**Impact of Covid-19 Pandemic on Psychological aspects and Quality of Life among Basketball Players**

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ABSTRACT

Since the Covid 19 outbreak sports persons have had a difficult time physically as well as psychologically due to restrictions in outdoor activities. Due to lack of opportunities to practice regularly, basketball players have had a difficult time mentally. There are a lot of studies about psychological effects and quality of life of basketball players separately but there is lack of literature evidence to study the impact of Covid 19 on quality of life and psychological effect among basketball players. The aim of this study was to analyze the impact of Covid 19 on psychological aspects and quality of life among basketball players. The study was carried out among 100 basketball players aged between 18 to 30 years through an online survey using the DASS 21 scale and WHOQOL Brief scale. Results distinctly depicted that a large number of basketball players suffered from depression, anxiety and stress. The results also indicated a significant effect on quality of life in the physical, psychological, social, and environmental domains.

***Keywords****:* Basketball Players, Covid-19, Psychological aspects, Quality of Life

# INTRODUCTION

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 In December of 2019, there was a pandemic of a severe acute respiratory syndrome caused by the Coronavirus 2 (SARS-CoV-2 or COVID-19) in Wuhan, Hubei Province, China. It absolutely was declared a public health emergency by the world Health Organization (WHO) on January 30th, 2020. The govt. of India fixed a nationwide lockdown from March 25th, 2020. Citizens were mandated to stay reception, and each one major offices, malls, factories, schools and universities were finish off. to forestall the spread of the disease, measures of conﬁnement taken by most governments have interrupted the daily lives of the people, impeding athletes of coaching in an exceedingly very suitable environment, which can cause negative consequences at emotional, cognitive, and behavioral levels. Sport activities of any kind were abruptly stopped and players, coaches and other personnel were obliged to home conﬁnement together with general population1.For most athletes, this sudden interruption in their training schedule will lead them to line new goals during the season when it resumes. For athletes at the highest of their competitive stage, it can mean putting an early and abrupt closure to their careers, which could increase unpleasant emotions during conﬁnement2. It’s led many athletes to adapt their sports training without the tools or suitable spaces to develop their training routines properly. This fact has led us to research how this unusual situation aﬀects athletes and therefore the way they're experiencing it since all local, national, and international competitions are cancelled or postponed.

The game of Basketball is that the sport of high level agility or coordinative ability, speed which isn't found all told and varied but because it's required for the game so these abilities or fitness components are developed through hoops. Someone could be a specialized cager by practicing for one or two years even regardless of how skilful or fit a cager is physically, this will count for nothing if the player isn't psychologically skilled .The concentration, confidence and goal setting are important variable. Concentration, attention and focus interchangeably used. Where the arrogance affects their performance through their thoughts, behaviour, and feelings. Performance and confidence were statistically significant and positively correlated. Sports Earth recognizes the importance of confidence in your success. Athletes are constantly judged on how confident they are in their performance abilities. As for goal setting, it is an important part of every athlete's training plan, whether the goal is to improve physical or mental performance, or simply to enjoy the sport more3. Playing basketball helps to spice up motor coordination, flexibility, and endurance. It also encourages speed, agility, and strength. These skills are shown to possess a positive effect on promoting a healthy weight and provoking more physical activity, which can enhance cardio respiratory fitness and self-esteem. Agility could also be a pre requisite for successful basketball performance and is suffering from speed, strength, coordination, balance, and ﬂexibility. Again, it is vital to practice agility drills on the court as part of the integrated training with basketball applied drills and small-side games. Basketball also requires a high degree of flexibility. Adequate stretching sessions reduce muscle-related damage, increase joint range of motion, and minimize the likelihood of subsequent impairment of athletic performance. Incorporate basketball-specific movements that use different muscle groups into your daily training. Individual static stretching improves joint mobility and flexibility. Additionally, the structured warm-ups and exercises associated with the basketball circuit make it even easier for players to gradually return to their training sessions. There is no doubt that during COVID-19, restrictions and physical distancing have made it very difficult to achieve quality basketball training.This drawback will potentially affect not only the players’ game performance within the near future, but also their post-game recovery, especially if too many games are scheduled within a quick period so on ﬁnish the season in time4. Under these unprecedented conditions, the players’ biological workload are burdened in proportion to the time available for compensating for the lost aerobic capacity. it had been obvious that basketball players will face detraining, a phenomenon deﬁned as decrement in physical performance due to cessation of coaching activities5.

