

## Sports and Pandemic: The Debacle, Its Impact and Aftermaths

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### Abstract

Like an invisible enemy, covid-19 is destroying our sports world. Sports world is in such a state that even the Olympics cannot be held without eliminating the Covid -19 virus. Considering this situation I have prepared this research paper. There are fifteen questions of my own, which I have included in this survey. I have completed this survey with the help of Google forms. More than 180 international, national, state, inter university and university athletes aged 18 to 30 years are participated in the event. What I found from this survey is that athletes are very mentally exhausted, and the Covid-19 virus is losing the muscle strength and physical strength of athletes. They can't get physical training because they are in the rooms. They are also more likely to get into anti-depressants because of the psychological tension of what their future performances will be. So let the top authorities make every preparation to bring the sport back as soon as possible.

**Key words:** Covid-19, Olympics, Anti-Depressants, Google Forms, Psychological, Physical Strength, Athletes

**1. Introduction:** Corona, a year old out of China. The disease, known as Covid-19, is now silencing the entire world. Symptoms of colds include sneezing, sneezing, coughing, fever and shortness of breath. For the first time, our sports world has been trapped in it. There are many athletes in our world who have had to quit training without being able to leave home at all. The days are coming before us when all the hard work and hard work of this time has to be revealed. Many athletes have been training and dieting for the sake of the Olympics. Today, they may be going through a variety of stressors. There has never been a situation like this in our sports world. What I mean by this study is to understand what their mental state and other problems they are facing in this lock down and overview of what people in our sport should look out for when this happens.

**2. Materials and Methods:** I have conducted this study on 180 international, national, state, inter-university and university athletes in Kerala aged between 18 to 30. The survey was conducted with the help of Google Forms, due to the global down time. Random sampling was used for the same.

### 3. Results & Discussion:

#### 3.1 Tables and Figures

#### Psychological impact on athletes during Covid -19 lock down

The data relating to psychological impact on athletes during Covid -19 lock down were collected and calculated to determine the frequency and percentage. The details are shown in Table3.2.1.

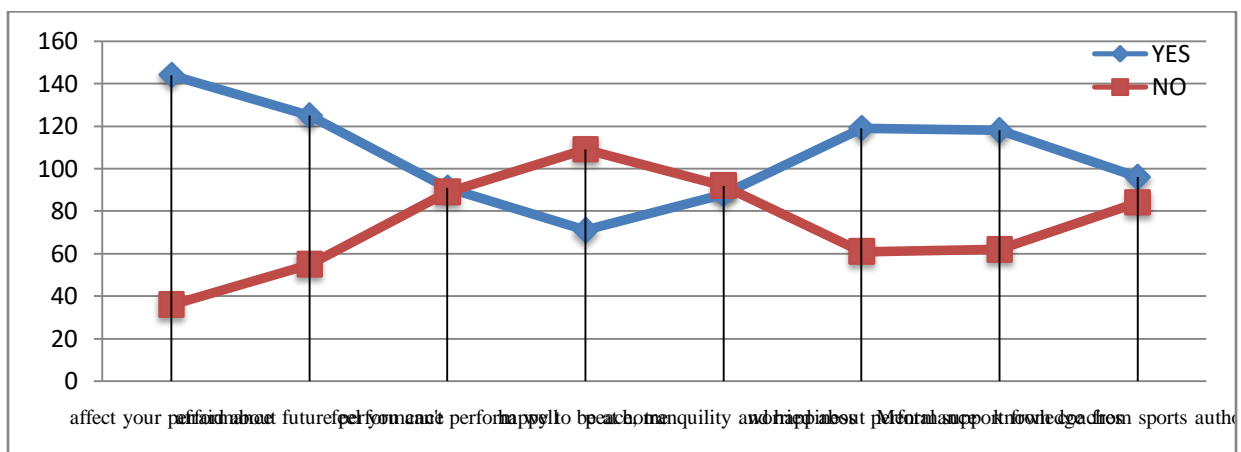
### 3.2.1 Analysis and Interpretation of psychological impact on athletes during Covid -19 lock down

Item	Frequency	Percentage
Affect your performance	144	80
Afraid About Future Performance	125	69.4
Feel you can't perform well	91	50.5
Happy to be at home	109	60.5
Peace, tranquility and happiness	92	51.1
Worried about performance	119	66.1
Mental support from coaches	118	65.5
Knowledge from sports authorities	96	53.3

Looking at this table we can see that 80.0% of the 180 athletes believe that the corona period will adversely affect their performance. 69.4% of the respondents said that the World Down was so terrifying that they felt it would be challenging for their performance. 50.5% of athletes are of the view that they cannot perform well after this corona. 60.5% of athletes do not enjoy sitting at home during the coronation period. 51.1% of athletes do not experience any mental exhilaration such as peace, happiness or tranquility during this period. In addition, 66.1% of athletes have a lot of mental disorder.

