

**A STUDY ON THE IMPACT OF COVID-19 ON SPORTS
STUDENTS
(15-18YRS)**

Dissertation submitted to

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(BRANCH A) CHILD DEVELOPMENT**

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CERTIFICATE

This is to certify that the thesis entitled “ ***Impact of COVID-19 on sports students (15-18yrs)***” is a research work carried out by Rose Mariya babu under my guidance and supervision.

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DECLARATION

I hereby declare that this dissertation entitled “Impact of COVID-19 on sports students (15-18yrs)” is a bonafide record of research work done by me under the guidance and supervision of Smt. Nimmy jacob and has not been previously submitted by me for the award of degree, diploma or recognition elsewhere.

Place: Ernakulam

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INTRODUCTION

CHAPTER 1

INTRODUCTION

COVID-19 has spread to almost all countries of the world. Whereas people around the globe have faced a lot of difficult circumstances and moreover sudden changes in the life patterns has got negative impact in the life of the individuals, like not being able to interact with people outside and not being able to carry out daily life activities is a stressful thing and also individuals who take part in sports and extracurricular activities has faced a hard time during pandemic, where they are not able to take care of their daily routine to maintain their physical strength, thus sports students psychological, emotional and social well-being got highly affected.

There have been epidemics and disasters throughout human history, triggering long-term physical, psychological, and social problems as well as primary effects such as death and injury. Currently, with the COVID-19 pandemic, Students are a vulnerable segment of society to sudden changes. Therefore, The COVID-19 pandemic has sent the education industry to an unexpected location, the home.

Research addressing the impact of this pandemic in sports identified specific challenges for athletes' mental health during the lockdown, such as the difficulty in keeping training conditions (Pillay et al., 2020), These precautionary measures included social distancing, restrictions on public gatherings, and stay-at-home orders for several states, which resulted in the closure of most non-essential businesses. Included in this closure were most athletic training facilities and community fitness centers which prevented athletes from accessing strength and conditioning equipment. As a result, athletes had to significantly modify their training habits and environment without adequate time to secure appropriate training equipment

The COVID-19 pandemic response resulted in an unprecedented situation within the sporting community. Resultantly, athletes were forced to abruptly modify training habits without adequate time for coaches, strength, and conditioning professionals and athletes to develop a structured strategy moving forward. While previous commentaries (Sarto et al., 2020) and consensus statements have been recently published regarding concerns for athletes returning to sport after a disruption in regular training or recommendations for in-home training (Hammami et al., 2020; Jukic et al., 2020)

The COVID 19 pandemic will continue to have very considerable effects on the sporting world as well as on the physical and mental well being the people around the the world.To control the spread of COVID-19, health authorities enacted policies to increase physical distancing and limit person-to-person contact.This included closing schools, community centres, parks, athletic and fitness facilities, and halting organized sports. Canadian health authorities provided guidelines to maintain physical activity safely, including engaging with people from the same household or small groups, while maintaining physical distancing.Options for physical activity included in-home exercise programs (e.g., yoga, online fitness classes), outside activity during non-peak hours, and appropriate hand hygiene practices before and after activity Physical activity and social connection are important determinants of mental health.

Individual sports, they may not want to be deprived of competing against an opponent. Studies have shown that individual sports athletes are at a greater risk of psychological distress than team sports athletes (Tasiemski and Brewer, 2011; Purcell et al., 2019). Mental health challenges have been suggested to be more prevalent in individual sports athletes compared to team sport athletes (Pluhar et al., 2019), owing to the nature of individual sports. Specifically, individual sports athletes have to deal with both success and failure on their own, while team sports athletes enjoy a shared responsibility (Mladenović, 2019). Furthermore, team sports provide more social opportunities compared to individual sports in which there is no peer support. This situation may be tougher for athletes who are much younger and inexperienced (Nicholls et al., 2016). Although recent studies are beginning to investigate the psychological well-being of athletes during the coronavirus pandemic (Costa et al., 2020; Mehrsafari et al., 2020; Pillay et al., 2020), Schools traditionally facilitate opportunities for group-based physical activity and social connection through physical education and extra-curricular sport activities. However, physical distancing measures enacted during COVID-19 and the suspension of in-person schooling might reduce important social connections and physical activity opportunities for student-athletes. Concerning the well-being of athletes, it is necessary to highlight studies exploring the perceived impact on athletes due to measures of social distancing and the emotional, mental, social, and physical components related to well-being that may have been affected (Brooks et al., 2020; Gupta and McCarthy, 2021; Woodford and Bussey, 2021). The contribution of Woodford and Bussey (2021) stated that the lockdown provided the athletes with a rest period, allowing them to

think about their sporting participation and make the necessary changes in their lives that would protect their well-being during the lockdown and post-lockdown periods

Aim: - To assess the impact of COVID-19 on sports students (15-18 yrs.)

Objective: -

- To assess the impact of COVID-19 on sports students
- To assess physical health impact of sports students during pandemic
- To assess social impact of sports students during pandemic
- To assess the psychological impact of sports students during pandemic
- To assess academic interests during pandemic

REVIEW
OF
LITERATURE

CHAPTER 2

REVIEW OF LITERATURE

The review of literature of the study titled “ *The impact of covid 19 on sports students* “ are discussed under the following heads :-

2.1 Impact of covid 19 on sports students

2.2 Impact of covid 19 on sports students physical domains

2.3 Impact of covid 19 on sports students social domains

2.4 Impact of covid 19 on sports students psychological domains

2.5 Impact of covid 19 on sports students academic domains

2.1 Impact of covid 19 on sports students

According to Rowe & Garriques (2022) COVID-19 pandemic has affected the athletic performance of student-athletes. The coaches believed that the COVID-19 restrictions, limited resources, and the lack of support from the government, schools, and parents contributed to less than average performances in some cases. Other significant challenges included reassuring and motivating student-athletes to continue training despite the uncertainty of Champs 2021. The poor turnout of athletes to training and the preparation schedules affected the amount and quality of training that student-athletes would normally receive, this ultimately affected their performance. The results also indicated that the most noticeable effects of the COVID-19 pandemic were weight gain, poor technical skills, and a lack of interest and motivation to participate in track and field. In trying to combat these effects, the coaches employed motivational talks and tried.

Shepherd (2021) This novel conducted a study to find out study explored high school student-athletes. experiences of physical activity, social connections, and mental health and well-being during the COVID-19 pandemic. The areas noted that highlights the interactions

amongst these health determinants and provides insights into what resources and supports these student-athletes accessed and found helpful, and what areas of support were lacking. Findings provide direction on how best to support student-athletes moving forward.

Benson (2020) Physical distancing remains a critical step toward combating the COVID-19 pandemics. we found evidence that teammate social interactions (i.e., social support and connectedness) may have protective effects on indices of mental health and well-being, although stronger causal models would be needed to clarify this association. Using a longitudinal approach to assess changes in athletic identity from before to during COVID-19, we identified positive associations between teammates social interactions and identity maintenance and subsequently, that identity maintenance was with symptom positively associated with psychological and social well-being and was negatively associated with depression.

Graver 2021 reported psychological impact of the COVID-19 crisis (the change-event) on college athletes and members of campus groups. We perceive that there is value in documenting perceived and metric-normed outcomes during this unique time. Authors urge campus community and those in contact with college athletes and related groups to be diligent in monitoring the holistic wellness of these members. He noted that female members of these teams are experience higher levels of depression, anxiety, and stress, than males. Mainly, we contend that it is important to consider that COVID-19 is a significant change-event, and other change-events are known to have significant impact. We should consider that COVID-19 may be acutely and longitudinally impactful to the American college student

2.2 Impact of covid 19 on sports students physical domains

Samuel (2020) stated The final impact of the COVID-19 pandemic on sports and exercise cannot be determined at this stage, however, the information that we gathered may provide valuable guidance to athletes and governing committees to move forward safely. COVID-19 is highly transmittable in sporting environments due to its viability, long incubation period, and milder symptoms; especially in contact sports. The essential preventive measures include minimizing human-to-human contact and practising proper personal hygiene. Athletes' on-field own risky behaviours should be avoided to minimize unnecessary infection as close contact with others is unavoidable during contact sports. The decision to resume sporting events should

correlate to the local number of cases and strict infection measures will need to be implemented at the early phases of resumption. Exercise with a facemask definitely has a toll on the human body and it is advised to adjust the exercise intensity when masked. Sports and exercise may be important, especially for competitive athletes, but safety is still paramount. Everyone should practice safe sports with the appropriate measures and prevent the further transmission of the COVID-19 pandemic

According to Mónica ,& Christa (2022) Overall, maintaining physical activity may effectively contribute to reducing the negative effects of COVID-19. As long as people exercise or work out in compliance with the various regulations and restrictions, such as those regarding social distancing, they can be fitter and healthier and they can also break free of the monotonous routine of everyday life. All it takes is determination, and everyone can perform a variety of different exercises that are appropriate to their state of health.

