

Feasibility of Distance-Monitoring Intervention on Sedentary Time and Physical Activity among Sri Lankan Adolescents

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COVID-19 restrictions such as the closure of schools and parks, and the cancellation of youth sports and activity classes around Sri Lanka may prevent children from achieving recommended levels of physical activity (PA). The prime aim of this study was to examine the feasibility of distance-monitoring concept on sedentary time (ST) and PA of Sri Lankan adolescents. The study was conducted by using concurrent triangulation design under the mix method research approach. Data were obtained from 347 male and female adolescents aged between 13-17 by using multistage sampling technique. Data were obtained from WHO STEPS instrument for PA and Adolescent Sedentary Activity Questionnaire (ASAQ) for ST. Parents also reported children BSP through Children's Sleep Habits Questionnaire (CSHQ). At follow-up, the overall retention of participants was 347 (82.6%) and the treatment fidelity rate was 87.5%. The study found that the PA level of the respondents increased significantly from 784.7 MET/min per week to 831.7 MET/min per week ($p<0.05$). The ST also decreased significantly from 3490 min/per week to 3332 min/per week ($p<0.05$). The study also showed that 66% of adolescents adhered to the recommended guidelines using distance monitoring. According to the thematic analysis students and teachers' perception on this was an even chance to accept this and parents seems to think its impractical and it is quite a challenge to implement. Distance monitoring has potentials in regulating and decreasing SB among adolescents in Sri Lanka and it is feasible.

Keywords: *distance monitoring, adolescents, PA level, sedentary behaviour*