Of the 180 athletes, only 65.5% of the athletes have received an awareness of how to overcome this down-time from their mentors. Of these, only 53.3% of sportspersons have the knowledge to overcome this period from sports authority.

### 3.2.2 Figure: Comparative line diagram of psychological impact on athletes during Covid -19 lock down



Psychological impact on athletes during Covid -19 lock down

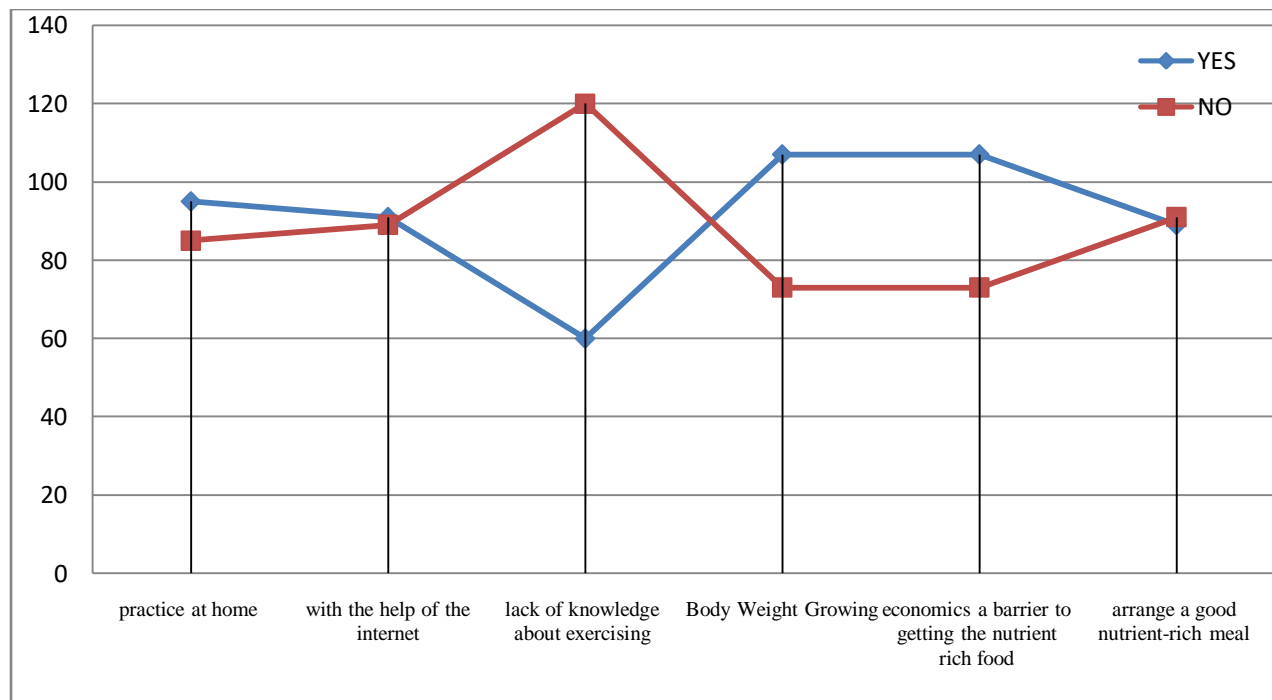
The data relating to psychological impact on athletes during Covid -19 lock down were collected and calculated to determine the frequency and percentage. The details are shown in Table3.2.3.

**3.2.3 Analysis and Interpretation of other issues faced by athletes during Covid -19 lock down**

Item	Frequency	Percentage
Practice at home	95	52.8
With the help of the internet	91	50.6
Lack of knowledge about exercising	60	33.3
Body weight growing	107	59.4
Economics a barrier to getting the nutrient rich food	107	59.4
Arrange a good nutrient-rich meal	89	49.4

Looking at this table, we can see that only 52.8% of people are able to practice at home, and only 50.6% practice with internet help, of these, only 33.3% knew about exercise at home. Around 59.4% of athletes gained weight during the World Lockdown. 49.4% of athletes are able to eat nutritious foods during this covid-19 period, and 59.4% of the economic backwardness prevents them from eating nutritious foods.

**3.2.4 Figure: Comparative line diagram of other issues faced by athletes during Covid -19 lock down**



#### 4. Conclusions

What we can learn from this study is that athletes are all under a lot of stress. Although athletes are known to train with the help of the Internet, the lack of access to home is a major problem. We can see that athletes are not gaining the right amount of nutrient-dense food and physical training during this period, and therefore gaining weight. Financial hardship is also a challenge for athletes to procure nutritious foods. While we may wish for a period of time to come, our sports teachers, coaches, sports organizations and top sports administrations must be ready for this. Classes and articles required to engage with athletes and to stimulate them mentally through online classes, social media and television. I conclude this study by hoping that a good sport will wake up soon.

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