

# **Barriers to Physical Activity among Adults and Older Adults during the COVID-19 Pandemic: A Systematic Review**

Wael Alghamdi, Ph.D\*

## **ABSTRACT**

**Background/Aim:** A lack of physical activity among adults was observed in several countries during the COVID-19 pandemic. People clearly encountered social, demographic, personal, psychological, and economic barriers to physical activities, but no systematic review or meta-analysis has yet investigated these factors. This systematic review fills this gap by investigating the barriers to physical activity during the COVID-19 pandemic among adults.

**Methods:** This systematic review followed the PRISMA checklist and evaluated databases from Google Scholar, MEDLINE, PubMed, ScienceDirect, the Cochrane Library and other specific database websites. A comprehensive search was conducted for articles published between 2019 and October 2022 on the barriers to physical activity during the pandemic. The selection process was verified, and 12 articles were included in this systematic review. The data were extracted from each study in terms of the type of physical activity performed, the data collection instrument used, types of barriers, country of study, age of participants, and barriers to physical activity.

**Results:** Of 12 studies, ten reported a decrease in the level of physical activity while two reported an increase. The reported barriers to physical activity during the pandemic were a lack of equipment or facilities, lack of time, lack of motivation, lack of social distancing, fear of being infected with COVID-19, or having no partner.

**Conclusion:** This systematic review identified barriers to physical activity during the pandemic; thus, future studies are needed to overcome these barriers and to harness the factors that can facilitate a recommended level of PA among adults during a health crisis.

**Keywords:** Physical activity, Barriers, COVID-19, Pandemic, Adults

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\* Nursing Department  
Faculty of Applied Medical Sciences  
Al-Baha University  
Al-Baha, Saudi Arabia.  
E-mail: waelalghamdi@bu.edu.sa