Furthermore, the challenges of players during the COVID-19 aren't limited only to their physical ﬁtness and technical skills recovery. Team players have to handle many psychological problems, like lack of communication with teammates, feelings of isolation, high levels of perceived stress, and maladaptive psycho biosocial states. given that lockdown has wide-ranging, substantial, and potentially acute and long-term psychological effects (e.g., depression, anxiety, adverse behaviors, smoking, alcohol use, eating and sleep disorders) , identifying and controlling these consequences should be also a priority for players and coaches, which should motivate the players to hunt professional assistance and social support when it's needed . As status and mental preparation of basketball players mustn't been ignored, players may beneﬁt from psychological interventions provided by sport psychologists on cognitive–emotional regulation strategies, and develop psychological skills like stress management, attentional focus, communication, goal setting, mental practice, self-talk, and conﬁdence so on contribute to team performance efﬁciency and effectiveness 4.

Athletic psychology could be a sort of psychology that, both in realistic and competitive circumstances, is intimately associated with human actions within the field of play. Psychology is one in every of the largest determinants of winning and losing at the elite level6. During the past two decade sports psychology has emerged as a legitimate field of scientific enquiry and studies has been conducted extensively on why the individual level of performance is increasing day by day7. it absolutely was felt that psychological factor is one important aspect which helps the player perform better struggling situations. an excellent example of an athlete with good psychology is Roger Federer, who is understood for his calm nature on the court, no matter matters. While many folks might not think it's that much of a control, it’s been proven that psychology plays a central role in athletic performance. Studies show that psychological factors can affect performance in either a positive or negative way, counting on matters itself6. it's in our particular interest to review the psychological eﬀects, both negative and positive, that this case can wear them. The factors that are considered to influence the success of an athlete are physical, technical, tactical and psychological skills. As a result, psychological skills are considered important to be included into the educational program for achieving the success among the athletes. it's well-known that sport enhances physical and psychological skills. In fact, young athletes, during their sport practice, gradually learn to deal with their emotions, like anxiety, stress, and anger. additionally, they implement performance subcomponents like motivation, perceived control, enjoyment, satisfaction. Diﬀerent levels of psychological distress is related to gender, age education, occupation, and localization. Sport often represents a life goal for elite athletes. For them, training interruption could represent a greater psychological pressure, than for amateurs or young athletes, thanks to the fear of the disruption to their athletic careers and eventually loss of revenue or sponsorship. Moreover, athletes during this period may experience progressive loss of sport-speciﬁc physical ﬁtness, which can end in injury risks once they return to training1,8. Physical activity and social connection are important determinants of mental state. As such, the effect of COVID-19 is also more difﬁcult for athletics athletes9,10.

Quality of life is defined as a multi-dimensional concept consisting of physical, psychological and social phenomenon, integrating individual’s perception of their position in life within the context of the culture and value system within which they live, in relevance their goals, exceptions, standards and concerns. An individual’s health depends lots on their lifestyle. The longer spent on hygiene, good shape, and diet regulation, the healthier lifestyle they need. Regular physical activity helps to stay the key mental skills sharp as age. This includes critical thinking, learning and using common sense. it's related to higher levels of health – related quality of life and treatment supported promoting exercise have also been shown to be effective in reducing stress, anxiety and depression11.

# RATIONALE

The COVID-19 outbreak has affected the sports ﬁeld unprecedentedly. As I had keen interest in basketball so I had chosen this population for my study. The motive of this study was to see the psychological effect and quality of life among basketball players. There are a lot of study about psychological effect and quality of life of basketball player separately but there is a lack of literature evidence to study the impact of covid- 19 on quality of life and psychological effect among basketball player. A need of research was felt to study the interference of one on another. We will also be able to analyse through this study whether the basketball player showed any deterioration on physical quality of life and psychological quality of life.

