social dysfunction; and 29% show feelings of frustration, self-doubt, aggressiveness, mood swings and difficulty making decisions.

- Depression: This scale allows us to identify symptoms of depression, the most significant percentages indicate that 85.2% present a normal situation, do not show sadness, and even feel important; and 8.9% present a harmful situation, have feelings of sadness, uselessness and guilt, decreased capacity for work and concentration, and feel that life has no meaning.

In general, about 95% of the respondents felt healthy and fit, while 4.1% reported having health problems, some psychopathology. Table 4.

**Table no 4: Goldberg General Health Questionnaire factors (GHQ-28)**

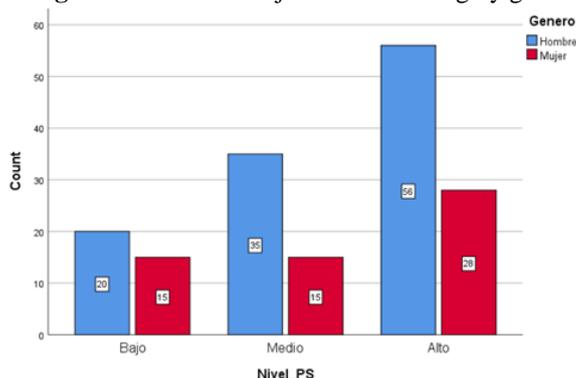
Response options	Somatic %	Anxiety-Insomnia %	Social Dysfunction %	Depression %
Better than usual				
Same as usual	75.1	71	66.9	85.2
Worse than usual	17.2	18.3	29	8.9
Much worse than usual	5.3	8.9	3.6	4.8
Total	100	100	100	100

**Psychological well-being**

Bieps Questionnaire. It presents a Cronbach's Alpha coefficient reliability of 0.80. Significance was tested for significance associated with Bartlett's test of sphericity, which is 0.000,  $p < .0001$ ; Kaiser Meyer Olkin sample adequacy index = 0.733. 43.1% of the sample scored 39, which places them in the 95th percentile, these being the highest scores for the population, indicating that participants' BS manifestations are adequate. 44.3% of the sample scored 33 and 38, which places it in the 50th percentile, indicating that there is a tendency toward adequate manifestation of BS, these being the mean scores of the scale. On the other hand, 13.1% of the sample obtained scores of 28 and 32, which places it in the 25th percentile, indicating an inadequate manifestation of BS, corresponding to a low score.

As a result of the descriptive analysis the BS according to gender, 66.7% (56) of the men and 33.3% (28) of the women present a high level; 70% (35) of the men and 30% (15) of the women present a medium level; and 57.1% (20) of the men and 42.9% (15) of the women present a low psychological level, as shown in Figure 1.

**Figure 1: Level of subjective well-being by gender**



It was concluded that most of the sample studied (91.1%) had a high level of BS, while 8.3% had a perception of low BS.

**IV. Discussion**

The present investigation analyzes the subjective perception, mental fitness and psychological well-being in Colombian swimmers in isolation by Covid-19.

It could be appreciated that the typical difficulties of relative decrease in reliability and validity when adapting from a traditional method to the web, while collecting comparative data, did not occur. In this sense, the psychometric properties of the adapted instrument maintain the stability of the measures over time, and conform

to the theoretical model of the valid version in Colombia. The exploratory factor analysis allows concluding that the items of the "physical and mental condition", in 75.1% is relevant to determine the possible relationship between the subjective perception of the physical-mental condition and the BS in swimmers in isolation situation due to the coronavirus.

When correlating the factors of the GHQ-28 Questionnaire and the general health factor, the existence of highly significant relationships between the four factors was verified. These results may indicate that maintaining good physical and mental health is related to a good level of quality of life. In this sense, the results are similar to the studies of Stein, (2016).

When analyzing depression and the general health factor, it is verified that the literature highlights the correlation between depression and the presence of chronic diseases<sup>39</sup>. The correlation between depressive symptomatology and social function, refers to the limitations of usual social activities derived from perceived health which, according to the literature, confirms that the loss of loved ones, as well as social contacts, social isolation, lack of emotional support from family members and emotional loneliness are risk factors for the suffering of depressive symptoms in people<sup>40,41</sup>, refer that maintaining physical mobility is important to promote functional independence and to increase people's quality of life.