According Psychol (2021_). the health crisis caused by COVID-19 altered the sporting practice, life quality, and emotional state of Spanish elite athletes during the lockdown and in the subsequent post-lockdown period. Concerning the sporting practice, even with the advice of coaches during the lockdown, there were modifications due to the restrictions and the closure of sports facilities. After returning to the new situation, sporting activity did not return to normal levels immediately, since training was carried out in a progressive and scheduled manner by professionals, well aware that training had to be adapted to the circumstances. The health and performance perception were other altered factors in the athletes, especially in student-athletes and women groups. In addition, athletes with a higher competitive level suffering greater uncertainty due to the postponement of competition had an important decrease in both perceptions that should be considered. Furthermore, the health of athletes was also influenced by emotional problems, leading them to perform their training sessions with less attention and motivation compared to before the health crisis. However, the post-confinement period led to a decrease in the negative emotional state of the athletes, while at the same time increasing their positive emotional state and energy level in order to face their tasks. On the other hand, the stress level remained moderately high, due to the workload to be recovered, especially concerning the competitive and academic field for student-athletes

2.3 Impact of covid 19 on sports students social domains

According to Éva (2022) The present development of information-communication technologies can alleviate or solve several of the related problems. With the help of telecommunication apps and software that are already available, people can stay in touch, which means that they can even do workouts together. It is also possible for coaches, athletes, and instructors of physical education to keep in touch with their clients and students in person, although virtually. As regards the results of practice, these can be shared on social media platforms, which may further strengthen motivation for keeping up with the activities. Applications available in the framework of gamification, as well as exergame applications, may multiply the number of positive experiences, making users more willing to exercise. Most of the available applications can be easily customized, which makes them perfect for individual target groups according to their health conditions or levels of fitness. Various liaison and contact management programs, such as conference systems, can also be used for the purposes of group-based physical activity.

According to Christopher (2021) In communication there is connectedness. In connectedness, there is hope and optimism. Future research could explore the constructs of hope and optimism collectively as they relate to sport, social isolation, and connectedness during a crisis. Findings could provide important insight for coaches, sociologists, physicians, psychologists, and sport psychology practitioners. While quantitative studies would be significant contributions to the literature, future research exploring social isolation and optimism in sport qualitatively may also provide important insight and contribute to the literature in valuable and applicable ways. Finally, the communicative behaviors discussed, while not definitive and exhaustive solutions to social isolation, are viable strategies for sport practitioners to consider when dealing with the paradox of social isolation and optimism in sport during the COVID-19 era.

Iancheva (2020) reported The pandemic COVID-19 constituted one of the greatest ordeals the world has seen in the last decades. Social isolation has changed students' lives completely and brought a number of consequences. The aim of this study was to investigate the dominant psychic conditions and perfectionism and their relation to the preferred coping strategies during the pandemic COVID-19 among sports students from Bulgaria and to outline their specificity depending on their gender, kind of sport, and qualification. The research was done among 99 sports students who practice 11 kinds of sport, aged between 19 and 32 years, divided into groups according to their gender, kind of sport, level of qualification

Graupensperger (2020) In his study reported that student-athletes who received more social support and reported more connectedness with teammates and less dissolution of their athletic identity and in most models reported better mental health and well-being. Indirect effects indicated that student-athletes' change in athletic identity mediated the effects of teammate. In addition to advancing theory on how small groups relate to mental health, these findings demonstrate the value in remaining socially connected with peers and maintaining role identities during the COVID-19 pandemic.

2.4 Impact of covid 19 on sports students psychological domains

According to the M lane(2021)l sports athletes experienced high psychological distress as a result of the COVID-19 pandemic lockdown. The number of individual sports participants in the study were fewer compared to team sports participants, and this may have contributed to this result. the COVID-19 pandemic lockdown is a peculiar situation in which athletes had to be in isolation, away from their sport without any certainty of resumption or any form of real social support from relatives and friends. It might have led to feelings of sadness and hopelessness in some individual sports athletes. For this reason, coaches and the other staff who work with individual sports athletes should regularly keep in touch with the athletes using online interventions during the pandemic lockdown to help them have a sense of belonging. Further research should focus on determining, by comparing different sports, the highest prevalence of psychological distress.

The results showed that athletic identity and category of sports participation predict, to a certain extent, the level of psychological distress athletes experience during the COVID-19 pandemic lockdown. These findings may have important implications for practitioners, coaches, and athletes. A number of studies have suggested that individual sports athletes experience anxiety and psychological distress more than team sports athletes (Pluhar et al., 2019). With regards to athletic identity, it is important to note that athletes may reduce their connection with the athletic role as a means of protecting their self-image (Brewer et al., 2010). When some athletes begin to divest or reduce their athletic identity during a pandemic, it may be a sign that they are experiencing psychological distress.

kozalakidis (2021) in his study found that there are significant, negative correlations between the use of coping strategies in athletes, mainly on cognitive restructuring and emotional calming, and the emotional states commonly labeled as negative, such as depression, stress, anxiety, and fatigue. Although minor differences were found between males and females, the latter have shown higher scores in most psychological variables studied. The study of differences based on the sex variable is a relevant line of research where several studies have recently been carried out in this regard.

According to a study conducted by Micheal (2022) a total of 35 studies were included in the final analysis, comprising athletes around the world and across numerous sports and levels of play. Most studies utilized at least 1 validated mental health questionnaire and assessed athletes for outcomes such as depression, anxiety, stress, motivation, and athletic identity. Overall, athletes reported worse mental and emotional health during the COVID-19 pandemic, although these effects were attenuated by home training programs and quarantine training camps. Female sex and more elite levels of play were associated with an increased risk for poor mental health outcomes. Type of sport was associated with mixed results, with individual and team sports carrying different increased risks for poor mental and emotional health. Nearly all studies recommended the need for increased psychological support of athletes during the COVID-19 pandemic.

Economou, & Glascock (2021) studied the trauma that a global pandemic can bring, and the traumatic termination of athletic seasons places an already vulnerable group at a higher risk for mental health distress. Student-athletes need to be supported by their athletic departments, the NCAA, and their social support circles during this time. Through establishing a group with the goal of developing a plan for recognizing and referring collegiate student-athletes with psychological concerns, the National Trainers' Association has identified important factors in helping student-athletes: athletic trainers and team physicians should monitor sub-clinical changes in mood and mental state, specifically following incidents like injury or termination (26). Concerns about mental well-being should be addressed immediately in an effort to minimize the negative impact. Adequate psychoeducation about resources available to student-athletes and signs and symptoms of mental distress are vital to the student-athletes well-being. Ideally, campuses will find themselves being proactive more often than reactive.

Having a strong support system in place that is able to handle the trauma that events like a COVID-19 pandemic bring on will benefit the athletes in the long run. Looking at past traumatic events, and research on early career termination is indicative that there will be mental health repercussions. We hope that research can guide organizations like the NCAA in directions that better prepare them to support the well-being of their student-athletes.

.The effect of the COVID-19 pandemic on the mental and emotional health of athletes is complex and multifaceted. Increased social interactions with coaches and teammates, continued access to training facilities and mental health professionals, and active utilization of healthy coping mechanisms can improve mental health outcomes for athletes in the era of COVID-19

2.5 Impact of covid 19 on sports students academic domains

Kans (2022) suggested that most of the athletes planned to use their extra year of eligibility to pursue further scholastic or professional development, highlighting the positive part of the COVID-19 pandemic. Future studies should investigate how these findings relate to athletes from universities in different geographical locations and intra-division schools.

Corrado (2022) The main results of the present study confirmed the hypothesis of the effects of COVID-19 in relation to the severity of the contagion, academic level, sport typology, and competition level on dual careers and active lifestyles of athletes. In particular, during the forced confinement, the student-athletes maintained an active lifestyle when compared to recommendations for the general population (World Health Organization, 2010), substantiating the relevant role of competitive sport participation in the maintenance of active lifestyles of the individuals and the need of cross-sectoral cooperation involving representatives of teachers, sports associations, and coaching experts for the enhancement of a lifelong health-oriented physical activity (European Commission, 2015). Finally, home training and e-learning were valuable resources during the lockdown, despite the decreased time dedicated to both studying and training.

According to Sinigerova (2020) new forms of education and communication, which are chosen by the teachers (Zoom and Google classroom), as well as the combination of already known ones (Virtual platform of NSA and email) have a positive ithe education of students in both forms of education. There is a general satisfaction with the conducted training, however 50 % of the

students have a desire to continue with the distance form of education after the end of the pandemic, but in combination with a present form. The students also gave a positive assessment to the opportunity for consultation with the leading lecturer and his/her attitude and assistance. The students evaluated positively the conducted distance learning in statistics and can conclude that the pandemic and the imposed changes in the way of teaching have had a positive impact on the assimilation of the material by the students. The state of emergency in Bulgaria and the established full distance learning/eLearning are a novelty that the education sector has coped with in various ways. Despite the positive evaluations in the present study by the students, other studies or opinions on eLearning in the subject "Specific statistical methods in sports" have not been found so far.

The global impact of the pandemic due to the outbreak of COVID-19 affected higher education institutions, causing the suspension of their activities, and consequently, affecting university athletes in their on-site training processes and the suspension of national and international competitions (Duclos-Bastías 2021). In order to know the effects on physical activity and the positive and negative effects of pandemic control measures, such as confinement and physical distancing in university athletes, the present study investigated the levels of physical activity and the positive and negative effects of a sample of Chilean university athletes. Based on the above, it can be concluded that, in the case of the sample analyzed, maintaining a frequency, intensity, and duration of training-type physical activity during the pandemic was associated with a preservation of positive affect and a level of negative Affect similar to non-pandemic periods in non-sporting samples. Thus, having performed such training in both the female and male samples acted as an effective agent to enhance the affective states, and therefore the mental health, of the athletes.

