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Understanding the Biological Experience of Twelfth Grade Male Students in the Days of the Covid-19 Epidemic (A Phenomenological Approach)

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Research Paper

Abstract

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Purpose: With the spread of the Covid-19 virus, a new way of life was formed with the requirement of general quarantine and forced the students of physical education who were very active and active to stay at home. The aim of the current research was to understand the lived experience of twelfth grade male students of physical education during the Covid-19 pandemic.

Methodology: The current research was applied in terms of purpose and with an inductive research approach and phenomenological strategy. The statistical population of the research was all experts in the field of education and twelfth grade male students of physical education in Tehran in the academic year of 2020-21. For this purpose, in-depth and semi-structured interviews were conducted with 22 experts and students according to the principle of theoretical saturation. To ensure the validity of things such as the accurate selection of samples, the simultaneous collection and analysis of data and coherence in the methodology by the researcher, compliance and reliability were obtained using the recoding method of 82% In order to analyze the research data, the method of open, axial, and selective coding was used using MAXQDA version 2020 software.

Findings: In the current research, there are 64 indicators in the form of five categories, including economic factors (household economic conditions and clubs), lifestyle changes (health recommendations, home quarantine experience, sports restrictions, knowledge enhancement and free time), preparation Physical and competitive (physical and competitive conditions), psychological (thought obsessions, mood swings) and media and virtual space factors (changes in the conditions of media contact, virtual education and happy program) were identified.

Conclusion: The results of the current research emphasize the need to pay attention to the economic conditions of the household, health recommendations, increasing sports knowledge, maintaining physical conditions, psychological control and virtual training of sports during the epidemic. In this context, developing a strategic plan for physical activity at home, providing health recommendations, virtual education, new technologies and existing software in the field of exercise during the covid-19 epidemic by the authorities in order to prevent physical inactivity, It is recommended to motivate the students and encourage them to study.



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Detailed abstract

Purpose: Corona virus is a new disease that has affected all the countries of the world and has faced major changes in the daily life of the people of the earth. Since the end of December 2019, an outbreak of a respiratory disease called the new coronavirus or Covid-19 was reported in the city of Wuhan, China, which has affected a large area of the world. In general, the Covid-19 virus is a respiratory disease that does not have much lethality, but the power of its spread has caused global concerns. The world said. This has caused serious concerns for citizens in all countries, even in societies without the spread of the corona virus. When we examine large stadiums, television rights, sponsors, professional sports in any part of the world, we will see the different effects of the corona virus and this effect becomes more evident in the amount of income. It is still unclear what long-term effects the corona virus will have on other factors, including fan engagement, sports participation, employment in the sports industry, and the welfare of employees and athletes. The postponement caused the organizers of these games to face heavy financial losses. On the other hand, physical education is an educational process in which physical activities are used as a way to acquire skills, preparation, knowledge, and positive attitude in order to achieve optimal growth, general health, and maximizing physical activity opportunities. In the days of the spread of the corona virus, when it is not possible to hold face-to-face classes in schools and universities, the decision to hold practical courses, especially physical education, is one of the main concerns of school and university administrators. Because it is not possible to do practical lessons and evaluate them online. In addition, students who do not have access to the Internet suffer from an obvious weakness when participating in the evaluation process, which negatively affects their grade point average. In this regard, one of the most important measures that can be taken before and even after the occurrence of any crisis is empowerment. The components of an organization's capability are skills, technologies, facilities, equipment, resources and common knowledge. Empowerment should be in accordance with the existing facilities and capabilities and should be based on the defined priorities. The aim of the present study was to understand the lived experience of twelfth grade male students of physical education during the Covid-19 pandemic.

Methodology: The current research was applied in terms of purpose and with an inductive research approach and phenomenological strategy. The statistical population of the research was all experts in the field of education and twelfth grade male students of physical education in Tehran in the academic year of 2020-21. For this purpose, according to the principle of theoretical saturation, in-depth and semi-structured interviews were conducted with 22 experts and students in a targeted manner. For this purpose, in-depth and semi-structured interviews were conducted with 22 experts and students according to the principle of theoretical saturation. . To ensure the validity of things such as the accurate selection of samples, the simultaneous collection and analysis of data and coherence in the methodology by the researcher, compliance and reliability were obtained using the recoding method of %82. In order to analyze the research data, the method of open, axial, and selective coding was used using MAXQDA version 2020 software.

Findings: In the current research, there are 64 indicators in the form of five categories, including economic factors (household economic conditions and clubs), lifestyle changes (health recommendations, home quarantine experience, sports restrictions, knowledge enhancement and free time), preparation Physical and competitive (physical and competitive conditions), psychological (thought obsessions, mood swings) and media and virtual space factors (changes in the conditions of media contact, virtual education and happy program) were identified.

Conclusion: The results of the current research emphasize the need to pay attention to the economic conditions of the household, health recommendations, increasing sports knowledge, maintaining physical conditions, psychological control and virtual training of sports during the epidemic. In this context, developing a strategic plan for physical activity at home, providing health recommendations, virtual education, new technologies and existing software in the field of exercise during the covid-19 epidemic by the authorities in order to prevent physical inactivity, It is recommended to motivate the students and encourage them to study. According to the obtained results, it is suggested that economic: restraining laws to put pressure on the clubs to renew, close or terminate the contract with the players in certain circumstances. Lifestyle change: appropriate educational programs for students in the Corona era to learn specialized skills such as foreign language, computer skills, etc. should be developed. Physical and competitive fitness: entertainment programs, competitions and activities at home should be provided by schools. Psychological: Counseling should be provided to students by school counselors in order to help with mental and psychological conditions and create a purposeful plan for life. Media factors and virtual space: The infrastructure and conditions of the Internet should be improved and programs for students should be provided using audio and visual attractions and appropriate to the media and virtual space, In this context, proper planning to control the physical and competitive activity of students, providing health recommendations, developing a strategic plan

for physical activity at home, increasing knowledge, understanding and optimal use of media, virtual education and new and soft technologies. The devices available in the field of sports during the covid-19 epidemic are suggested by the officials in order to prevent physical inactivity, mental lack of motivation and lack of education among students. Finally, based on the limitations of the research such as the statistical population limited to the city of Tehran, not considering the cultural, social and economic conditions of the students, difficult access to the research subjects and conducting the research using a qualitative study method, it is suggested to other researchers in this field that in For the validity and richness of the present research, they should investigate the variables of this research by quantitative study method, comparative study in leading countries and investigate the cultural, social and economic obstacles in the behavior of students during the covid-19 epidemic.

Key words: lived Experience, Students, Physical Education Field, Lifestyle, Covid-19