After the literature review, the author adheres to the concept of BS outlined by<sup>32</sup>, subjective well-being has stable and changing components at the same time. Appreciation is modified according to the predominant negative and positive affect. Well-being is stable in the long term, despite the different experiences according to the predominant affect. This emphasizes that BS is more than the stability of positive affect.

At the same time, the perception of the EBP and the general quality of life are related to the achievement of the swimmers' life goals, since the BS is a positive indicator of the subject's relationship, which includes valuative and affective aspects that are integrated in the future projection and in the meaning of life<sup>42</sup>.

Likewise,<sup>43</sup> establishes the relationship between the way in which adolescents perceive that their environment does not provide them with the necessary conditions to solve their difficulties, and the restrictions they have to face different situations in their daily lives. These characteristics are far from the characteristics of the swimmers in the sample, as the opposite is evident, i.e., they manage to relate adequately with their peers, and engage in activities that involve constant interaction and satisfaction in 91.1%, which is reflected in the Bieps scale. A 53.8% perceive their physical and mental health as good, with better day-to-day possibilities, since they have learned to solve problems and make productive decisions. Similarly,<sup>43</sup> the results presented in this study show that Spanish adolescents have a high level of BS, both in the total score of the scale and in each of its component dimensions, the results being very similar to those found in the present study. With regard to sex, the differences (analyzing the dimensions) show that females are more responsible and controlled than males at all ages, show greater interest in social relationships and affective bonds, while males of all ages are more satisfied with themselves than females.

In this line, <sup>38</sup> found that adolescents evaluate their own life favorably and are satisfied with it, finding it motivating in general, despite the problems and demands of their stage, which may be due to the way they relate to their peers and that, This may be due to the way in which they relate to their peers and to the fact that, as is known, in adolescence belonging to a group becomes especially important for them, a characteristic that is not alien to Colombian swimmers, who have a strong sense of belonging to their group and family, which implies constant interaction.

<sup>44</sup>compared undergraduate university students subjected to quarantine and found no difference between those who were not quarantined in terms of stress symptoms or general mental health problems (this being due to the fact that they are young and do not have as much responsibility as adults who are employed full time). Similar results were found with the Colombian swimmers considering themselves as cheerful, resilient because of their sports practice.

As for the limitations of the study we can observe that: in the sample collected there is an overrepresentation of men over women; use of convenience sampling; the samples compared are still too small to suggest generalizable results to the entire Colombian population, so further studies should consider this aspect, in order to improve them.

They compared the psychological results of people who were and were not in quarantine, they found that those who were in contact with a disease and in quarantine presented symptoms of stress, exhaustion, detachment from others, anxiety, irritability, insomnia, poor concentration. Differing in the results obtained with Colombian swimmers, also in a sample of parents and children, it was found that stress symptoms were four times higher in children who were in quarantine, while in swimmers they presented the opposite<sup>45</sup>.

#### **IV. Conclusion**

This research demonstrates the relationship between BP, subjective perception and physical-mental fitness in swimmers. Likewise, the higher the level of PA of swimmers, the lower the score obtained in depression, and that lower levels have an impact on a better perception of health and well-being.

The BS of the swimmers proved to be key to face physical and psychosocial problems typical of the pandemic, therefore, as a recommendation it can be concluded that this type of research generates social and health initiatives to prevent and mitigate the psychosocial effects in any situation of difficulty.

**Acknowledgement:** Special thanks to the Colombian Association of Swimming Technicians and Educators (ACOLTEN), to the leagues, coaches and Colombian swimmers who participated in this study.