METHODOLOGY

CHAPTER 3

METHODOLOGY

“Research methodology simply refers to the practical “how” of any given piece of research. More specifically, it’s about how a researcher systematically designs a study to ensure valid and reliable results that address the research aims and objectives”(Warren 2020)The methodology adopted for the study entitled “Impact of COVID-19 on sports students (15-18 years)” is presented under following heading:-

3.1) Selection of area

3.2) Selection of sample

3.3) Selection of tools and techniques

3.4) Analysis and interpretation of data

3.1) Selection of area

“This study was done in a selected area of Thrissur district. Thrissur was a small district. It has a total area of 3027 sq. Km.

In 2011, Thrissur had a population of 3,121,200” (<https://www.census2011.co.in>)The research was conducted in rural and urban areas of Thrissur district.

3.2) Selection of sample

Sampling is a process used in statistical analysis in which a predetermined number of observations are taken from a larger population(Tuovila2020). The samples selected for the study consist of adolescent boys and girls between the age group of 15 to 18yrs . 100 samples belonging the age group of 15-18 were selected. The sample selection was done was random purposive sampling method. Purposive sampling is intentional selection of informants based on their ability to elucidate a specific theme, concept, or phenomenon (Robinson R.S 2014)

3.3) Selection of tools and techniques

The tool used for the study was a self structured questionnaire. The questionnaires were circulated for the respondents through the google forms. Due to the pandemic it was difficult to meet the respondents in person, so the questions in Google forms were circulated among respondents to collect the data.

3.3.1 Questionnaire to assess the impact of COVID-19 on sports students

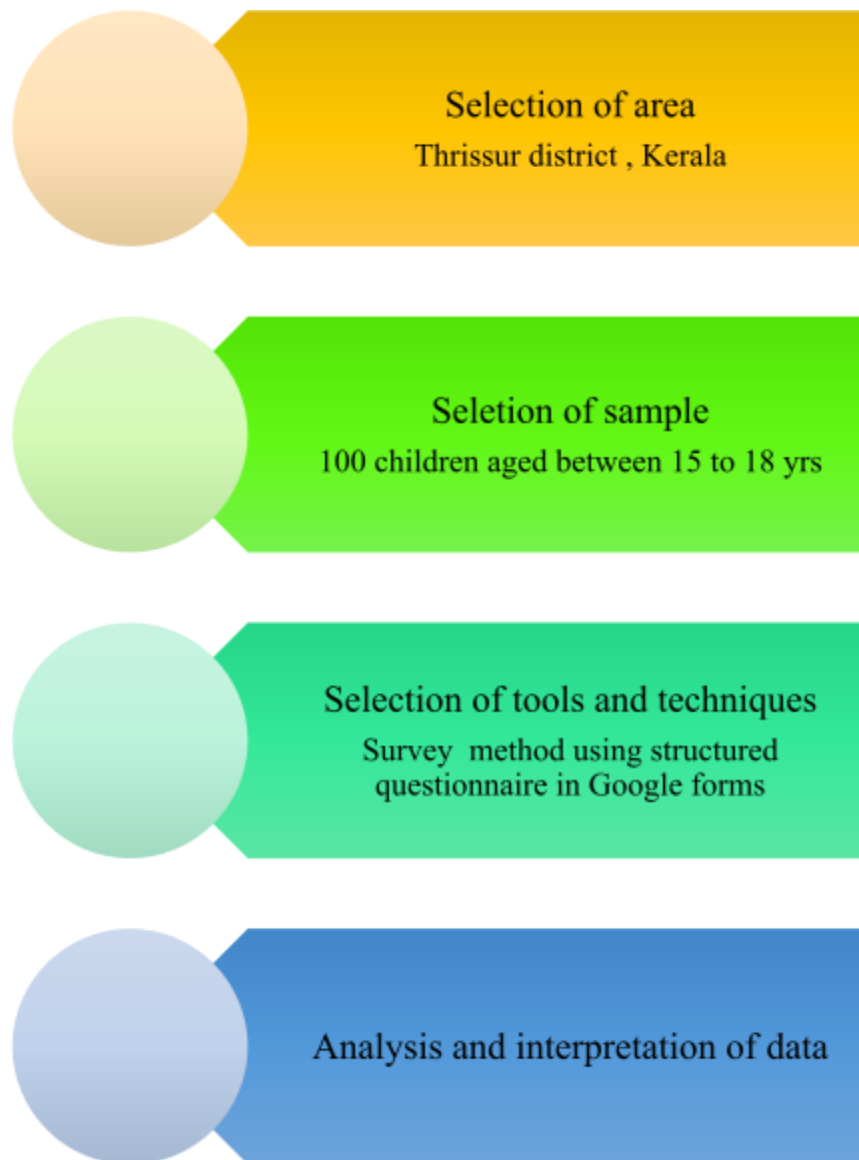
The investigator used a self structured questionnaire. The questionnaire comprised five major sections under each section investigator included questions to collect the necessary information for the contest of the study.

The first two sections include the basic details about the respondents and details about participation in sports events. Next four sections include the domains that affect sports students. Firstly, the physical impact of COVID-19 on sports students. The next domain is the social impact of COVID-19 on sports. Then psychological impact of COVID-19 on sports students. The last domain is the academic impact of COVID-19 on sports students. The collection of data done through the survey method

3.4) ANALYSIS AND INTERPRETATION OF DATA

The collected data were tabulated, analysed and interpreted through the statistical method. Percentage analysis were used to analyse the data collected

Figure1. given below shows the research design of the thesis entitled “Impact of COVID-19 on sports students” at glance.



Figure

Research design

RESULT
AND
DISCUSSION

CHAPTER 4

RESULT AND DISCUSSION

The result obtained after the analysis of the data and its discussion is described in the chapter. For the ease of understanding as well as convenience, the results and discussion are discussed under the following sub headings.

4.1 Background information of selected sample

4.2 details of Participation in sports events by the selected sample

4.3 Involvement of physical activities during pandemic

4.4 Physical activities related to food habits during pandemic

4.5 Health conditions that affect the physical activities

4.6 Difficulties faced in participating competitions

4.7 Sports association/clubs

4.8 Support from associations/clubs /coaches

4.9 Support from family and relatives

4.10 Social interaction during pandemic

4.11 Problems faced during pandemic

4.12 Emotional affect during pandemic

4.13 Emotional influence in sports performance

4.14 Affect on academic level performance due to COVID 19

4.1 background information of the selected samples

The table below shows the general information of the selected samples

Table 1
Background information of selected samples

Sl. No	Particulars	Category	Percentage (%)
1.	Age	15-16 yrs	72
		17-18yrs	28
2.	Gender	Male	50
		Female	50
3.	Educational qualification	10	23
		Higher secondary	39
		Degree	38
4.	Area	Rural	77
		Urban	23

From table 1. It was clear that 72 percent of the selected sample were between the age group of 15 -16 years and 28 percent of the samples were in the category 17-18 years.38 percent of the selected sample graduates and another 39 percent were doing higher secondary.23 percent from 10th grade.77percent of them from rural and 23 percent from urban

4.2 Details of participation in sports events by the selected samples

table shows that details about students in participating events

Table 2
Participation in sports events by the selected samples

Sl.No	General	Category	percentage (%)
1.	Event	Athletics	38
		Games	62
2.	Type of sports	Outdoor	48
		Indoor	13
		Both	39
3.	Highest level of competition	International	3
		National	29
		State	30
		District	38
4.	Experience in attending competition	2-4yrs	37
		5-7 yrs	35
		8-10yrs	16
		>10yrs	12

Above table indicated the details of participation of selected samples in events.. From the table 62 percent of the students are playing games and 38 percent are playing athletics. Majority of them are into games rather than athletics .39 percent of them are playing both outdoor and indoor sports. 48 percent of the selected students participated in outdoor games and 13percent in indoor games 37 percent of subjects participated in district level competition,there are 29 percent

players in national cleveland 30 percent of the state level sports competition majority of the players had either 2-4 yrs(37percent)or 5-7 yrs (35 percent) experience in attending competition

4.3 Involvement in physical activities during pandemic

Table 3 provided details of involvement in the physical activities during pandemic

Table 3.

Involvement in physical activities during pandemic

Sl.No	Physical activities	Category	percentage (%)
1.	Missing work out during pandemic	Yes	71
		No	29
2.	Methods adopted to manage physical health	Yoga	7
		Medication	15
		Meditation	4
		exercise	74
3.	Types of exercise done at home	Home work out	64
		Online physical	21
		Stretching	11
		Yoga	4
4.	Physical pain during pandemic	Join pain	18
		Back pain	32
		Muscle pain	46
		Swelling	4
5.	Facilities to do exercise at home	Yes	63
		No	37

It was clear from the above table that 71percent of them missed daily workout during pandemic .majority(74 %) doing exercise among the 64 percent did home work out to mangle physical health , 15 percent tried medication also, 21 percent of them attend online physical classes to improve their physical health ,only 4 percent did yoga .46 percent of them complained about muscle pain during pandemic due to lack of daily physical workout 32 percent had back pain 18 percent of them suffered join pain also. 63 percent of them had facilities at home to do exercise.

