



How To Deal With The ‘Covid-19 Pandemic’: : It’s Stress And Solutions Especially For Competitive Sports Performers

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Abstract:

There were times, not muchbut few days ago...we were saying that, “We are living in a modern era of Globalization, where everything has become faster than before, so is the life of human beings. But suddenly the scene has dramatically changed and now the era is the same as before but life of human has got paralyzed, came to a standstill as never before...no hurry..no race..no work...no physical tiredness...but stress and strain are same. This is all because of the unprecedented situation arisen due to the ‘Novel Corona Virus’ to which WHO has named ‘Covid-19 the pandemic’. The impact of this deadly virus ‘Corona’ has been sweeping across the World and is affecting many millions. A Sports teams and athletes of National and International level are highly dependent on having people around them like Coaches, Trainers, Physios, Dietitians, and other support staff. But the isolation due to social-distancing makes this nearly impossible. Clearly the stress load because of this unprecedented situation on the athletes will be amplified at this time.

In such situation, the problem is, What the athletes can do? First of all take this Covid-19 Pandemic situation as a blessing, an opportunity not as a curse. If we take it as blessing, it will motivate us to move forward and utilize this time, which we do not have in the competitive period to look after our total fitness because at that time the focus is only on the skill and performance. Use this situation and time to change our life cycle, from wayward (due to competition or fast life pressure) to disciplined. Be resilient. Resilience is the key, as how athletes adapt it, definitely it will impact on their future performances. Adjust the goals. Time management should be wisely planned. COVID-19 is a chance to reschedule your life style and adopt it forcefully so that you can familiar with such type of living. Prepare plan of routine activities as per requirement of better future.

Key words: KOVID-19, Corona virus, Pandemic, Resilient, Life cycle.

Introduction:

There were times, not muchbut few days ago...we were saying that, “We are living in a modern era of Globalization, where everything has become faster than before, so is the life of human beings. There is no place for slow mover. Excessive stress and strain are the predominant features of the modern society, we live in. As a result of this excessive stress and strain man has become restless and tense. This restlessness is clearly manifested through the disturbance in family, society and ultimately resulting in the chaos in the Nation. Therefore the fountainhead of this anguish and fatigue, that is, man, needs urgent attention if the world as a whole is to be made healthy and peaceful” and so on..

But suddenly the scene has dramatically changed and now the era is the same as before but life of human has got paralyzed, came to a standstill as never before...no hurry..no race..no work...no physical tiredness...but stress and strain are same and have become predominant features of the present modern world as before. That means the problems are same but the reason are different. As a result man has become more restless and tense. This is all because of the unprecedented situation arisen due to the ‘Novel Corona virus’ to which WHO has named ‘Covid-19 the pandemic’.

By now we are all well aware of the corona-virus (COVID-19) pandemic and its impact on our routine life. To control this WHO has strongly recommended to maintain “social-distancing”. Social distancing has been defined as the act of avoiding large gatherings and maintaining a two yards plus distance from others. The main aim of social distancing is to stop the spread of the virus.

The impact of this deadly virus ‘Corona’ has been sweeping across the World and is affecting many millions. WHO, health experts, researchers throughout the world are racing to invent vaccines



and ways to control the further spread of this deadly virus. Though the Corona virus pandemic is affecting all of our lives in different ways - but have you considered its impact on sports persons, athletes and Fitness savvy people?

As we know that sports is the centre of lot of people's lives, and its significance is vastly impaired during this pandemic crisis. Players have been dismayed at the postponement of major sports events, such as the Nationals and Internationals Games even 2020 Olympic Games too, though it is a minor issue when we reckon there are thousands of people around the world dying daily. However, the loss of live sport has left a chasm, particularly for those for whom sport is their livelihood.
What is the problem?

A Sports teams and athletes of National and International level are highly dependent on having people around them like Coaches, Trainers, Physios, Dietitians, and other support staff. But the isolation due to social-distancing makes this nearly impossible as the team mates, coaches and support staff are kept at a distance. Gyms and athletic facilities have been closed and access to medical services has been minimised. Now almost all the sporting events have been postponed, or canceled, adding uncertainty to athletes' lives. There are huge numbers of amateur as well as professional athletes, footballers, cricketers and others not knowing when they will play again and to return to their sport. In short, when sport does return they will be expected to play a lot of sport in a compressed period of time.