## References

- [1]. América Latina Y El Caribe: Número De Casos De COVID-19 Por País [Internet]. Statista. [Citado El 7 De Septiembre De 2023]. Disponible En: <https://es.statista.com/estadisticas/1105121/numero-casos-covid-19-america-latina-caribe-pais/>
- [2]. Brooks SK, Webster RK, Smith LE, Woodland L, Wessely S, Greenberg N, Et Al. The Psychological Impact Of Quarantine And How To Reduce It: Rapid Review Of The Evidence. *Lancet* [Internet]. 2020;395(10227):912–20. Disponible En: [http://dx.doi.org/10.1016/S0140-6736\(20\)30460-8](http://dx.doi.org/10.1016/S0140-6736(20)30460-8)
- [3]. Santos-Olmo AB, Ausín B, Muñoz M, Serrano P. Personas Mayores En Aislamiento Social En La Ciudad De Madrid: Experiencia De Una Intervención A Través De La Estrategia Psicológica De Búsqueda Activa. *Interv Psicosoc* [Internet]. 2008 [Citado El 7 De Septiembre De 2023];17(3):307–19. Disponible En: [https://scielo.isciii.es/scielo.php?script=sci\\_arttext&pid=S1132-05592008000300007](https://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S1132-05592008000300007)
- [4]. Summery For Policymakers. En: *Climate Change 2013 – The Physical Science Basis*. Cambridge University Press; 2014. P. 1–30
- [5]. Barbosa N, Sanchez CE, Vera JA, Perez W, Thalabard J-C, Rieu M. A Physical Activity Questionnaire: Reproducibility And Validity. *Journal Of Sports Science & Medicine*. 2007;6(4):505
- [6]. House JS. Social Isolation Kills, But How And Why? *Psychosom Med* [Internet]. 2001;63(2):273–4. Disponible En: <http://dx.doi.org/10.1097/00006842-200103000-00011>
- [7]. Holt-Lunstad J, Smith TB, Baker M, Harris T, Stephenson D. Loneliness And Social Isolation As Risk Factors For Mortality: A Meta-Analytic Review. *Perspect Psychol Sci* [Internet]. 2015;10(2):227–37. Disponible En: <http://dx.doi.org/10.1177/1745691614568352>
- [8]. Tapia SA. Actividad Física Y Distanciamiento Social: Experiencias De Jóvenes De Buenos Aires (Argentina) Durante La Pandem... Want More Papers Like This? [Internet]. *Congresse.Me*. [Citado El 8 De Septiembre De 2023]. Disponible En: <https://www.congresso.me/eventos/cielor/anais>
- [9]. Oliveira WA De, Silva JL Da, Andrade ALM, Micheli DD, Carlos DM, Silva MAI. A Saúde Do Adolescente Em Tempos Da COVID-19: Scoping Review. *Cad Saude Publica* [Internet]. 2020;36(8). Disponible En: <http://dx.doi.org/10.1590/0102-311x00150020>
- [10]. Martínez-Hita FJ. Propuestas Activas En Educación Física Durante El Confinamiento Por El Covid-19. *Efdeportes* [Internet]. 2020;25(266):2–13. Disponible En: <http://dx.doi.org/10.46642/Efd.V25i266.2178>
- [11]. Reflexões Sobre A Saúde Do Adolescente Brasileiro. *Psicologia, Saúde & Doenças* [Internet]. *Redalyc.Org*. 2015 [Citado El 8 De Septiembre De 2023]. Disponible En: <https://www.redalyc.org/pdf/362/36242128008.pdf>
- [12]. Melo MCB De, Falbo Neto GH, Alchieri JC, Figueiroa JN. Avaliação Do Comportamento Agressivo De Adolescentes. *Cien Saude Colet* [Internet]. 2015;20(6):1861–8. Disponible En: <https://www.scielo.br/pdf/csc/V20n6/1413-8123-csc-20-06-1861.pdf>
- [13]. Ryan RM, Deci EL. On Happiness And Human Potentials: A Review Of Research On Hedonic And Eudaimonic Well-Being. *Annu Rev Psychol* [Internet]. 2001;52(1):141–66. Disponible En: <http://dx.doi.org/10.1146/annurev.psych.52.1.141>
- [14]. Keyes CLM, Shmotkin D, Ryff CD. Optimizing Well-Being: The Empirical Encounter Of Two Traditions. *J Pers Soc Psychol* [Internet]. 2002;82(6):1007–22. Disponible En: <http://dx.doi.org/10.1037/0022-3514.82.6.1007>