Figure 2 Depicts that the methods adopted to manage physical health

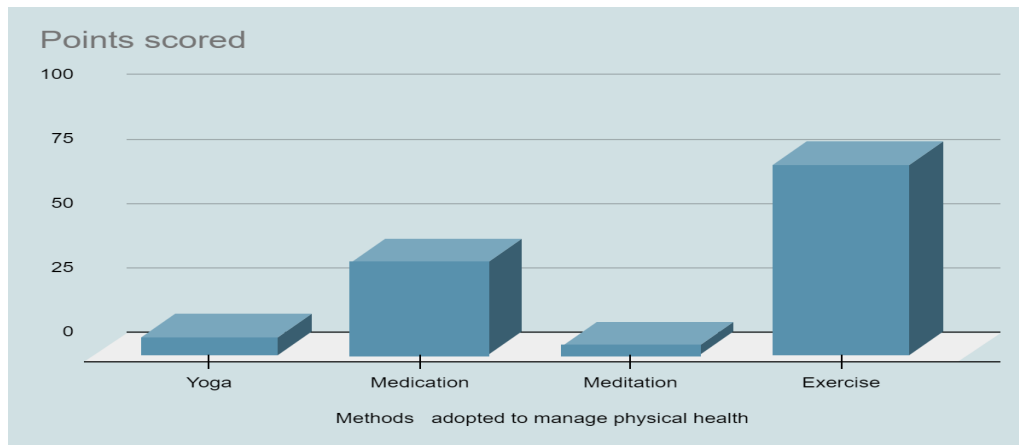


Figure 2
Methods adopted to manage physical health

4.4 Physical activities related to food habits

Table shows the food habits of players during pandemic

Table 4
Physical activities related to food habits of selected samples

Sl.No	Food habits	Category	Percenta(%)
1.	Food preference	Vegetarian	85
		Non vegetarian	15
2.	Food availability to maintain physical strength	Specially prepared foods	9

		Junk food	2
		Unhealthy food	2
		Home made food	87
3.	Preventive measure taken to avoid to covid 19 infection	Healthy food	25
		Special spices and herbs	13
		Vitamin tablets	11
		Physical work out	51

From the table vegetarians are more than non-vegetarians. 85 percent vegetarians and 15 percent non-vegetarians. players trying to maintain their physical strength through different kinds of food. Homemade Food is mostly consumed compared to other types of food like special healthy food, junk food and unhealthy food. Also they did precaution from not getting infections. Most of them did physical workout. 51 percent did the physical workout. 25 percent healthy food. There are some kinds of special spices and herbs like turmeric neem leaves etc.. 13 percent of them are used to prevent infection and 11 percent are consume the vitamin tablets

Figure 3 given that preventive measure to avoid COVID 19 infection during pandemic

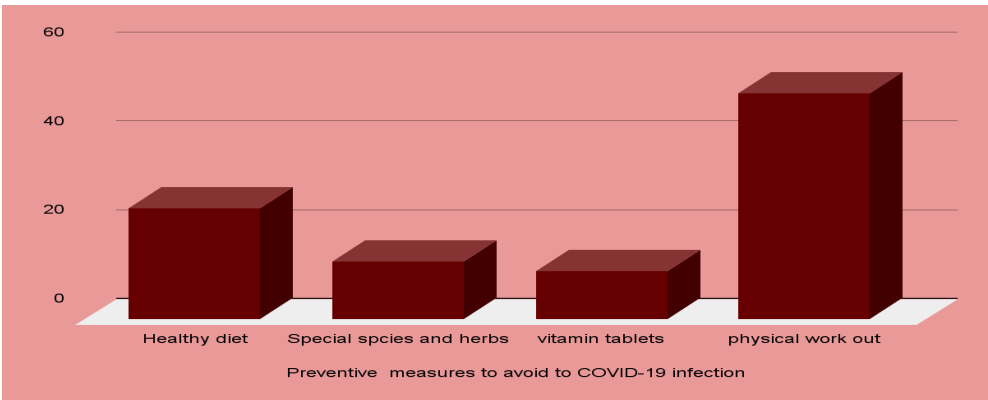


Figure 3
Preventive measure to avoid COVID -19 infection

Figure 4 shows the food availability to maintain the physical health

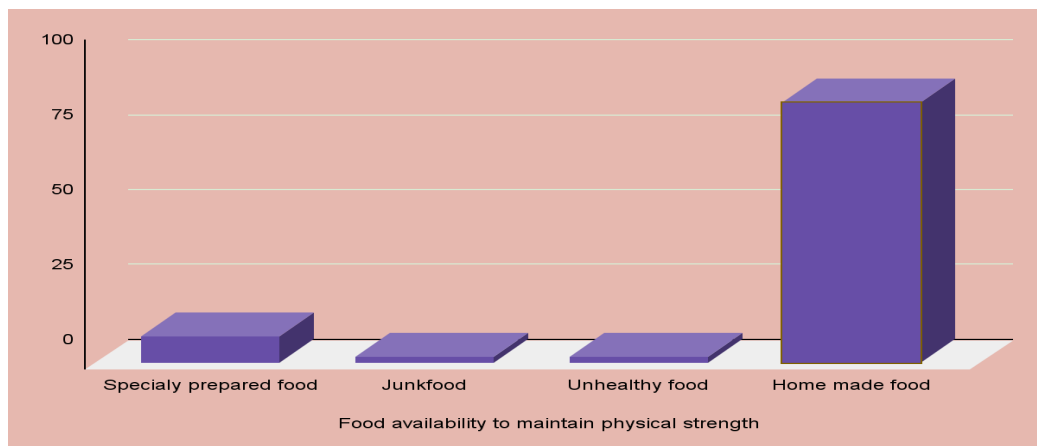


Figure 4

Food availability to maintain physical strength

4.5 Health conditions that affect the physical activities

Below table shows the health conditions due the pandemic

Table 5

Health conditions that affect the physical activities

Sl.No	Health conditions	Category	Percentage (%)
1.	Tested positive for covid	Yes	55
		No	45
2.	COVID -19 Symptoms	Headache	54.5
		Body pain	18.1
		Throat pain	34
		Others	74
3.	Physical health changes shows after pandemic	weakness	76
		Strength	21.8
		Infections	5.4
		No changes	78

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Above table showed that out of 100 players only 55 percent players were tested covid positive. Most of them had a headache. 18.1 percent had body pain and 34 percent had throat pain. But 74 percent don't have these symptoms. Due to infection they had lots of physical problems. Out of 55 76 percent of them become weak but 21.8 percent become strong and the 5.4 get diseases like infections. 78 percent of them don't have any changes.

Figure 5 Shows the COVID 19 infection rate of selected samples during pandemic

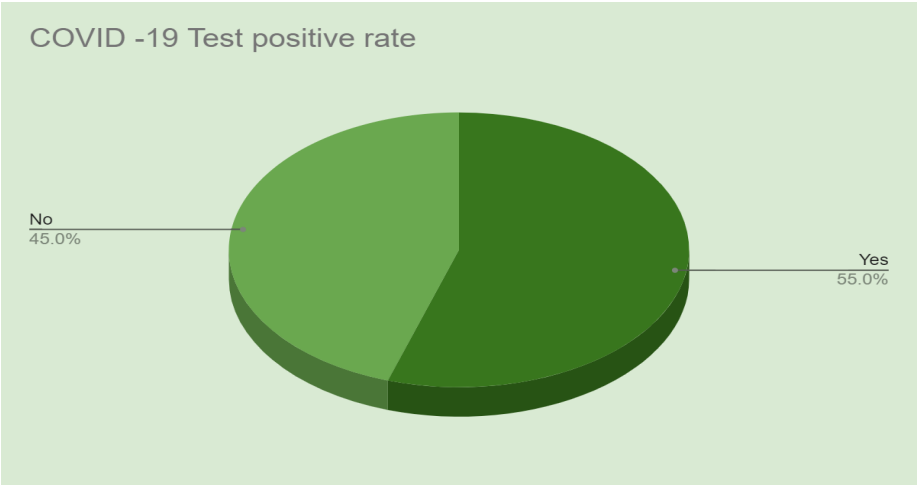


Figure 5
COVID -19 Infection rate

Figure 6 shows the symptoms of COVID 19 during pandemic

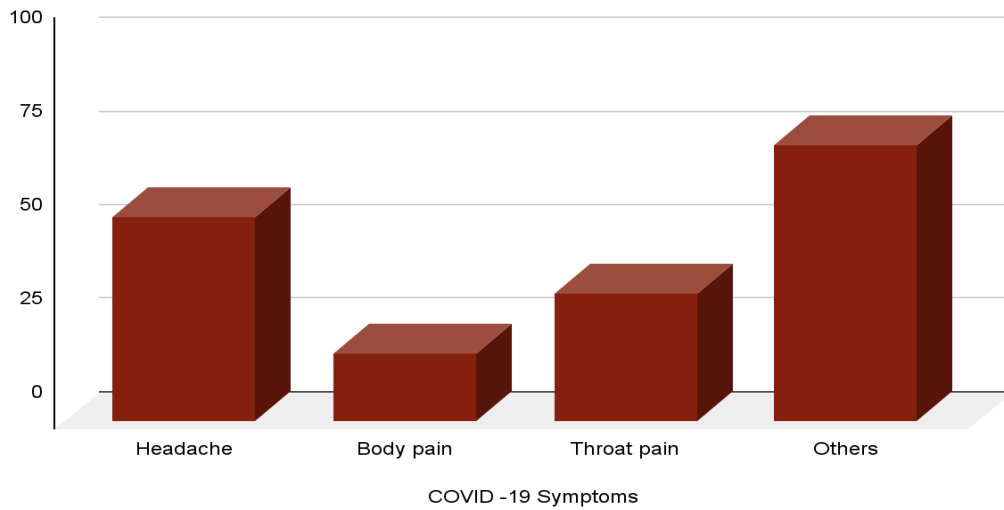


Figure 6
Symptoms of COVID -19

4.6 Difficulties in participating competitions

Below table shows the difficulties that faced during pandemic to participating the competition

