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A Critical Study of measures taken by Sportspersons of Vidarbha to remain physically fit during the Covid-19 induced Lockdown

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1.0 Abstract

The importance of sports has been accepted by one and all. However, in the times of Covid-19 pandemic, they have become very critical as the new norm of social distancing wearing of masks has made the physical activities more difficult. This is particularly more severe problem for the elite athletes, as missing their regular practice affects their physical conditioning as well as the psychological state as the anxiety of substandard performance creeps into their mind. In view of this situation, this study was carried out to understand the various measures taken by these sportspersons to remain physical fit during the Covid-19 induced Lockdown. The data was collected from 120 sportspersons (residing in the Vidarbha region) through an online survey method. The collected data was analyzed using SPSS 18.0 Software. The survey data revealed that most of the sportspersons of Vidarbha region have made sincere efforts to remain fit but have carried out moderate level of physical activities (mostly walking) during lockdown. In addition to above, majority of sportspersons did not attend online physical fitness training classes and also did not have clear focus on their diet.

Keywords: *Covid-19 pandemic, social distancing, lockdown, wearing of masks, physical activities, athletes*

2.0 Introduction

Sports and games are very important in today's world as they provide means not only to the sportspersons to become good performers but also make it as their profession. Hence, physical fitness of the sportspersons is critical. Sports and games are means of mental and physical growth and any hindrance in regular sports activity may affect the psychological well being of the sportspersons. Physical fitness is not just crucial for a healthy body but imperative for a healthy mind and emotional wellbeing. Even though laziness seems the new normal amidst others 'newness' that staying at home (due to the Covid-19 pandemic) has brought, there's no substitute to physical fitness for the professional sportspersons.

As the sports fraternity has been navigating through their professional and personal lives during the Covid-19 lockdown, some fitness sportspersons have been trying new ways to remain physically fit. For these players, physical fitness is not just crucial for a healthy body but imperative for a healthy mind and emotional wellbeing so that post lockdown they can perform as per their previous capacity. Though laziness seems the new normal amidst these lockdown times for the sportspersons, there's no substitute to self-care and fitness in every possible way – physical, mental and emotional. In view of the above, this study was carried out to assess the measures taken by Sportspersons of Vidarbha to remain Physically Fit during the Covid-19 induced Lockdown in the region.

3.0 Research Methodology

2.1 Selection of Subjects

The subjects (sportspersons) were selected from Vidarbha, with representation from Nagpur, Wardha, Gondia, Bhandara, Amravati, Akola, Chandrapur and Yavatmal Districts. A total of 120 sportspersons provided the necessary data.

2.2 Primary Data Collection

The primary data related to research criterion and objective of the study was collected by using standardized psychological test through telephonic survey and also by using Google forms.

2.3 Reliability and Validity of Data

The reliability of data was confirmed by establishing the instruments reliability, tester's competency and reliability of the test. The tester's reliability was evaluated together with the reliability of tests. A person's product moment co-relation was computed between the two measures of each variable. The results of this test indicated that the correlation coefficients were above 0.89, which indicated adequate level of reliability. All the standard methods as well as instruments were used for data collection in the present study. The reliability and validity of the research instrument was determined prior to actual data collection.

2.4 Statistical Analysis of Data

Analysis of data was done with the help of suitable statistical tests. The descriptive statistics, such as mode, frequency, percentage, etc. were determined from the collected data. The data generated during the study was processed using Statistical Package for Social Sciences (SPSS) 18.0 software.

3.0 Results and Discussion

3.1 Age-wise distribution of sportspersons

Table 1: Age-wise distribution of sportspersons of Vidarbha

Age Group	No.	Percentage
Less than 20	16	13.3
20 to 25	69	57.5
25 to 30	24	20.0
Above 30	11	9.2
Total	120	100.0

Above Table 1 presents information regarding age-wise distribution of sportspersons of Vidarbha. The study results show that 13.3% sportspersons belonged to the age-group less than 20 years. In addition to this 57.5% and 20.0% sportspersons belonged to the age-group 20 to 25 years and 25 to 30 years respectively. Furthermore 9.2% sportspersons belonged to the age-group above 30 years.