- [15]. Videra-García A, Reigal-Garrido RE. Autoconcepto Físico, Percepción De Salud Y Satisfacción Vital En Una Muestra De Adolescentes. *An Psicol* [Internet]. 2013;29(1). Disponible En: <http://dx.doi.org/10.6018/Analesps.29.1.132401>
- [16]. Pitt CM, Nally JE. Angiotensin II-Mediated Potentiation Of Endothelin-1-Evoked Bronchial Contractions: A Role For Leukotrienes? *Pulm Pharmacol Ther* [Internet]. 1999;12(1):7–12. Disponible En: <http://dx.doi.org/10.1006/Pupt.1998.0157>
- [17]. Waterman AS. Two Conceptions Of Happiness: Contrasts Of Personal Expressiveness (Eudaimonia) And Hedonic Enjoyment. *J Pers Soc Psychol* [Internet]. 1993;64(4):678–91. Disponible En: <http://dx.doi.org/10.1037/0022-3514.64.4.678>
- [18]. Jahoda M. *Current Concepts Of Positive Mental Health*. New York: Basic Books; 1958
- [19]. Keyes CLM, Magyar-Moe JL. The Measurement And Utility Of Adult Subjective Well-Being. En: *Positive Psychological Assessment: A Handbook Of Models And Measures*. Washington: American Psychological Association; 2003. P. 411–25
- [20]. Keyes CLM. Social Well-Being. *Soc Psychol Q* [Internet]. 1998;61(2):121. Disponible En: <http://dx.doi.org/10.2307/2787065>
- [21]. Ryff CD, Keyes CLM. The Structure Of Psychological Well-Being Revisited. *J Pers Soc Psychol* [Internet]. 1995;69(4):719–27. Disponible En: <http://dx.doi.org/10.1037/0022-3514.69.4.719>
- [22]. Pychyl TA, Little BR. Dimensional Specificity In The Prediction Of Subjective Well-Being: Personal Projects In Pursuit Of The Phd. *Soc Indic Res* [Internet]. 1998 [Citado El 8 De Septiembre De 2023];45(1/3):423–73. Disponible En: <https://link.springer.com/article/10.1023/A:1006970504138>
- [23]. Solano C, Completo N. *Revista Interuniversitaria De Formación Del Profesorado* [Internet]. *Redalyc.Org*. [Citado El 8 De Septiembre De 2023]. Disponible En: <https://www.redalyc.org/pdf/274/27419066004.pdf>
- [24]. Buman MP, Hekler EB, Haskell WL, Pruitt L, Conway TL, Cain KL, Et Al. Objective Light-Intensity Physical Activity Associations With Rated Health In Older Adults. *Am J Epidemiol* [Internet]. 2010;172(10):1155–65. Disponible En: <http://dx.doi.org/10.1093/Aje/Kwq249>
- [25]. *Pedagogia Social Revista Interuniversitaria*. Sociedad Iberoamericana De Pedagogia Social (SIPS); 2016
- [26]. De La Cruz-Sánchez Maria Isabel Moreno-Contreras José Pino-Ortega Raúl Martínez-Santos E. Actividad Física Durante El Tiempo Libre Y Su Relación Con Algunos Indicadores De Salud Mental En España. *Salud Mental*. No. 1, Enero-Febrero 2011;34
- [27]. Ku P-W, Fox KR, Chen L-J. Leisure-Time Physical Activity, Sedentary Behaviors And Subjective Well-Being In Older Adults: An Eight-Year Longitudinal Research. *Soc Indic Res* [Internet]. 2016;127(3):1349–61. Disponible En: <http://dx.doi.org/10.1007/S11205-015-1005-7>
- [28]. Fox KR, Stathi A, Mckenna J, Davis MG. Physical Activity And Mental Well-Being In Older People Participating In The Better Ageing Project. *Eur J Appl Physiol* [Internet]. 2007;100(5):591–602. Disponible En: <http://dx.doi.org/10.1007/S00421-007-0392-0>
- [29]. Jiménez MG, Martínez P, Miró E, Sánchez AI. Bienestar Psicológico Y Hábitos Saludables: ¿Están Asociados A La Práctica De Ejercicio Físico? *International Journal Of Clinical And Health Psychology*. 2008;8(1):185–202

