



Impact of Covid 19 Pandemic on Mental Stress of Sports Coaches Fraternity of India

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Abstract

There are some research studies, which exist and have been completed, which portray the impact of COVID 19 pandemic on physical, psychological and physiological variables. But the impact of COVID 19 pandemic on mental stress of sports coaches is yet not made. The present study clarifies and reveals the entire gap in the knowledge. Therefore, the objectives of the study were : 1. To see the impact of COVID 19 pandemic on mental of individual sports coaches of India. 2. To see the impact of COVID 19 pandemic on mental stress of team sports coaches of India. 3. To see the impact of COVID 19 pandemic on mental stress of coaches fraternity of India. Total 220 sports coaches of different sports (team sports & individual sports) male and female of India, aged ranged between 25 to above 60 were selected as the participants of the study. The variable selected in the study was mental stress which was measured through Perceived stress scale Questionnaire, which comprises of 10-items all items are answered using a 5-point likert scale format ranging from 0-never to 4-very often use to measure stress of an individual. All the participants were asked to give voluntary written informed consent, prior to participation. The participants were informed about the purpose of the study. Further, they were also informed that the data will remain confidential and will not be used beyond any academic purpose. The finding shows that the average stress in the case of coaches of team game is on the higher side than of the individual game. It can be also concluded from the t value (-3.473) is significant as the p value is <0.05 level of significance. Thus the null hypothesis of equality of population means of the two groups is rejected, and it may be concluded that the out of the two types of coaches the coaches of team game suffers from more stress than the individual game.

Keywords: Covid-19, Mental Stress, Sports Coaching Fraternity

Introduction

Today sports have become inseparable phenomenon of our social life. It has made its own place at the apex of human civilization because of its popularity and competitive nature at Olympic podium, it also become

The acquisition of new knowledge for betterment of performance of human organism in relation to physical, mental and physiological qualities is in process of saturation. To strive for still better is a million dollar question to the experts of sports. In the process they also explore the field of psychology and enlisted certain psychological parameter which influences sports performance of athlete and competitive psychology of sports coaches.

Psychology as a behavioral science has made its contributions for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology is very much concern the use of mental stress management by coaches and their athlete. (Harold, 1997)

In the present scenario the whole world stuck in to the corona virus epidemic which came to existence on December 31, 2019 when China officially informed the World Health Organization of a group of cases of pneumonia of a mysterious cause in Wuhan city in China. Later the disease spread to more in numbers by human to human transmission throughout China, and all over world. On March 11, 2020, WHO has declared it a pandemic and virus of this disease has been named as SARS-CoV-2 and the disease is at present known as COVID-19. On July 4, 2020 worldwide, 10,710,005 confirmed cases of corona virus disease was reported including confirmed 517,877 worldwide deaths in approximately 216 countries. (Reported by WHO)

Corona virus COVID 19 which has major impact on sports globally, all the sports events at different level even mega sports activity were cancel. People were lacking in physical activity during the lockdown and stuck inside the room during lockdown period in order to keep them self isolated. All the school, colleges, sports clubs, sports academics and the entire advance sports training center were closed which cause sports professionals physically, mentally as well as economically weaker. (Hammami, 2020)

After reviewing available literature, discussion with expert and researcher's own understanding, it can be concluded that COVID 19 has impact on psychological stress among people of all over world. The gap in knowledge has been identified that there is no enough literature to prove that "Is corona virus COVID 19 equally impact on mental stress of Indian sports coaches". Therefore, this study was conduct to know the impact of COVID 19 on mental stress of Coaches fraternity of India.

Objectives of the Study

- ❖ To see the impact of COVID 19 pandemic on mental stress of individual sports coaches fraternity of India.
- ❖ To see the impact of COVID 19 pandemic on mental stress of team sports

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Methodology

Study Design and Participants

The study was a cross sectional survey that used convenience sampling. The data was collected through electronic means, the link of the survey was circulated through major sources media platform such as e-mail and instant messaging application. Data collection was conducted from June 30, 2020 to July 10, 2020 in both language Hindi and English in order to better understanding of questionnaire. All the participants were sports coaches of different team sports and individual sports and over 18 years male and female from different part of the India. The ethical procedure was taken care during this study, the inform consent was obtain prior to the start of survey, and no identifying information was asked from any of the participant. They were also informed to withdraw from the study anytime if they do not wish to participate and at the end of the survey participant were provided national and regional help line numbers of mental health professional and counselor. All the participants were informed about the purpose of the study, out of 224 participants 220 participants were agree to participate in this study.