Table 6
Restrictions in participating competition

Sl.No	Restrictions in participating competitions	Category	Percentage (%)
1.	Lack of informations about competitions during pandem	Yes	70
		No	30
2.	Restrictions from family members	Always	20
		Sometimes	49
		Never	31

From the table players do not have much knowledge about the competition during pandemic 70 percent of them aren't aware of competitions. 30 percent of the players knew about the competitions during pandemic. It indicates that most of the students are not aware of their social environment. Also the players had restrictions from the family members to participating competitions . 20 percent of the family was always strict . 31 percent of them never being restricted. 49 percent are intermediate between this

4.7 Sports association/clubs

Below table about the players association /clubs

Table 7

Sport from association /clubs during pandemic

Sl.No	About the association /clubs	Percentage (%)	
1.	Member of any association/clubs	Yes	51
		NO	49

The table shows that players are members of any association or clubs according to their sports. Answer is almost equal.51 percent are belonging to the associations and clubs the 49 percent are not belonging to any association or clubs.

4.8 Support from associations/clubs /coaches

Table shows the support from the association /clubs/coaches during pandemic

Table 8

Support from association /clubs/coaches

Sl.No	Details Support from association /clubs/coaches	Percentage(%)		
		Always	Sometimes	Never

1.	Support from associations/clubs /coaches	98	66	27
2.	Monitoring physical health by associations /clubs /coaches	66	84	45

From the table 98 percent of players were getting support from their respective associations/clubs/ coaches. 27 percent never got support. Through the monitoring players can maintain their physical strength so coaches or their association should be concerned about their physical health during a pandemic. Only 66 percent of them went the monitored by the coaches or associations. 84 percent of them did not get proper monitoring. 45 percent never observed by the coaches or associations. During pandemic there are lots of ways to monitor or observe them. They can set up a virtual meeting through any online platforms or they can make phone calls or video calls through systematic ways.

4.9 Support from family,relatives s during pandemic

Below table shows the support of family and relatives covid period

Tables 9
Support from family,relatives during pandemic

Sl.No	Support from family,relatives and relatives	Percentage (%)		
		Always	Sometimes	Never
1.	Living with parents	73	24	3
2.	Hostelets	3	24	73
3.	Support from family	64	29	7
4.	Support from relatives and neighbours	52	37	11

During the pandemic, players stay in hostels and their house mostly with parents to make low social interaction and in hostels they should interact with everyone. Most players stay with their

parents, only 3percent of them have never stayed in a hostel. Remaining 24 percent are staying with both in the hostel and home. 64 percent of them get the support from the parents.

Figure 7 Depicts that living status of selected samples during pandemic

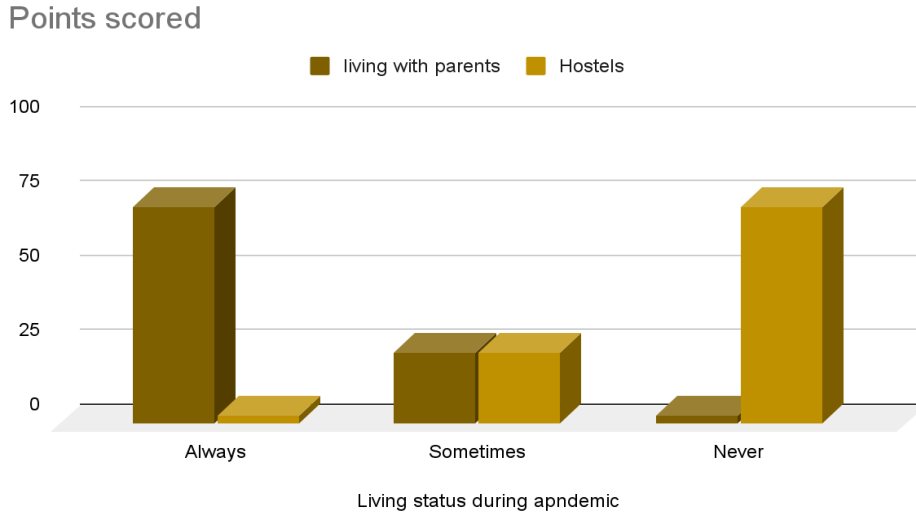


Figure 7
Living status during pandemic

4.10 Social interaction during pandemic

Below table shows that social interaction of the players during pandemic

Table 10
Social interactions during pandemic

Sl. No	Social interactions during pandemic	Categories	Percentage (%)
	Activities engaged in during pandemic	Online game	18
		Use Social media platforms	34
		house hold activities	38
		Studies	10

	Peer communication affected during pandemic	Yes	66
		No	44
3.	Changes in peer communication during pandemic	Being introvert	13
		Decreased communications	45
		Completely Stopped contact with them	28
		No changes	57

From the table majority 38 percent of the players were engaged in house hold activities . 34 percent of them used social media platforms. 18 percent of them did online games. 10 percent of them were involved in studies . When doing home activities everyone is active and they are very adaptive for their social settings. Using social media or online games make people addicted to that. This leads to decreased social communication or social behaviour. Peer relationship and peer communication are also important in adolescence. 66 percent report that their communication with peer groups was affected during pandemic. There is reduced communication among 45 percent of the subjects, 28 percent completely stopped communications. 57 percent reported that there was not changes in their communications

