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A survey study on the impact of COVID-19 pandemic on stress level of sports persons

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Abstract

The main aim of the study was to know the stress level of sports person in the COVID 19 PANDMIC days. Due to the high mortality rate of this COVID 19 virus the lockdown applied in various states which does not give permission to public to come out of their home. All this makes people prisoner in their home and a great loss is faced by sports persons. The continue staying in home creates a feeling of irritation and in case of sports persons they were losing skills in few days which they learned in years. That's why researcher studied the stress level of sports person during those pandemic days and studied what can be done for it. The subjects were selected by random sampling method. Total 700 sports person of national level were selected as subject, age ranged between 15-25 years. Statistical analysis showed that 56% players were under highly stressed situation, 35% were in moderate stress situation, 2% were in low stress situation and 7% were in very high stress situation. Due to these PANDEMIC days players are unable to follow a regular schedule and unable to do workout, this may lead them to face stress which may affect their health. By performing yoga and other strategies describe in this study one can remain stress free.

Keywords: COVID-19 pandemic, stress level, sports persons, sports professionally

Introduction

The sports persons are the people who are involved in any sports professionally. They are mostly extrovert type of persons. They love spending time in ground with their game. Their body get adaptive of workout. Every day they spend about 8 to 9 hours in practising their game and perfection of their skill. Fitness became their habit and they feel uncomfortable without doing physical activity. There are so many qualities a sports person may develop with the games and sports only. Sports teaches a person how to behave in society, how to handle the stress and survive best in that peak situation, how to manage in any difficult situation, how to be strong, how to bear pain, is teaches them to show unity in any possible situation, do sacrifices for others and many more. Overall the sports help to make an individual a good human being. Being a good sport fosters good habits and positive life skills both in and out of sports games, and is an important life skill for people of all ages. There is no any religion in sports all religion are same for all the persons.

COVID-19 is a droplet-transmitted potentially fatal coronavirus pandemic affecting the world in 2020. The WHO recommended social distancing and human-to-human contact was discouraged to control the transmission. It has put many countries in a state of lockdown and sporting events (including the 2020 Olympics) have been affected. Participation in sports and exercise, typically regarded as healthy activities, were also debated. The local professional football leagues, governed by the Hong Kong Football Association, ultimately postponed all matches after much deliberation on the transmission risk for the spectators and on-field players. Large spectating crowds are well-known to be infectious hazards, but the infection risk for on-field players is less recognized. Aside from watching professionals exercise, many people opted to hike in the countryside during the weekends to avoid city crowds. This led to a widespread discussion on the issue of wearing a facemask during outdoor activities.

In these COVID 19 pandemic days persons need to stay inside due CORONA virus. There are numerous lockdowns from March. Every person has to stay in unwillingly from 5 months. Sports persons are most addicted towards their workout and spending time on ground. They become satisfied only after extreme tiring schedule and sweet pain in muscles. They are used to work hard on grounds or their respected game fields. They feel energetic after playing only as it was told in surplus energy theory. Due to these lockdown days every individual is at home and doing work from home, but if we talk about sports persons then they are unsatisfied with this work from home situation.

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It is understood that one can perform strengthening exercise up to a level in home but what about endurance and speed workout. Also as we know that doing continuous same exercise creates tedium and then decrement in performance. If one wants to do strength workout then there is need of good warm up which is not possible in home. These all conditions create stress among sports person in current situation which may be harmful for their health. For analysing the stress level of sports person this study is being conducted.

Stress is an enemy that endangers our emotional health. Its concept is elusive. There does not exist a single universally agreed definition of stress. It has been described in terms of the person's response to disturbing environmental conditions, the stimulus characteristics of disturbing environments and the reflection of a lack of fit between the person and his environment. Stress arises from a comparison between the demand on the person and his ability to cope. Demands may arise as a result of social pressure, from the requirements and constraints placed on the pattern and flow of that person's behaviour by his job or home life, or internally as a reflection of the person's needs. Stress is a 'system' produced by emotional and social relations that are going on within an organization-economic, political, social, cultural or educational. Stress is the process that occurs in response to the situations or events (called stressors) that disrupts or threatens to disrupt our physical or psychological functioning.

Thomas Brown (1984) et.al. "Job Satisfaction and Stress among Neonatologists"*Pediatrics* 74(1):52-57 has listed five categories of sources of stress customary life events, unexpected life events, progressive, accumulating situational events, personality qualities, value dependent traits. Likewise, Admrdon Taylor et.al (1995) in his "study on stress as per situation" has concluded that there are four major antecedent sources of stressful behaviour: stressful life events, stress in work place and work stress and personality.