Variables

On the basis of review of literature, expert's opinion, facilities and own understandings of the problem following variable were selected:

- ❖ Mental Stress

Criterion Measures

- ❖ Mental Stress – Through Questionnaire, Perceived Stress Scale.

Description of the Perceived Stress Scale Questionnaire

Perceived Stress Scale Questionnaire is a classic stress assessment instrument. The questions in this scale ask about the feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. A 10-items scale that measures global self-worth by measuring both positive and negative feelings about themselves during last month. The scale is believed to be unidimensional. All items are answered using a 5-point Likert scale format ranging from 0-never to 4-very often (appendix A).

Perceived Stress Scale Scoring

PSS score by following these directions:

First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

Now add up your scores for each item to get a total.

My total score is _____.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress

- ❖ Scores ranging from 0-13 would be considered low stress.
- ❖ Scores ranging from 14-26 would be considered moderate stress.
- ❖ Scores ranging from 27-40 would be considered high perceived stress.

Procedure of Ttesting and Ccollection of Ddata

The data was collected through Google form via electronic means, the link of the survey was circulated through major sources media platform such as e-mail and instant messaging application by briefing them the purpose and significance of the study thoroughly.

Statistical Technique

In order to achieve the objectives of the study the data was analyzed by using SPSS 20. The data were put to statistical computation for analysis with the help of independent t- test was employed as a measure for the present data the descriptive statistics such as percentage, mean deviation, stander deviation, t test and frequency distribution was used as a statistical technique because data was in nominal form.

Analysis of Data and Result of the Study

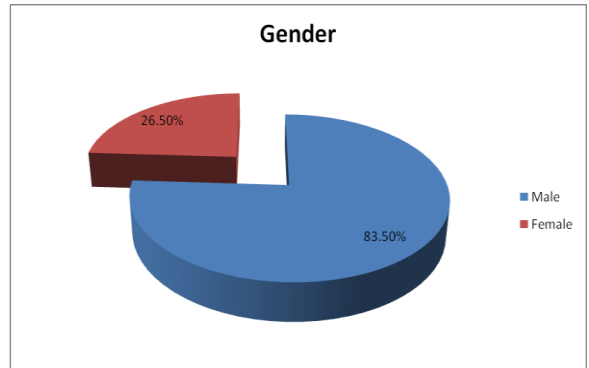
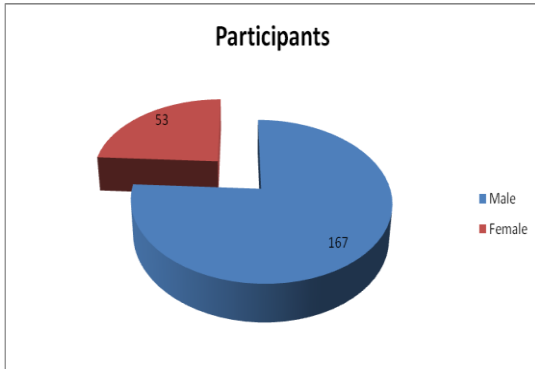
The findings and the discussion thereof in achieving the objectives of the research study. The main objective of the study was to see the impact of COVID 19 pandemic on mental stress of sports coaches fraternity of India. The Further the sub objective is to compare the mental stress level of team sports coaches and individual sports coaches of India. In order to achieve the above mentioned objectives, total 220 male and female Indian sports coaches were selected as the participants of the study. The data was collected through electronic means and the link of the survey was circulated through major sources media platform such as e-mail and instant messaging application. The whole analysis has been split into two sections. Section 'A' includes normality test of mental stress between individual and team sports coaches and descriptive analysis of the data in which it compares mean deviation and stander deviation of individual and team sports coaches. Section 'B' includes comparative statistics of mental stress between individual sports and team sports coaches.

