

Relationship between use of computer games and smartphones with body composition, aerobic and anaerobic fitness in Langarud city high school students.

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The rapid growth of various forms of computer games makes children and adolescents spend a lot of their leisure time playing them. The aim of this study was to investigate the relationship between the use of computer games and smartphones with body composition, aerobic and anaerobic fitness in Langarud city high school students. 384 male students of high school Langarud (aged 17.00 ± 0.81 years, height: 174.93 ± 6.64 cm, weight: 71.59 ± 11.14 kg, and body mass index 23.34 ± 3.46 kg m²) were selected with a stratified random sampling method among 1563 second grade high school students in Langarud city. Information on the use of computer games and smart phones were collected through questionnaires. To measure body composition, body mass index was calculated and to measure anaerobic power and of RAST and for aerobic fitness shuttle run test was conducted. Statistical analysis was applied using the of the pearson correlation test. The results showed a direct and positive relationship between the use of computer games and mobile phones with body mass index of male students ($P= 0/000$). Also, the results indicated a negative relationship between the use of computer games and mobile phones with aerobic and anaerobic fitness ($P= 0/000$). Therefore, we can conclude that students who spend less time using computer games and mobile phones were a better body composition and had higher aerobic and anaerobic fitness. Based on the results of this research increasing time computer games and smart phones may cause obesity, overweight and increased body mass index and also with reduced physical activity and prolonged sitting can reduce the physical fitness of students. Therefore, reducing adolescent obesity and overweight by reducing the time spent playing computer games and

increasing exercise activity.

**Keywords : computer games, body composition, aerobic fitness, anaerobic fitness,
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