Figure 8 Activities engaged during pandemic

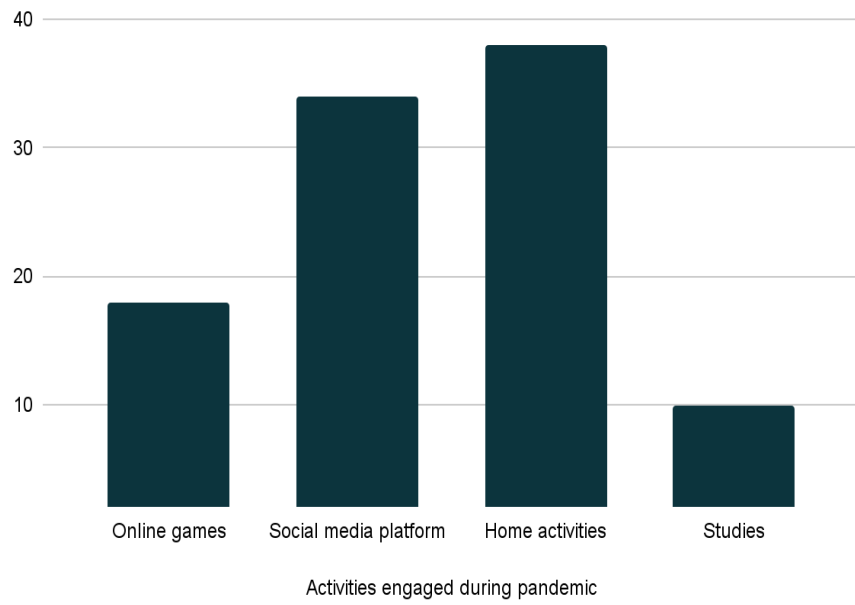


Figure 8
Activities engaged during pandemic

Figure 9 Depicts that peer communication during pandemic

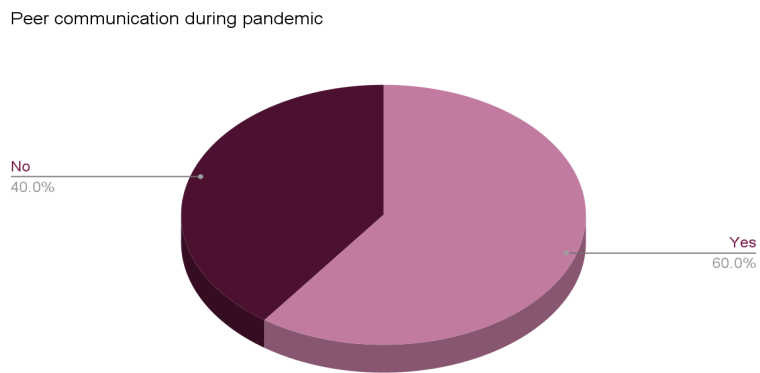


Figure 9
Peer communication during pandemic

Figure 10 depicts that change of peer communication during pandemic

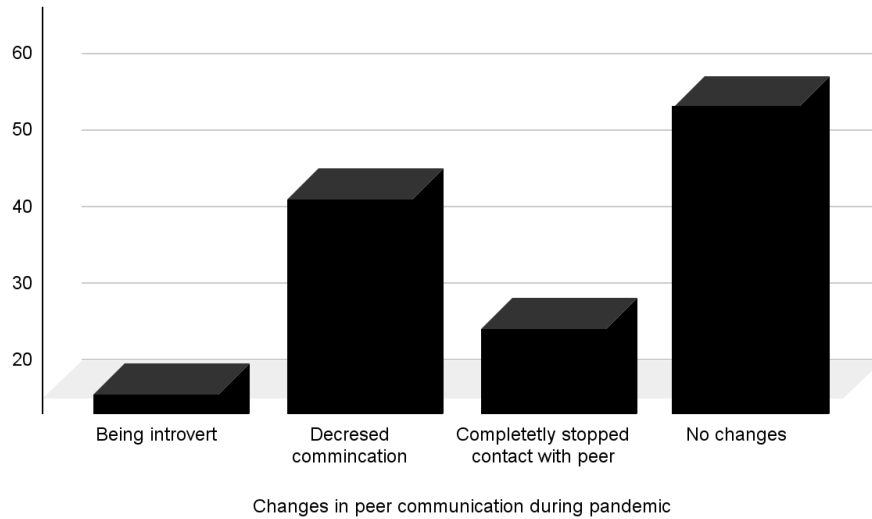


Figure 10
Changes in peer communication during pandemic

4.11 Problems faced during pandemic

Table shows that problems that faced during pandemic

Table 11
Problems faced during pandemic

Sl.No	Influence of coronavirus	Percentage(%)		
		Always	Sometimes	Never
1.	Fear of getting infected with COVID-19	22	43	35
2.	Fear of loss physical health by COVID-19	24	57	19
3.	Fear of affecting mental health by COVID-19	14	47	39
4.	Fear of loss of sports performance level by COVID-19 infection	22	54	24

5.	Mental willingness to participating in events during pandemic	14	60	26
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From the table it was evident that 22 percent of the players always had the fear of getting infected with COVID-19. 35 percent reported no fear of getting infection . 43 percent have sometimes. Also 24 percent fear losing their physical health by infection and 19 percent never have a problem. 57 percent fear losing physical health by covid . 22 percent have fear affecting their performance level and 24 of them don't have any fear. 54 of them sometimes have fear. 14 percent afraid of getting virus infections that affect their mental health. 47 percent sometimes had that covid affects their mental health . 39 percent are not afraid of mental health effects due the virus infection. Compared to these three most of them are only afraid of getting infected sometimes. 14 percent are mentally willing to participate in the events during the pandemic. 60 percent show sometimes and 26 percent show not mentally willing to participate in the events.

Figure 11 shows the fear of getting infected with COVID 19

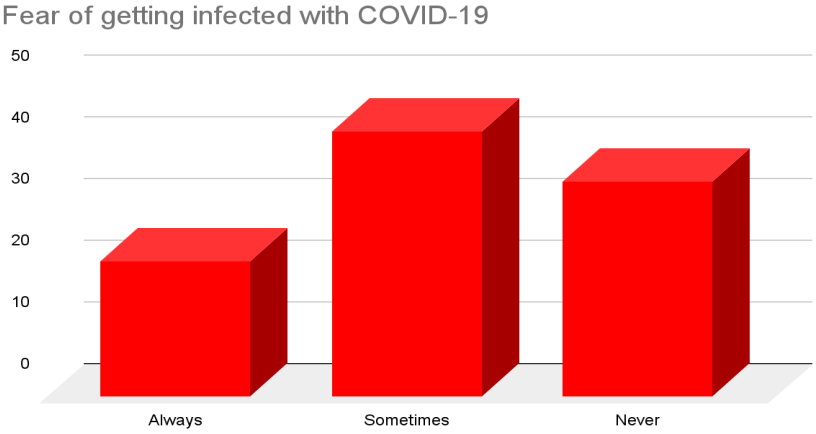


Figure 11
Fear of getting infected with COVID -19

Figure 12 depicts that fear of loss physical health due COVID 19

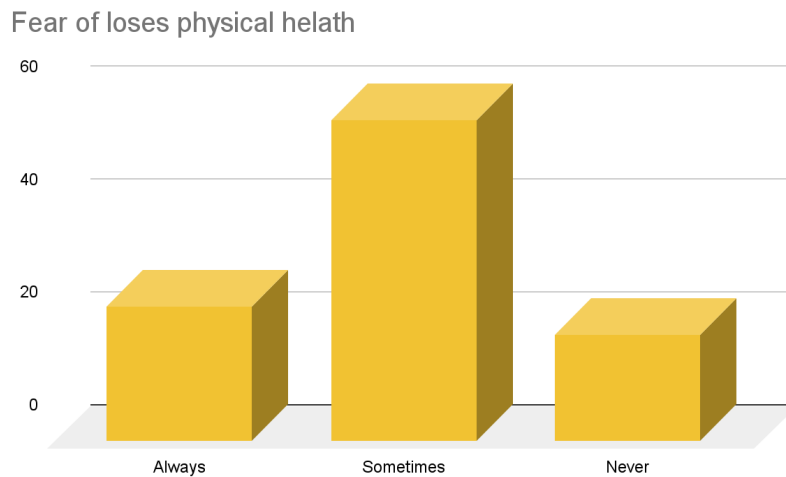


Figure 12

Fear of loses physical health due COVID-19

Figure 13 shows fear of infected mental health by COVID 19

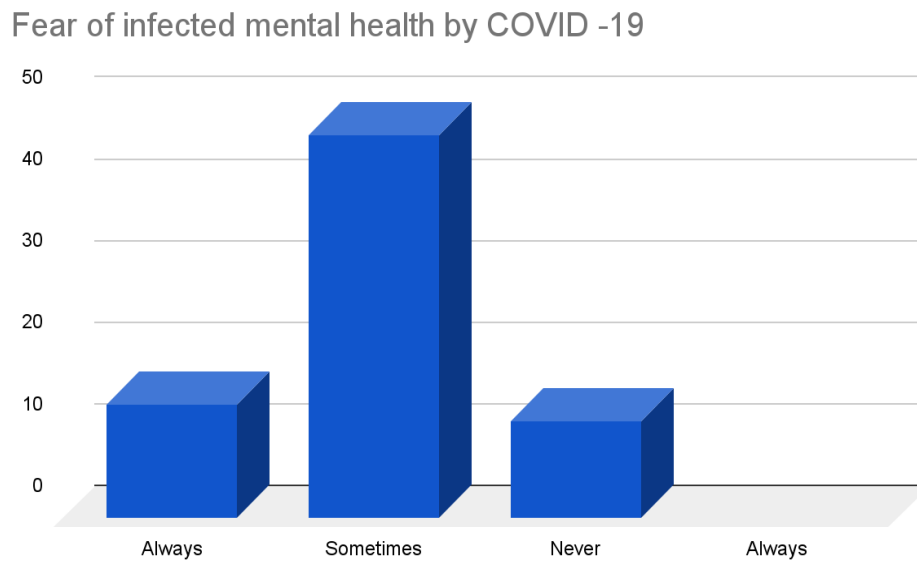


Figure 13

Fear of infected mental health by COVID-19

Figure 14 shows that fear of loss sports performance level

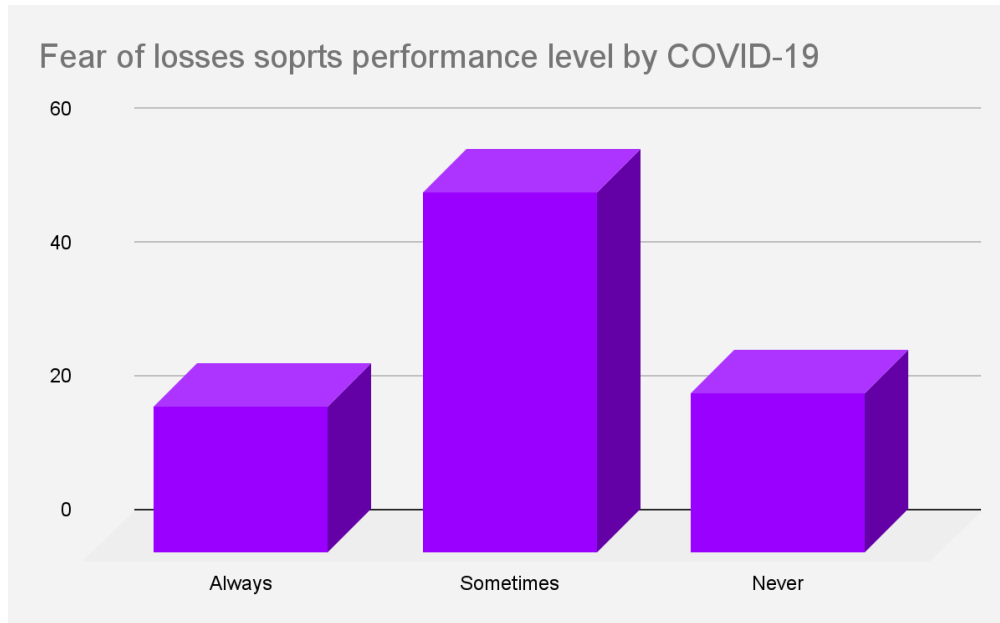


Figure 14
Fear of losses sports performance level

Figure 15 depicts that compare the fear of physical, mental health and performance level