Clearly the stress load because of this unprecedented situation on the athletes will be amplified at this time. This period of uncertainty over what the future has in store can increase feelings of stress and anxiety. In addition to this due to social-distancing, they find it difficult to burn off their excess energy. Due to uncertainty in lock-down period their motivations may be affected as their goals and targets become long term and it could be resulted in creating tendency to become lazy and develop a 'who cares' attitude. Burnout in the future is a real problem and it is also linked to the increased stress and anxiety that athletes may be currently experiencing.

What the athletes can do?

First of all take this Covid-19 Pandemic situation as a blessing, an opportunity not as a curse. Why we should take it as an opportunity? Because, if we take it as curse, we will never move ahead, which will turn in increasing stress and strains and ruin our life, but if we take it as blessing, it will motivate us to move ahead and utilize this time, which we do not have in the competitive period to look after our total fitness because at that time the focus is only on the skill and performance.

'Correction' is a terminology normally used in Stock market, it means 'A correction is a decline of 10% or greater in the price of a security assets, or a financial market corrections, it can last anywhere from days to months, or even longer. While damaging in the short term, a correction can be healthy, adjusting overvalued asset prices and providing buying opportunities. And if we use this phenomenon in our real life and thus, take Covid-19 came as a 'correction' in our life we can utilise this situation and time to change our life cycle, from wayward (due to competition or fast life pressure) to disciplined, from disgusted to healthy, from negative to positive.

So what to do in this situation:

Be resilient. Resilience is the key, as how athletes adapt it, definitely it will impact on their future performance. If we can adapt resilience in a better way then we will come back to sport better prepared. Adjust the goals. Athletes need to view this period as an opportunity to keep improving and while their goals won't change, only the timeline for these goals will need to be adjusted. Time management should be wisely planned. The additional time should be used as an opportunity to work on things that they have neglected or not been able to work on previously. For example, understanding nutrition and trying out new nutritional strategies, working on their mental skills and mental preparation, or analysing their technical performance. Protect against burnout. This period of staying at home offers athletes the chance to rest more, get over those injuries that have been niggling away, practice relaxation techniques and build up energy supplies for the future. Focus on other things. Sport can breed obsession and perfectionism and now can be a time to focus on other pursuits. This may include studying something they are interested in,



finding new hobbies, or just chilling out. Ultimately the most important is keeping safe and healthy and maintaining a positive mindset.

COVID-19 is a chance to reschedule your life style and adopt it forcefully so that you can familiar with such type of living. Prepare plan of routine activities as per requirement of better future. Give more time to family , which is somewhat neglected but important part of every player's life, because they are the one, which are with us in every situation may be positive or negative, a backbone of our success. So be positive to deal with this pandemic situation and face it bravely and with patience. Stay active. First and foremost staying active is a key. While social distancing may keep us away from training with our teams and going to the gym we can still maintain or even improve our fitness levels that were built during preseason.

Tips for active sports persons:

1. Wake up early in the morning (between 5-6 am)
2. After morning activities do exercise according to your game and skill involved in, approx for 1 hour to 1 and half hour as per your capacity such as:
 - a. Perform flexibility and corrective exercise sessions. This is another area that you can focus on during your break to help maintain your overall fitness and health. Take time to work on flexibility and range of motion exercises. (Foam rolling & static stretching)
 - b. Perform bodyweight exercises. While going to the gym may not be an option performing bodyweight exercises at home can help to build and maintain strength while also preventing injury. Adding exercises like air squats, single-leg balance, planks, push-ups, sit-ups or squat thrust are great exercises you can incorporate into your training over the next few weeks to stay active and fit polymetric training ans speed training.
3. Give half an hour for Yoga exercises to stay mentally fit and focused on your sport. Perform meditation or breathing exercises. Obviously this is a stressful time for everyone. Performing 10 minutes of meditation and breathing exercises are a great way to relive stress. Even though you may not be able to practice or train with your team does not mean you can't improve other aspects of your game except from physical fitness.
4. Take nutritious food in the breakfast including milk, juice, bread-butter, fruits etc.
5. Take some rest and after being fresh, watch old professional games. If you don't have access to film of your own games you can watch old professional games of your respective sport. Pick out players that play the same position as you and take note of their in game movements and positioning in specific situations to keep yourself mentally engaged and focused on your sport
6. Take lunch between 12-01 as per your liking but it should be nutritious as per requirement of your body.(better to take advice from dietitian for eating habits) and take a nap and rest up to 4.
7. Do some aerobics exercises and if possible zumba at home for half an hour and concentration exercises for 10-15 minutes.
8. Exercises as per morning schedule.
9. After exercise take eggs, juice or fruits.
10. Spare time with family.
11. Dinner by 8:30 to 9:30 pm
12. Enjoy some entertainment programme on your TV with family.
13. By 10:30 go to bed for sound sleep.