**III. AIMS AND OBJECTIVES**

The aim was to study the impact on Covid – 19 on psychological effect and quality of life among basketball player.

The objective are:-

* To analyze the impact of covid-19 on psychological level among basketball player.
* To analyze the quality of life of basketball player due to Covid – 19.

**IV. METHODOLOGY**

1. **Study Design**

Survey

1. **Subjects**

A sample size of 100 Basketball players from community by convenience sampling.

1. **Inclusion criteria**
* Age between 18-30 years of age
* Males and females both.
* Must be a basketball player.
1. **Exclusion criteria**
* Non basketball player
* Participants with evidence of associated physical, mental, or neurological disorder.
* Participants with any evidence of cognitive impairment.
* Participants not covered in the age range.
* Participants with any musculoskeletal deficit.
1. **Procedure**
2. The study performed was an online survey based study, 100 basketball players population of aged 18-30 years participated in the study .After explaining the need and purpose of study the participants were asked to fill an online form consisting of the questionnaire after seeking their due consent .Online survey was conducted and was sent to subject through whatssapp groups and other online platform. The language chosen was English and the participants were explained the entire question in order to avoid any incorrect answers. Psychological effect was assessed using DASS-21 scale and Quality of life was assessed using WHOQOL-BREF. The subjects were given clear instruction regarding the scale used in an understandable language.Participants were identified using inclusion and exclusion criteria. Data were compiled and analyzed.
3. **Outcome Measures / Scales**
* **Depression , Anxiety and Stress Scale – 21 item (DASS-21):**

The Depression, Anxiety, and Stress Scale – 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional state of depression, anxiety, and stress. Each of the three DASS-21 scales contains seven items divided into subscales of similar content. The Depression Scale assesses discomfort, hopelessness, devaluation of life, self-ridicule, indifference/commitment, anhedonia, and lethargy. The Anxiety Scale assesses subjective experience of autonomic arousal, musculoskeletal effects, situational anxiety, and feelings of anxiety. The stress scale is sensitive to the level of chronic nonspecific arousal. Evaluate difficulty in relaxing, nervous agitation and easy arousal/arousal, irritability/hyperreactivity, and impatience. Depression, anxiety, and stress scores are calculated by summing the scores of related items. DASS-21 is based on a dimensional rather than a categorical concept of mental disorders. The assumption (confirmed by research data) that underpinned the development of DASS-21 was that the differences in depression, anxiety, and stress experienced by normal subjects and clinical populations were inherently gradual. Therefore, DASS-21 has no direct impact on the assignment of patients to discrete diagnostic categories as envisioned by classification systems such as the DSM and ICD.

* **World Health Organization Quality Of Life (WHOQOL-BREF)**

The World Health Organization Quality of Life – BREF (WHOQOL-BREF) scale is a self-assessment of four domains of quality of life (QOL): physical health, mental health, social relationships, and the environment. This is a report questionnaire. In addition, there are two items that measure overall quality of life and overall health. This assessment conceptually corresponds to the WHO definition of his quality of life. WHOQOL-BREF may provide data for both research and clinical purposes. Although it is a relatively short instrument, its structure allows us to extract specific information covering many aspects of our lives. WHOQOL (BREF) is short and easy to administer. WHOQOL (Bref) is grouped into four quality of life domains and two items that measure overall quality of life and overall health.

1. Physical health

2. Psychological health

3. Social relationships

4. Environment

**V. RESULT**

The results of the study were found to distinctly depict the effect of COVID-19 on various psychological aspects and quality of life.

Using DASS-21 scale, 51% participants from the sample population were found to have their depression above the normal range (normal range= 0-9). [ 15% mild, 16% moderate, 12% severe, 8% extremely severe]. 72% participants from the sample population were found to have their anxiety above the normal range (normal range= 0-6). [13% mild, 23% moderate, 13% severe, 23% extremely severe]. 59% participants from the sample population were found to have their stress above the normal range (normal range= 0-10). [30% mild, 16% moderate, 10% severe, 3% extremely severe].