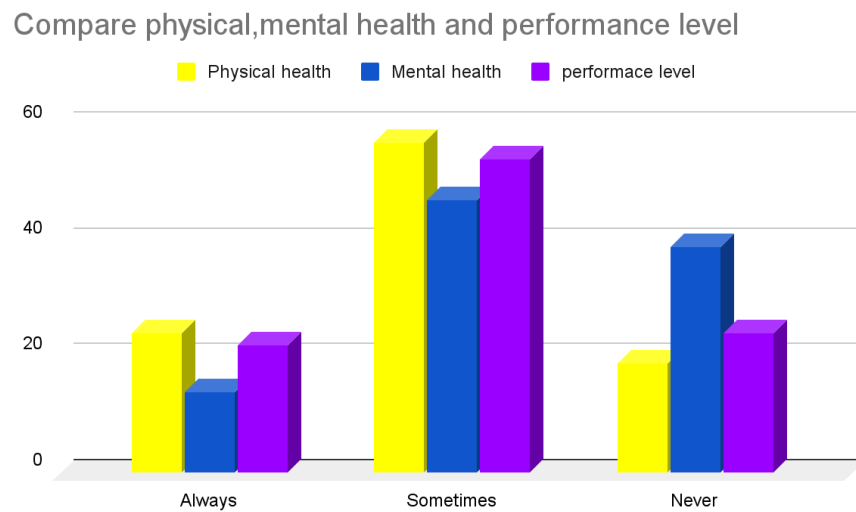


Figure 15
Compare the fear of physical, mental health and performance level

4.12 Emotional affect during pandemic

Given that emotional affect during pandemic of selected samples

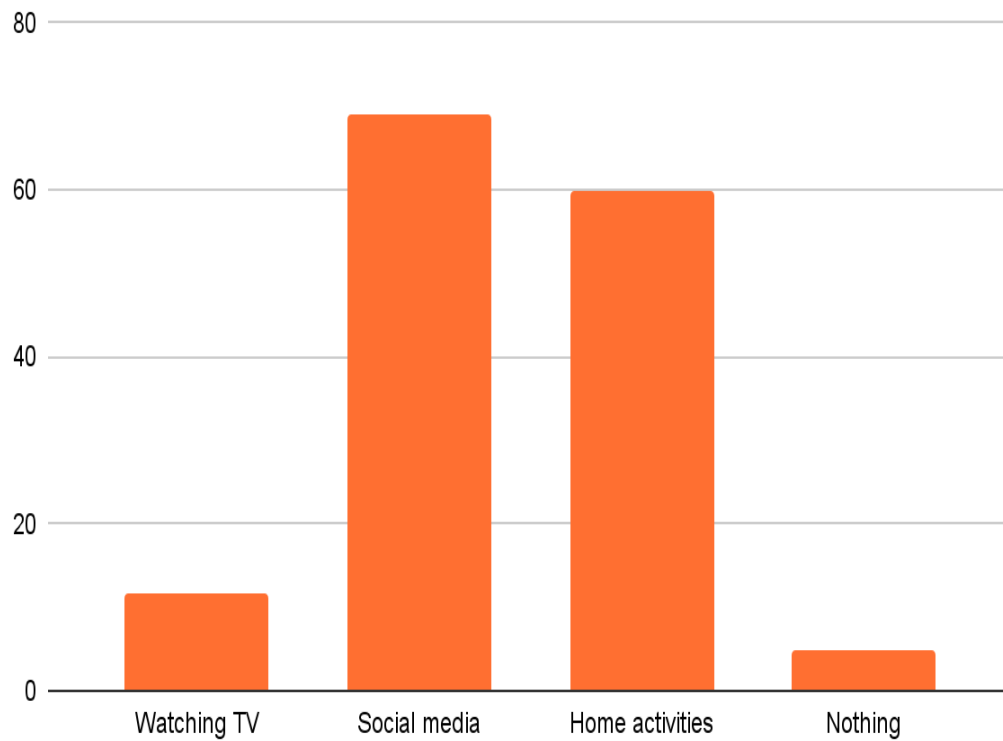
Table 12
Emotional affected during pandemic

Sl.No	particulars	Categories	Percentage(%)
1.	Emotional changes	Yes	68
		No	32
2.	Feelings going through pandemic	Anger	17
		Happy	33
		Frustrated	79
		Sad	16
3.	Emotional managing strategies	Watching TV	11.7
		Social media	69
		Home activities	60
		Nothing	5

From the tables 68 percent have emotional changes.32 percent don't feeling anything. Mostly 79 percent of them are frustrated and 33 percent feel happy and 17 percent feel angry. 16 percent feel sad. They are also trying to overcome their emotional problems.to manage this emotions majority used social media platform (69%) and active in home activities (60%) Only 11.7 of them watch TV and 5 percent of them don't have any strategies.

Figure 16 Emotions managing strategies

Managing strategies



Fig

re 16

Emotion Managing strategies

4.13 Emotional influence in sports performance

Emotional influence in sports performance during pandemic

Table 13

Emotional influence in sports performance

Sl.No	Influence in performance	Categories	Percentage (%)
1.	Techniques that help enhance performance in competition	Mental coaching	8
		Physical coaching	24

		Both	58
		Self help	10
2.	Feeling that affect performance in competitions	Mental toughness	30
		Motivation	12
		Confidence	37
		Nothing	21

Above table shows techniques that help to enhance their performance level. Most 58 percent prefer both mental and physical coaching. 24 percent prefer only physical coaching and 8 percent prefer only mental coaching. 37 percent need confidence in sports performance. 30 percent need mental toughness. Motivation needed only 12 percent of them. 21 percent don't want anything

4.14 Affect on academic level performance due to COVID 19

Academic performance during pandemic

Table 14
academic performance due to COVID 19

Sl.No	Academic level	Categories	Percentage (%)
1.	Pandemic affected in studies	Yes	66
		No	34
2.	Academic performance level during pandemic	Increased	48
		Decreased	18
3.	Mode of attending studies during pandemic	Online classes	51
		Online Tutoring	12
		Internet	27
		Self study	10

The table shows that 66 percent of the students' studies were affected by COVID-19. 34 percent of studies were not affected. During the pandemic 48 percent of students' academic level increased and 18 percent decreased. Most of the students did online classes for study only 10 percent did self study. 12 percent students took online tutoring. 27 percent use the internet

SUMMARY

AND

CONCLUSION

CHAPTER 5

SUMMARY AND CONCLUSION

The study undertaken by the researcher was on “ Impact of COVID 19 on sports students (15-18 yrs)”. In this present study tool used was a questionnaire to collect the data through a survey method. In the questionnaire going through physical, social, psychological and academic aspects of sports students. The sampling was purposive sampling. The study was conducted in 15-18-yr adolescent students. Both adolescent girls and boys answered the questionnaire. The survey results come from both rural and urban areas. The data was collected, consolidated and analysed using percent analysis.

Findings

The findings of the study can be summarised follows

5.1 background information

- ❖ It was clear that 72 percent of the selected sample were between the age group of 15 -16 years and 28 percent of the samples were in the category 17-18 years. 38 percent of the selected sample graduates and another 39 percent were doing higher secondary. 23 percent from 10th grade. 77 percent of them from rural and 23 percent from urban

5.2 Participation in sports events selected samples

- ❖ Majority of them are into games rather than athletics. 62 percent of the students are playing games and 38 percent are playing athletics.
- ❖ 39 percent of them are playing both outdoor and indoor sports. 48 percent of the selected students participated in outdoor games and 13 percent in indoor games 37 percent of subjects participated in district level competition,
- ❖ There are 29 percent players in national level 30 percent of the state level sports competition majority of the players had either 2-4 yrs (37 percent) or 5-7 yrs (35 percent) experience in attending competition

5.3 Involvement in physical activities during pandemic

- ❖ 71 percent of them missed daily workout during pandemic .majority(74 %) doing exercise among the 64 percent did home work out to manage physical health , 15 percent tried medication also, 21 percent of them attend online physical classes to improve their physical health ,only 4 percent did yoga
- ❖ 46 percent of them complained about muscle pain during pandemic due to lack of daily physical workout 32 percent had back pain 18 percent of them suffered joint pain also. 63 percent of them had facilities at home to do exercise.

5.4 Physical activities related to food habits

- ❖ vegetarians are more than non-vegetarians. 85 percent vegetarians and 15 percent non-vegetarians. players trying to maintain their physical strength through different kinds of food.
- ❖ Homemade Food is mostly consumed compared to other types of food like special healthy food, junk food and unhealthy food. Also they did precaution from not getting infections. Most of them did physical workout. 51 percent did the physical workout. 25 percent healthy food.
- ❖ are some kinds of special spices and herbs like turmeric neem leaves etc.. 13 percent of them are used to prevent infection and 11 percent are consume the vitamin tablets

5.5 physical activities that health conditions

- ❖ out of 100 players only 55 percent players were tested covid positive Most of them had a headache. 18.1 percent had body pain and 34 percent had throat pain. But 74 percent don't have these symptoms.
- ❖ Due to infection they had lots of physical problems. Out 55 76 percent of them become weak but 21.8 percent become strong and the 5.4 get diseases like infections. 78 percent of them don't have any changes.

5.6 Difficulties in participating competitions

- ❖ Players do not have much knowledge about the competition during pandemic 70 percent of them aren't aware of competitions. 30 percent of the players knew about the competitions during pandemic. It indicates that most of the students are not aware of their social environment.
- ❖ Also the players had restrictions from the family members to participating competitions . 20 percent of the family was always strict . 31 percent of them never being restricted. 49 percent are intermediate between this

5.7 Sports association/clubs

- ❖ Players are members of any association or clubs according to their sports. Answer is almost equal.51 percent are belonging to the associations and clubs the 49 percent are not belonging to any association or clubs.