Conclusions:

To deal with 'Covid-19 pandemic the athletes have to follow the following tips.

1. Take the Covid-19 pandemic as a blessing not as curse.
2. Utilize this time to look after your total fitness.
3. Use this situation and time to change your life cycle, from wayward (due to competition or fast life pressure) to disciplined.
4. Keep yourself safe and healthy and maintain a positive mindset.



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5. Be resilient and adjust the goals.
 6. Plan your complete day cycle.

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A study of coping tendency in respective physical and mental health problems of player and sedentary individual

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Abstract: -Aim of the study was to find out coping with physical and mental health problem between players and sedentary individual . 60 male subjects with the age group 21-24 years were selected for this study. Out of them 30 were team game players and 30 were sedentary individual male students . The investigator has used self-made questionnaire for the data collection for the mental and physical health problems. Data was collected during health and fitness camp of Department of Physical Education on Jan 2020.for each question Yes and No option was given ,2 points given to the No option and 1 point was allowed to the Yes .for negative questions point was given 2for Yes and 1for No option. Less score denoted facing less physical and mental problems in other world coping with problems. Data was collected with the help of questionnaire and statistical analysis were done with the help of t- test. players are having more coping ability in respective physical and mental health problems than the sedentary individual. So the researcher's pre assumed has been accepted.

Key Words: -**coping tendency, physical health , mental health ,player and sedentary individual**

Introduction:-

WHO defines physical activity as any bodily movement produced by skeletal muscles that require energy expenditure – including activities undertaken while working, playing, carrying out household tasks, travelling, and engaging in recreational pursuits. There is a difference among physical activity, exercise, play, games and sports.Exercise that is planned, structured, repetitive with goal to improve and maintain components of physical fitness. It is purposeful activity carried out to improve health or fitness, such as jogging ,walking, cycling, or lifting weights to increase strength.Play is a spontaneous activity and sports is structured competitive activity, Nature of all activates may be differ from each other but benefits of all these are more or less similar and that is to develop not only health and fitness of an individual but also helpful for the all-round development of a person.Objective of each it may be physical activity, exercise, game and sports is to achieve good and health and physical fitness. Everyone knows that “sound mind in sound body” There is very close relationship of physical health with mental, social and emotional health. When a player playing on ground at adverse condition, he try to play in good manner without showing his angriness. Even though He tries to follow all rules & regulation, that's mean he try to control over his emotions. He develops his self-control.

In cricket catcher knows very well even he took a catch credit goes to bowler but he tries his best to catch the ball it means he is loyal and honest with his teammates. Player controls over their emotions when they looses or win the match by giving sympathy or by giving congrats to opponent team, in the game player can not win the match without co-operation and co-ordination with their teammates. Therefore game and sports are essential for the physical ,mental and social development of a person. Its gives real direction to the person for his life. If the sports person is not able to handle these physical and mental problem properly. His sports career may be hampered.

Health, According to the WHO health is defined as " Acomplete state of physical, emotional and social well-being and not merely the absence of disease or infirmity." Physical health includes well internal organic systems, good posture, efficient ability to work and coordination .This definition suggests that mental health is therefore, more than just the absence of mental disorders or disabilities.