

## **EXPLORING SEDENTARY BEHAVIOR AMONG STUDENTS AT THE HEIGHT OF THE PANDEMIC**

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### **ABSTRACT**

This study aimed to determine the sedentary behavior among Senior High School students during the pandemic. Results showed that the lived experiences of the Senior High School students as regarding their sedentary behavior are gaining weights and mental health problem are the changes that happened to them during series of lockdowns. Majority of them did not have any physical activities since they were not allowed to go out because of the feat of the virus. Also, the results in coping strategies of the Senior High Students regarding sedentary behavior are doing household chores eased the burden brought by the pandemic, In the same vein, they coped with the problems on sedentary behavior through doing an exercise, they engaged into gardening by planting of vegetables which enabled them to see the fruition of their labor. Lastly, reaching out their loved ones helped them overcome the effect of sedentary behavior. Through this, they can share their problems and other sentiments. This study employed qualitative-phenomenology that gives the detailed understanding of the topic being investigated, issues and concerns based on the lived experiences of the people.

**KEYWORDS:** Sedentary Behavior among Students & Height of the Pandemic