



# After Effects of COVID-19 on Sports and Games

*Dr. Rakesh Pathak, Head Department of Physical Education, National P.G. College, Lucknow*

## ABSTRACT

*An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.-*

*Emil Zatopek*

*The purpose of this paper is to explore the various physical, psychological, emotional and social after effects of COVID-19 on sports and games. COVID-19, the never seen – before pandemic drastically changed our attitude towards life. Lots of uncertainty has been experienced in almost everything. The effects of COVID-19 continue to ripple through the world's health, educational, financial, and commercial institutions, and the sports ecosystem is no different. The nonstop sports entertainment we've come to expect has come to a halt. All the sports activities came to a halt. From practice to performance, everything got hindered. Restrictions in the participation and spectatorship of organized sport have also been widely enforced by the Government. Sportsmen have suffered physically and psychologically as well. This study seeks to assess the aftereffects of COVID-19 pandemic on sports and sports persons physical and psychological health, which is deeply impacted.*

## **Introduction-**

*Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her. - Mia Hamm*

On December 31st, 2019, the World Health Organization (WHO) became aware of an unknown virus which we now know as COVID-19. The WHO requested information from officials in China on January 1st and declared a Public Health Emergency on January 30th, 2020. A global pandemic was then officially recognized on March 11th in relation to the novel corona virus disease COVID-19. This article considers the impacts and potential harms of the COVID-19 pandemic in the context of sport.

COVID-19 is a droplet-transmitted and a fatal corona virus pandemic affecting the world in 2020. As a precautionary measure, the World Health Organization (WHO) recommended social distancing and human-to-human contact was

discouraged to control the transmission. It has put almost the entire globe in a state of lockdown and sporting events (including the 2020 Olympics) have been affected. Participation in sports and exercise, typically regarded as healthy activities, were also banned due to health measures. Players and large spectating audiences are well-known to be infectious hazards, but the infection risk for on-field players is also not less. Aside from watching professionals exercise, many people opted to hike in the countryside during the weekends to avoid city crowds.

### **Impacts associated with the absence of Sports and Games**

Restrictions in the participation and spectatorship of organized sport have also been widely enforced from community to elite levels. The disruption in educational, social and protective networks – including sporting networks – combined with economic strains and reduced access to key services, can have a manifold effect on child welfare. The cancellation of many sport-related activities and events can therefore affect children. Negative impacts include the loss of the positive mental, physical and social benefits of sport, as well as those associated with sport being replaced by potentially harmful activities.

#### **Physical, Mental, Emotional and Social Health**

Fear (related not only to the virus but also of financial and other instabilities within their families), anxiety, boredom, frustration, and elevated rates of stress are among the mental health concerns children face with the outbreak of disease. Potential threats to mental health as a result of subsequent restrictions, with levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior also expected to rise (euro.who.int 2020).

When considering specific implications, an indication of an increase in stress that can be linked to COVID-19 comes from Child Line India, a 24-hour emergency phone helpline for children provided by the Indian Government. The country's shutdown due to COVID-19 coincided with a massive spike in the number of daily calls. In the first seven days of the shutdown, Child Line India received about 300,000 calls as compared to a typical weekly average of 200,000 (Pandey, 2020). In the UK, more than 80% of children with mental health challenges showed a worsening of their well-being as a result of the restrictions imposed (Young Minds, 2020). Recognizing the increased demand for helpline services for children during this unprecedented time, Child Helpline International has issued a series of recommendations to governments, mobile operators, ICTS, social media platforms and donors (childhelplineinternational.org 2020).

Evidence demonstrates that sports participation may protect against mental health symptoms and disorders (Reardon 2017). In children (and adults), physical activity has been shown to reduce symptoms of depression and anxiety (United States Department of Health and Human Services 2008). Information on COVID-19 infections in children is evolving as the scientists gather more data. Many children infected with COVID-19 are asymptomatic; those that do develop symptoms most commonly have fever, cough and sore throat.

Good nutrition is essential for physical and mental well-being in education and sport. The COVID-19 pandemic places children from low-income households in all countries at nutritional risk. This is particularly true in countries that already had prior to the onset of the pandemic a high burden of under-nutrition and those affected by humanitarian crisis. Resources which address this include the joint UNICEF and World Food Programme paper, entitled "Supporting

Children's Nutrition during COVID-19" (2020). In some countries, children from poor families depend on the school system to provide breakfast, lunch and after school snacks to augment dinner. School provided meals are either the only meal the children consume during the day or they contribute a significant part of their daily nutrient requirements. COVID-19 could impact negatively on the nutritional status of these children when school meal programmes are scaled back or discontinued.

The effects of COVID-19 continue to ripple through the world's health, educational, financial, and commercial institutions, and the sports ecosystem is no different. The nonstop sports entertainment we've come to expect has come to a halt. The COVID-19 pandemic has wreaked havoc all around the world for almost two years now, upending all sporting and physical activities and pushing people into a cocoon of forced sedentary lifestyle while also debating participation in sports and exercise, typically regarded as healthy activities.

COVID-19 is increasingly understood to have a significant impact on the heart and cardiovascular system, despite its common association with respiratory complications with a real risk of permanent damage. In both professional and recreational athletes, the virus can manifest itself in a variety of ways.

The impact of detraining and period of inactivity following the lockdown has brought a great deal of stress, both physical and psychological, resulting in reduced muscle strength, weakness and poor fitness level amongst athletes. The epidemiology of COVID-19-related subclinical myocarditis is unknown but damage to the lungs can jeopardize an athlete's performance. It affects about 38 percent of admitted COVID-19 patients and causes 5-22 percent of sudden cardiac deaths in athletes under 35 years old. Some symptoms to look out for: Chills- Fever- Headache- Altered sense of smell- Chest pain or pressure- Difficulty breathing- Loss of appetite- Excessive fatigue (associated with a 70 percent lower chance of return-to-play over the 40-day period.)

COVID-19 exhibits extraordinary challenges in deciding how athletes can, after consulting with a physician, return to vigorous exercise and full play, considering:- Athlete protection- Potential dangers to other participants' safety- The athlete's functional abilities and demands of occupation- Clearance from specialists in case of Pulmonary and Cardiovascular evaluation.

The stages of returning to full participation:

Stage 1 -Recuperation and rest (day to day activities)

Stage 2 – Moderate activity (15 minutes jog, walk)

Stage 3 – Moderate physical activity (45 minutes running, brisk walking)

Stage 4 – High-intensity activity (60 minutes advance strengthening)

Stage 5 – Regular training and full participation.

Slowly and gradually, things are getting back on track with certain restrictions. Sports institutes are being re-opened with precautions to avoid any players getting infected with the deadly virus. It is inferred from the situations, sports activities shall be back to normal. Players are now given permitted to practice but not at the cost of their health. It shows that the importance of sports and games also, because the sports and games are extremely important for nation building by creating positive mental health, emotions, feelings of unity and national pride. Sports and Games are values built up by various sporting activities with confidence building in youth. Sports encourages the growth of sports related industries, which brings employment opportunities and boost the economy. We should promote sports and games activity among youth in India continuously because.....**KHELEGA INDIA TABHI TO BADHEGA INDIA.**

### References-

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