



Kalyan Bharati

Journal on Indian History & Culture

CERTIFICATE OF PUBLICATION

This is to certify that the article entitled

THE EFFECT OF COVID-19 ON MENTAL HEALTH AND WELL BEING IN SPORTS

Authored By

Dr. Rajesh Shrirang Alone

Associate professor, Shri Binzani College Nagpur.

UGC

University Grants Commission

Published in Vol. 36, No.(IX) : 2021

Kalyan Bharati with ISSN : 0976-0822

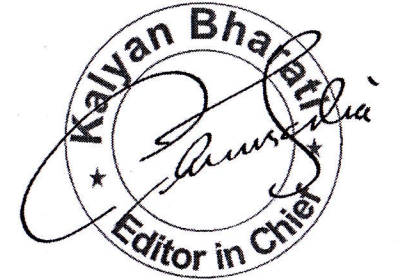
UGC-CARE List Group I

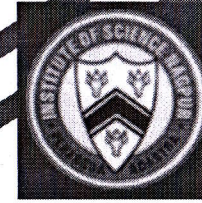
Impact Factor 5.90



ज्ञान-विज्ञान विमुक्तये
UGC

University Grants Commission





workshop on new sports policy

Certificate of Participation

This is to certify that **Rajesh shrirang Alone, Shri Binzyani City College Nagpur** participated in one day Workshop on New Sports Policy on 12 march 2021 organised by PGTD Phy.Edu.RTMNU,IOS Nagpur & JCPE ,Nagpur

Dr.Madhavi Mardikar
Organising secretary

DR. R. G. ATRAM
CONVENER
Director IOS Nagpur

DR. VI JAY DATARKAR
CONVENER
Principal JCPE, Nagpur

THE EFFECT OF COVID-19 ON MENTAL HEALTH AND WELL BEING IN SPORTS

Dr. Rajesh Shrirang Alone

Associate professor, Shri Binzani College Nagpur.

Abstract:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including, Physical distancing measures to combat the spread of the novel coronavirus have presented challenges for the mental health and well-being of college students, sports persons and common people.

Keywords: COVID-19, Social cure, Social support, Sports, health warning.

Introduction:

Physical distancing measures to combat the spread of the novel coronavirus have presented challenges for the mental health and well-being of college students And sports persons. As campus activities ceased, student-athletes abruptly became isolated from teammates and were no longer able to participate in sport activities that are often central to their identity as an athlete and player . However, student-athletes who have supportive social connections with teammates during this pandemic may maintain their athletic identity to a greater extent and report better mental health. The present study examined how student-athletes' mental health was associated with teammate social support, connectedness, and changes to athletic identity from before to during COVID-19.

Early Warning Signs

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true

- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school.

Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Methodology:

A sample of 234 student-athletes completed surveys before COVID-19 physical distancing (February 2020), with 135 (63% female) participating in a follow-up in the month following school closures (April 2020). Path models estimated the effects of teammate social support and connectedness (during COVID-19), as well as changes in athletic identity on indices of mental health. Considering all path models tested, student-athletes who received more social support and reported more connectedness with teammates reported less dissolution of their athletic identity and-in most models-reported better mental health and well-being. Indirect effects indicated that student-athletes' change in athletic identity mediated the effects of teammate social support on psychological well-being and depression symptoms.

Conclusion:

Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.

WHO, together with partners, is providing guidance and advice during the COVID-19 pandemic for health workers, managers of health facilities, people who are looking after children, older adults, people in isolation and members of the public more generally, to help us look after our mental health. In addition to advancing theory on how small groups relate to mental health, these findings

demonstrate the value in remaining socially connected with peers and maintaining role identities during the COVID-19 pandemic.

References

1. Baumeister R.F., Leary M.R. The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychol Bull.* 1995;117:497–529. -
2. McPherson M., Smith-Lovin L., Brashears M.E. Social isolation in America: Changes in core discussion networks over two decades. *Am Sociol Rev.* 2006;71:353–375.
3. Lee C.M., Cadigan J.M., Rhew I.C. Increases in loneliness among young adults during the COVID-19 pandemic and association with increases in mental health problems. *J Adolesc Health.* 2020;67:714–717.