3.2: Gender-wise distribution of sportspersons

Table 2: Gender-wise distribution of sportspersons of Vidarbha

Gender	No.	Percentage
Male	78	65.0
Female	42	35.0
Total	120	100.0

Above Table 2 presents information regarding gender-wise distribution of sportspersons of Vidarbha. The study results show that 65.0% sportspersons are male however 35.0% sportspersons are female.

3.3: Intensity of Physical Activity during lockdown

Table 3: Intensity of Physical Activity during lockdown

Level of intensity	No.	Percentage
Low	30	25.0
Moderate	55	45.8
High	29	24.2
Very High	6	5.0
Total	120	100.0

Above **Table 3** presents information regarding intensity of physical activity undertaken during lockdown by the sportspersons of Vidarbha. The study results show that 25.0% sportspersons have low intensity of physical activity while 45.8% sportspersons have undertaken moderate level of physical activities during lockdown. In addition to this 24.2% and 5.0% sportspersons have high and very high intensity of physical activity during lockdown.

Table 3.4: Made sincere efforts during lockdown to remain physical fit

Table 4: Made sincere efforts during lockdown to remain physical fit

Response	No.	Percentage
Yes	30	25.0
No	90	75.0
Total	120	100.0

Above **Table 4** presents information pertaining to making sincere efforts during lockdown to remain physically fit by the sportspersons of Vidarbha. The study results show that 25.0% sportspersons have made sincere efforts while 75.0% sportspersons have not made sincere efforts during lockdown to remain physically fit.

Table 3.5: Followed online physical fitness training class

Table 5: Followed online physical fitness training class

Response	No.	Percentage
Yes	22	18.3
No	98	81.7
Total	120	100.0

Above **Table 5** presents information pertaining to following online physical fitness training class by the sportspersons of Vidarbha. The study results show that 18.3% sportspersons have followed online physical fitness training class while 81.7% sportspersons have not followed online physical fitness training class.

Table 3.6: Major physical activities during lockdown

Table 6: Major physical activities during lockdown

Activity	No.	Percentage
Walking	64	53.3
Jogging	19	15.8
Yoga	42	35.0
Total	125	104.2

Above **Table 6** presents information pertaining to major physical activities undertaken during lockdown by the sportspersons of Vidarbha. The study results show that 53.3% sportspersons performed walking while 15.8% sportspersons performed jogging during lockdown. In addition to this 35.0% sportspersons performed yoga during lockdown.

Table 3.7: Followed specific diet during lockdown

Table 7: Followed specific diet during lockdown

Response	No.	Percentage
Yes	44	36.7
No	76	63.3
Total	120	100.0

Above **Table 7** presents information pertaining to following specific diet during lockdown by the sportspersons of Vidarbha. The study results show that 36.7% sportspersons followed specific diet while 63.3% sportspersons does not followed specific diet during lockdown.

Table 3.8: Prepared plan for physical activity post lockdown**Table 8: Prepared plan for physical activity post lockdown**

Response	No.	Percentage
Yes	86	71.7
No	34	28.3
Total	120	100.0

Above **Table 8** presents information pertaining to preparing plan for physical activity post lockdown by the sportspersons of Vidarbha. The study results show that 71.7% sportspersons prepared plan for physical activity while 28.3% sportspersons does not prepared plan for physical activity post lockdown.

4.0 Conclusions

4.1: Age-wise distribution of sportspersons of Vidarbha

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region belonged to the age-group 20 to 25 years.

4.2: Gender-wise distribution of sportspersons of Vidarbha

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region are male.

4.3 Intensity of Physical Activity during lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have undertaken moderate level of physical activities during lockdown.

4.4: Made sincere efforts during lockdown to remain physical fit

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have not made sincere efforts during lockdown to remain physically fit.

4.5: Followed online physical fitness training class

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have not followed online physical fitness training class.

4.6: Major physical activities during lockdown

- On the basis of the study results it is evident that high percentages of the sportspersons of Vidarbha region have mostly done walking during lockdown.

4.7: Followed specific diet during lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region do not followed specific diet during lockdown.

4.8: Prepared plan for physical activity post lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region prepared plan for physical activity post lockdown.

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