Demography of Data

Total Number of Subjects = 220

Male = 167

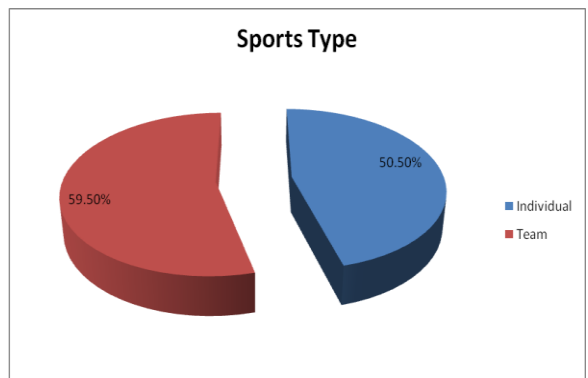
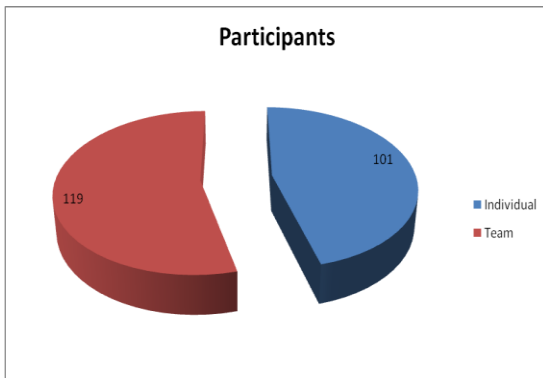
Female = 53



Gender %

Individual Sports = 101

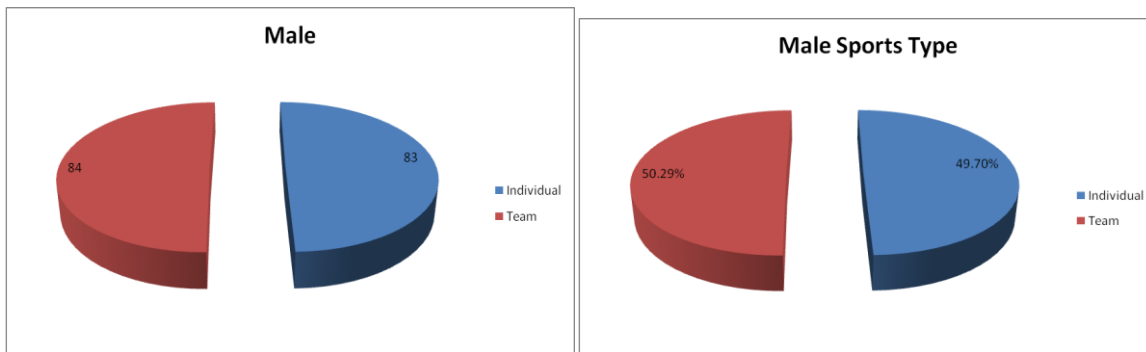
Team Sports = 119



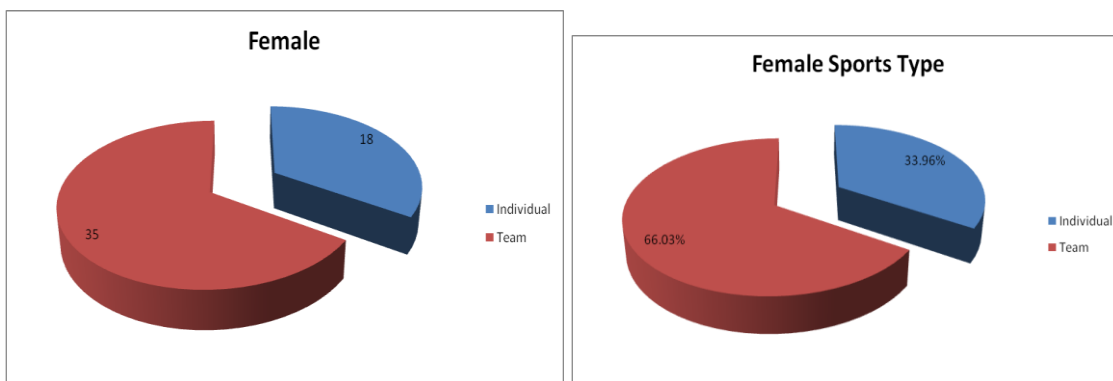
Male Participants

Individual Sports = 83

Team Sports = 84



Female Participants
Individual Sports = 18
Team Sports = 35



Analysis of Data

The data thus collected were put to statistical computation for analysis, which have been present in this chapter. Analysis with the help of independent t- test was employed as a measure for the present data (SPSS 20 was used). The level of significance was set at 0.05.

The variable that was taken into consideration in the present study was.

Mental Stress

To start with, the discussion findings of the total sample that was opted for the study, the normality, descriptive and independent t test statistics of selected variables have been presented in tables.

The discussion with regard to mental stress has been presented below.