Among the four domains of WHOQOL-BREF, the highest mean satisfaction rating was found for DOM4 (Environmental support, Mean = 73.05), implying very good financial resources, opportunities for acquiring new information and skills and leisure activities. lowest mean score was shown for DOM1(physical health, Mean = 57.00), not very good activities of daily living, less independence on medicinal substances and medical aids, not enough energy and mobility, more pain and discomfort, insufficient sleep and rest and poor work capacity .The mean scores for DOM2 and DOM3 were found to be 64.54, 63.98 respectively. Most SD from mean (SD =21.51) was observed in DOM3 (Social Relationships). This measure was the World Health Organization Quality of Life – BREF. The larger standard deviation of the mean obtained from DOM3 may be related to the different interpretation of the questions used in this domain and the small number of questions. Mean scores for the four domains were different and statistically significant. We saw the biggest difference between DOM1 and DOM4.

*Graph depicting the mean deviation and standard deviation for the four domains of WHOQOL (BREF)*

**VI. DISCUSSION**

The present study described for the ﬁrst time the detraining produced by the COVID-19 home conﬁnement in youth basketball players. While the results of our study showed 72% participants were affected at psychological level (e.g., depression, anxiety, stress) because of home confinement. Results highlight the multifaceted experiences and perspectives of those youth, with variations occurring both across and within individuals all told three domains (i.e., physical activity, psychological state, social connections) during COVID-19 restrictions. Data have shown the difference altogether the four domains of quality of life. the foremost difference was observed between environmental and physical domain. The isolation from their athletic team reduced activity and training, lack of formal coaching, have caused emotional distress in athletes12. in keeping with past studies which have highlighted the importance of social support for improving the psychological aspects among college athletes, more research is required to handle the past practices for supporting student athletes during quarantine/future pandemics. (Graupensperger, et al).

 The majority of student athletes feel that COVID-19 has negatively impacted their psychological state an extreme amount coincides with previous research that COVID-19 has brought many new strains onto student athletes which heavily increases their vulnerability to mental health13. Overall our study results highlights the necessity for proactive engagement with professional athletes, coaches, trainers, and sports councils to facilitate understanding and awareness-raising, process optimization, and delivery of consistent training and psychosocial aid and physiatrics programs that maintain the health and well-being of athletes while minimizing occupational stress during a pandemic12. During the COVID-19 period, restriction measures and physical distancing undoubtedly have made quality basketball training quite difficult to attain. This drawback will potentially affect not only the players’ game performance within the near future, but also their post-game recovery, especially if too many games are scheduled within a brief period so as to end the season in time. Team players should handle many psychological problems, like lack of communication with teammates, feelings of isolation, high levels of perceived stress, and maladaptive psycho biosocial states.

Given that lockdown has wide-ranging, substantial, and potentially acute or/and long-term psychological effects (e.g., depression, anxiety, adverse behaviors, smoking, alcohol use, eating and sleep disorders) , identifying and controlling these consequences should be also a priority for players and coaches, which should motivate the players to hunt professional assistance and social support when it's needed . As mental state and mental preparation of basketball players shouldn't been ignored , players may take pleasure in psychological interventions provided by sport psychologists on cognitive–emotional regulation strategies, and develop psychological skills like stress management, attentional focus, communication, goal setting, mental practice, self-talk, and confidence so as to contribute to team performance efficiency and effectiveness.

**VII. LIMITATION**

1. Small sample size, so results derived from the study cannot be generalized.
2. No Intervention was given.

**VIII. FUTURE RECOMMENDATIONS**

1. Domain of fatigue and sleep deprivation can also be studied.
2. The sample study can be replicated in a larger population.
3. The Co-relation between male and female can also be studied.

**IX. CONCLUSION**

The study concluded that there is significant impact of COVID-19 on psychological aspects in basketball players.

**Conflict of Interest:** The authors report no conflict of interest in this study.

**Ethical Clearance:** Verbal and written consent were obtained from all participants.

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