- [30]. Spirduso WW, Cronin DL. Exercise Dose-Response Effects On Quality Of Life And Independent Living In Older Adults. *Med Sci Sports Exerc* [Internet]. 2001;33(6 Suppl):S598-608; Discussion S609-10. Disponible En: [Http://Dx.Doi.Org/10.1097/00005768-200106001-00028](http://Dx.Doi.Org/10.1097/00005768-200106001-00028)
- [31]. Martina Casullo M, Castro Solano A. Evaluación Del Bienestar Psicológico En Estudiantes Adolescentes Argentinos. *Rev Psicol* [Internet]. 2000;18(1):35-68. Disponible En: [Http://Dx.Doi.Org/10.18800/Psico.200001.002](http://Dx.Doi.Org/10.18800/Psico.200001.002)
- [32]. Hernández Lalinde JD, García Álvarez D, Soler MJ. Escala FDA Para La Medición De Los Factores Del Desarrollo Adolescente Y Su Predicción En El Bienestar Psicológico (FDA Scale For The Measurement Of Adolescent Development Factors And Their Prediction In Psychological Well-Being). *Retos Digit* [Internet]. 2020;(41):214-27. Disponible En: [Http://Dx.Doi.Org/10.47197/Retos.V0i41.83168](http://Dx.Doi.Org/10.47197/Retos.V0i41.83168)
- [33]. Ryff CD. Psychological Well-Being Revisited: Advances In The Science And Practice Of Eudaimonia. *Psychother Psychosom* [Internet]. 2014;83(1):10-28. Disponible En: [Http://Dx.Doi.Org/10.1159/000353263](http://Dx.Doi.Org/10.1159/000353263)
- [34]. Vista De Actividad Físico Deportiva, Autoconcepto Físico Y Bienestar Psicológico En La Adolescencia (Physical Sports Activity, Physical Self-Concept And Psychological Wellbeing In Adolescente) [Internet]. *Fecyt.Es*. [Citado El 8 De Septiembre De 2023]. Disponible En: [Https://Recyt.Fecyt.Es/Index.Php/Retos/Article/View/34578/18702](https://Recyt.Fecyt.Es/Index.Php/Retos/Article/View/34578/18702)
- [35]. Zuñiga Maria J. Incidencia Del Ejercicio Físico/Deportivo Sobre El Bienestar Psicológico. 2003
- [36]. Retolaza A, Mostajo A, Rica JR, Diaz A, Perez J, Aramberri I, Et Al. Validación Del Cuestionario De Salud General De Goldberg (Versión 28 Ítems) En Consultas De Atención Primaria. *Rev Asoc Esp Neuropsiq*. 1993;13(46):187-94
- [37]. Urbano. Estilos De Afrontamiento Al Estrés Y Bienestar Psicológico En Adolescentes De La Escuela De Líderes Escolares De. *Repositorio De La Universidad Peruana Cayetano Heredia*. 2019
- [38]. Mojtabai R, Olfson M. Major Depression In Community-Dwelling Middle-Aged And Older Adults: Prevalence And 2- And 4-Year Follow-Up Symptoms. *Psychol Med* [Internet]. 2004;34(4):623-34. Disponible En: [Http://Dx.Doi.Org/10.1017/S0033291703001764](http://Dx.Doi.Org/10.1017/S0033291703001764)
- [39]. Djernes JK. Prevalence And Predictors Of Depression In Populations Of Elderly: A Review. *Acta Psychiatr Scand* [Internet]. 2006;113(5):372-87. Disponible En: [Http://Dx.Doi.Org/10.1111/J.1600-0447.2006.00770.X](http://Dx.Doi.Org/10.1111/J.1600-0447.2006.00770.X)
- [40]. Husaini BA. Predictors Of Depression Among The Elderly: Racial Differences Over Time. *Am J Orthopsychiatry* [Internet]. 1997;67(1):48-58. Disponible En: [Http://Dx.Doi.Org/10.1037/H0080210](http://Dx.Doi.Org/10.1037/H0080210)
- [41]. Solano C, López AS, Pilar M. Universidad De Oviedo España [Internet]. *Redalyc.Org*. 2000 [Citado El 8 De Septiembre De 2023]. Disponible En: [Https://Www.Redalyc.Org/Pdf/727/72712111.Pdf](https://Www.Redalyc.Org/Pdf/727/72712111.Pdf)
- [42]. Piacente TRI. Comentario De Textos De Reciente Publicación Pensar La Adolescencia Hoy. 2008
- [43]. Wang Y, Xu B, Zhao G, Cao R, He X, Fu S. Is Quarantine Related To Immediate Negative Psychological Consequences During The 2009 H1N1 Epidemic? *Gen Hosp Psychiatry* [Internet]. 2011;33(1):75-7. Disponible En: [Http://Dx.Doi.Org/10.1016/J.Genhosppsy.2010.11.001](http://Dx.Doi.Org/10.1016/J.Genhosppsy.2010.11.001)
- [44]. Bai Y, Lin C-C, Lin C-Y, Chen J-Y, Chue C-M, Chou P. Survey Of Stress Reactions Among Health Care Workers Involved With The SARS Outbreak. *Psychiatr Serv* [Internet]. 2004;55(9):1055-7. Disponible En: [Http://Dx.Doi.Org/10.1176/Appi.Ps.55.9.1055](http://Dx.Doi.Org/10.1176/Appi.Ps.55.9.1055)