5.8 Support from associations/clubs /coaches

- ❖ Players were getting support from their respective associations/clubs/ coaches. 27 percent never got support.
- ❖ Through the monitoring players can maintain their physical strength so coaches or their association should be concerned about their physical health during a pandemic.
- ❖ Only 66 percent of them went the monitored by the coaches or associations. 84 percent of them did not get proper monitoring. 45 percent never observed by the coaches or associations.
- ❖ During pandemic there are lots of ways to monitor or observe them. They can set up a virtual meeting through any online platforms or they can make phone calls or video calls through systematic ways.

5.9 Support from family, relatives during pandemic

- ❖ During the pandemic, players stay in hostels and their house mostly with parents to make low social interaction and in hostels they should interact with everyone.
- ❖ Most players stay with their parents, only 3 percent of them have never stayed in a hostel. Remaining 24 percent are staying with both in the hostel and home. 64 percent of them get the support from the parents.

5.10 Social interaction during pandemic

- ❖ Majority 38 percent of the players were engaged in house hold activities . 34 percent of them used social media platforms. 18 percent of them did online games. 10 percent of them were involved in studies .
- ❖ When doing home activities everyone is active and they are very adaptive for their social settings. Using social media or online games make people addicted to that. This leads to decreased social communication or social behaviour.
- ❖ Peer relationship and peer communication are also important in adolescence. 66 percent report that their communication with peer groups was affected during pandemic.
- ❖ There is reduced communication among 45 percent of the subjects, 28 percent completely stopped communications. 57 percent reported that there was not changes in their communications

5.11 Problems faced during pandemic

- ❖ 22 percent of the players always had the fear of getting infected with COVID-19. 35 percent reported no fear of getting infection . 43 percent have sometimes.
- ❖ Also 24 percent fear losing their physical health by infection and 19 percent never have a problem. 57 percent fear losing physical health by covid . 22 percent have fear affecting their performance level and 24 of them don't have any fear. 54 of them sometimes have fear.
- ❖ 14 percent afraid of getting virus infections that affect their mental health. 47 percent sometimes had that covid affects their mental health . 39 percent are not afraid of mental health effects due the virus infection.

- ❖ Compared to these three most of them are only afraid of getting infected sometimes. 14 percent are mentally willing to participate in the events during the pandemic.
- ❖ 60 percent show sometimes and 26 percent show not mentally willing to participate in the events.

5.12 Emotional affect during pandemic

- ❖ 68 percent have emotional changes. 32 percent don't feeling anything. Mostly 79 percent of them are frustrated and 33 percent feel happy and 17 percent feel angry. 16 percent feel sad.
- ❖ They are also trying to overcome their emotional problems. to manage this emotions majority used social media platform (69%) and active in home activities (60%) Only 11.7 of them watch TV and 5 percent of them don't have any strategies.

5.13 Emotional influence in sports performance

- ❖ Techniques that help to enhance their performance level. Most 58 percent prefer both mental and physical coaching. 24 percent prefer only physical coaching and 8 percent prefer only mental coaching.
- ❖ 37 percent need confidence in sports performance. 30 percent need mental toughness. Motivation needed only 12 percent of them. 21 percent don't want anything

5.14 Affect on academic level performance due to COVID 19

- ❖ 66 percent of the students' studies were affected by COVID-19. 34 percent of studies were not affected. During the pandemic 48 percent of students' academic level increased and 18 percent decreased.
- ❖ Most of the students did online classes for study only 10 percent did self study. 12 percent students took online tutoring. 27 percent use the internet

Conclusion

The present study discussed about “ impact of COVID 19 on sports students (15-18 yrs)
The study was conducted on an adolescent group from both rural urban areas.

The study concluded that most of the students did exercise to manage physical health.but sometimes they missed the work out. More half of them are vegetarians than non-vegetarians.and they preferred the healthy foods. Half of them are tested positive by COVID 19 they have mostly different symptoms.it results mostly weakness on their physical health. More than half of them are staying with their parents other than hosteleets.Pandemic affects their peer communications. Behavioural changes like becoming introverted, decreased communication and stopped contact with them. During pandemics most of them have fear to COVID affecting their physical,mental health ,performance health and emotional changes like angry,happy,frustrated and sad. Most of them feel frustrated.players are mostly they preferred both mental and physical coaching. Most of them have confidence problems. Most students studies affect their studies .their studies decreased most of them are undergo online classes

Limitation

- The sample size is very limited
- The study was only included adolescent group it can be add other age group also

Recommendations

- People should be more aware of their physical activities or their physical health.
- Awareness about mental health is also related to the physical health also the social communication in sports students important and it affect their performance level

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APPENDIX

APPENDIX

QUESTIONNAIRE TO ASSESS “THE IMPACT OF COVID 19 ON SPORTS STUDENTS (15-18yrs) “

Background information

1. Name :
2. Age :
3. Gender :
4. Education:

Details about participation in sports

5. Select the event you play?
 - Athletics
 - Games
6. Which is your highest competitive level ?
 - Inter National
 - National
 - State
 - District
7. Type of sports you participate in?
 - Outdoor
 - Indoor
 - Both
8. How many years you been have in the field of sports ?
 - 2 -4 years
 - 5- 7 years
 - 8-10 years
 - More than 10 years

Physical domains

1. Did you miss out your work out/ Not able to do Work out during pandemic?
 - Yes
 - No
2. During the pandemic how did you cope with your physical health ?
 - Yoga
 - Medication
 - Meditation
 - Excise

3. What type of food you most prefer ?
 - Vegetarian
 - Non vegetarian
4. Which type of food you had ?
 - Nutritious food
 - Junkfood
 - Insufficient food
 - Homemade food
5. What type of exercise you carried out during pandemic?
 - Home work out
 - Online physical Class
 - Stretching
 - Yoga
6. Did you take any precautions from not getting infected?
 - Healthy diet
 - Organic intake
 - Medication
 - Physical workout
7. Did you feel any kind of physical pain during the pandemic?
 - Joint pain
 - Back pain
 - Muscle pain
 - Swelling
8. Did you have any facilities to do exercise at your home ?
 - Yes
 - No
9. Have you been tested positive for COVID 19?
 - Yes
 - No
10. What are the symptoms you faced when you were tested positive for COVID-19?
 - Headache
 - Body pain
 - Throat pain
 - Others
11. What are the changes that happened to your physical health after pandemic ?
 - Weakness
 - Strength
 - Diseases
 - Nothing
12. There was lack of information about sports during pandemic?
 - Yes
 - No

13. Were you been restricted by your Family members from participate in sports activities during pandemic ?
- Always
 - Sometimes
 - Never

Social domains

1. Are you belonging to any association/Club ?
 - Yes
 - No
2. You lived with your parents during pandemic?
 - Always
 - Sometimes
 - never
3. You were in hostel during pandemic?
 - Always
 - Sometimes
 - Never
4. Did you get proper support from your family ?
 - Always
 - Sometimes
 - Never
5. Did you get proper support from your coaches or respected associations/clubs ?
 - Always
 - Sometimes
 - Never
6. Did you get proper support from your relatives and neighbors?
 - Always
 - Sometimes
 - Never
7. Did your associations /Clubs/coaches followed up your physical health during pandemic?
 - Always
 - Sometimes
 - Never
8. How did you spend the time during pandemic ?
 - Game
 - Social media
 - Family time
 - Studies
9. Did the pandemic affect your peer communication ?
 - Yes

- No
10. How did it affect your peer communication?
- Being introvert
 - Loss of communication skills
 - Break contact with them
 - Nothing
11. It's was inconvenient to participate sports during pandemic?
- Always
 - Sometimes
 - Never

Psychological domains

12. Where you afraid of getting infection by the virus ?
- Always
 - Sometimes
 - Never
13. You got more concerned about your physical health if when affected By covid?
- Always
 - Sometimes
 - Never
14. Were you been concerned about covid 19 affect your mental health?
- Always
 - Sometimes
 - Never
15. Were you been concerned about covid 19 affect your performance level?
- Always
 - Sometimes
 - Never
16. Your team members gave motivation during pandemic ?
- Always
 - Sometimes
 - Never
17. The type of emotions/feelings that you were going through the pademic?
- Anger
 - Happy
 - Frustrated
 - Numbness
18. How did you manage your emotions when you missed the excise during pandemic?
- Watching TV
 - Social media
 - Home activities

- Nothing
19. Which technic that help you to enhance your performance level?
- Mental coaching
 - Physical coaching
 - Both
 - Nothing
20. Did Covid 19 affected daily life routine ?
- Sleeping patterns
 - Eating disorders
 - Routine changes
 - Nothing
21. Which type of emotions that affect most your performance?
- Mental toughness
 - Motivation
 - Confidence
 - Nothing

Academic domains

1. Did the pademic affect your studies?
- Yes
 - No
2. How did you manage your studies during pademic ?
- Online classes
 - Tutoring
 - Internet
 - Nothing
3. During the pandemic how was your academic performance will be ?
- Increase
 - Decrease
4. Did you get more time to spend with your studies during pademic?
- Always
 - Sometimes
 - Never