The main purpose of the study is to analyse the stress level of the players by a survey and suggest some techniques which can be followed during pandemic days to remain stress free.

Methodology

Subjects

For collection of data overall 700 subjects were randomly selected for the study. The subjects had at least represented their state in of the game. There were no any fixation of state borders for the selection of subjects; subjects were from the all over county India. Overall 700 sports person responded. The national level sports person of different games and from various states of India age ranging between 15- 25 years were selected as the subject for the study.

Data Collection

For the collection of data first of all the Google form of questionnaire has been prepared and with the help of peer group of the researcher the questionnaire has been spread to all the sports persons of different states of the India. The responses has been recorded in Google form excel sheet. For the authenticity of the subjects their minimum state level certificate has been taken in Google form. The objective of the study was to find out the stress level of sports persons. For this study Sheldon Cohen's Perceived

Stress Scale questionnaire was used to collect the data. The questionnaire was prepared in the form of goggle docs and the link was sent to the students through different sites. The questionnaire designed consisted of 10 questions.

Statistical Techniques

The descriptive statistics had been applied for the analysis of the result.

Results

The raw data which was obtained through the survey were analyzed according to PSS scores and recorded accordingly.

Table 1: The recorded distribution of total number of athletes as per their stress score

Total athletes	Very high stressed situation	Highly stressed situation	Moderate stressed situation	Low stressed situation
700	49	392	245	14
100%	7%	56%	35%	2%



Fig 1: The figure showing the stress situation of athletes

It is clear from the data given in graph1 that in these lockdown days there are 56% of the athletes which are in highly stressed situation and 35% are in moderate stress situation the factors behind this are explained below.

Discussion

It is seen from the result analysed that majority (56%) of the athletes were in highly stressed situation this may be because they were unable to do workout during those days as sports person are habitual of doing workout and due to pandemic they are unable to go anywhere outside from their home and couldn't workout. Due to lack of workout they are unable to burn calorie which makes them feel heavy and overweight, which creates a stressful situation for them. It is well known quote that practise makes a man perfect, and this lack of practise makes them unfit and imperfect due to which a feeling of aggression may arise. By performing same schedule everyday which is non-acceptable from initial day creates tedium in the person. Game is the only first and last choice of the athletes. They start their day with workout and the day ends with tiredness. This fine attachment of players from their game is creating a stressful situation for players by staying continuous away from the game. It is well known that decrement in practise results decrease in shape and size of muscles and also sometimes total number of muscles fibres. Even a small skill takes 3-4 months to learn, hence due to these pandemic days player's

skill level is getting diminished day by day. Even a gap of 5 days creates ruining of 1 month effort. Here athletes are at home from 5 months. It takes them back too much, the skills which they achieve after long sessions practise will become imperfect. Try to think the situation like a tough match in which you are facing a tough competitor but at last you will be the winner. Every individual has some strong and some weak zone try to give more time on your weak zone and make it your strength. Normally people used to be lazy at the time of doing regular workout; this is the best time to give something to your family and bring a good change in home. In much busy schedule we forget to give time to our self. Start giving time to our self it is the most vital part. It brings a very positive change in the individual. The learning can be from any field, of any purpose and of any skill. An athlete's future is from his game only and they are unable to maintain or improve their game level which is creating a condition of fear for future that what they will do if they lost all the things. Staying away from tournaments and their profession creates financial problem, since they need a good diet and equipment's too. Since athletes remain away from their home most of the time but continuous staying at home and facing family conflicts creates them more in stressful situation.

Conclusion

The techniques described can be used to resolve current stress situation experienced by sports persons in many contexts following COVID-19. Start doing yoga at home it brings steadiness in your life. The asanas improve strength and flexibility in body and pranayama enhances steadiness in mind. By going through too much updates of corona cases and death ratio one may feel more anxious and fearful which may lead to increase tension of the individual. Hence don't go for too much updates just try to remain busy in your new schedule. The routine must include academics, workout, interaction with peers and relatives on the phone or using other forms of technology. Have a fixed schedule for meals. Engage every individual of the family in exercise by interesting ways. Most of the sports persons don't go for theory part regarding their game and skill. It is the best time to utilise it by reading books related with your game, skill, profession and area. Books work as best friend when you become away from everyone. Researches are the best thing to update your knowledge with the time from here one can get a lot of idea about recent updates in the field, current changes and reasons behind them. Researches showed that 80% of the sports persons are suffering from injury either major or minor due to that after a time they are unable to give their best in the game. This is the best time to recover injuries by giving them proper treatment and rehabilitation. It is known that athletes are very innovative thinkers. Hence players can make some in-build game that can be played in home by various age groups this keeps them engaged.

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