Section 'A'

Normality test of mental stress between individual and team sports coaches

and descriptive analysis of the data in which it compares mean deviation and stander deviation of individual and team sports coaches.

Table 1:

Normality Test of Mental Stress between Individual and Team sports Coaches

Tests of Normality				
		Shapiro-Wilk		
		Statistic	df	Sig.
Total	Individual	.981	101	.146
	Team	.981	119	.094
a. Lilliefors Significance Correction				

The Shapiro-Wilk normality test data of individual and team game coaches are given in Table 1. The statistic of individual and team game coaches is .981, with degree of freedom 101 for individual game coaches and 119 for team game coaches, and significance value of individual game coaches is .146 whereas team game coaches is .094 respectively.

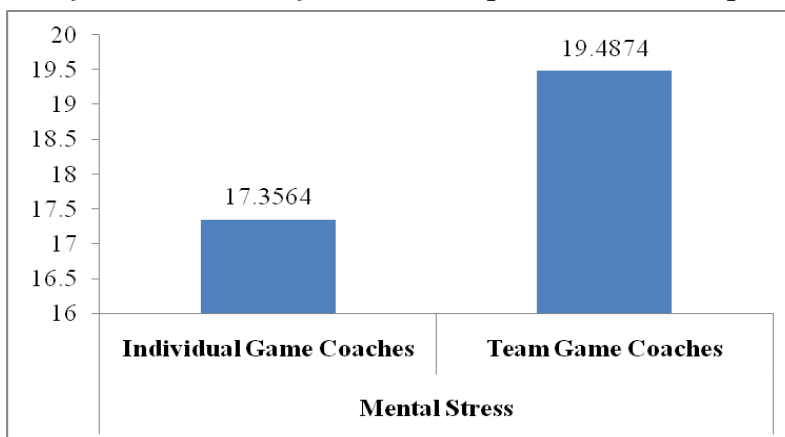
Table 2:

Descriptive Statistics of Mental stress between Individual and Team Sports Coaches

Group Statistics			
	N	Mean	Std. Deviation
Individual	101	17.3564	4.47121
Team	119	19.4874	4.58972

The mean and standard deviation of the individual and team game coaches on mental stress during COVID- 19 pandemic are given in Table 2. The mean and standard deviation of individual game coaches are 17.3564 ± 4.47121 and team game coaches are 19.4874 ± 4.58972 respectively. The mean score is illustrated graphically in Figure 1

Figure 1:
Mean Score of Mental Stress of Individual Sports and Team Sports Coaches



Section ‘B’

This section includes comparative statistics of mental stress between individual sports and team sports coaches.

Table 3:
Comparative Statistics of Mental Stress between Individual Sports and Team Game Coaches

Independent Samples Test				
	t-test for Equality of Means			
	T	df	Sig. (2-tailed)	Mean Difference
Equal variances assumed	-3.473	218	.001	-2.13096
Equal variances not assumed	-3.480	213.878	.001	-2.13096

Table 3 shows the significance value for comparing the mean of individual and team game coaches. Since $p = .001$ is less than our chosen significance level $\alpha = 0.05$, we can say significance difference is observed between both groups.

Discussion of Findings

The null- hypothesis stated that there would be no significant difference between mental stress of individual and team sports coaches is hereby rejected. In mental stress of both individual and team game coaches, significant difference was observed.

The descriptive statistics shows that the average stress in the case of coaches of team game is on the higher side than of the individual game. It can be also

concluded from the table no 3 that the t value (-3.473) is significant as the p value is <0.05 level of significance. Thus the null hypothesis of equality of population means of the two groups is rejected, and it may be concluded that the out of the two types of coaches the coaches of team game suffers from more stress than the individual game.

Conclusion

The main findings from the study show that the mental stress among sports coaches during the lockdown were prevalent along with the other majors to contain the spread of COVID 19 pandemic, mental health of sports coaches need attention of the Indian government and mental health experts further large scale study need to be conducted on different sports coaches in large quantity and in corporate other mental health indicators such as depression, anxiety, self esteem, job satisfaction, determination etc. hence, it can be concluded with our finding that the coaches of team game goes through great and larger amount of stress than the coaches of individual game, as it is very obvious that in an individual game or sport a coach is only concerned about a single individual because his performance will only take things over line, but the scenario of team sport is different , it doesn't depend upon a single individual, it requires the whole team cohesion, collectively each and every one has to click together than only a team can win.

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