



How Did Professional Team Athletes Meet the Covid-19 Pandemic Process? Life Satisfaction and Despairness Dimension

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Abstract: *In this research, to compare the life satisfaction, despairing and pandemic process expectation levels of the professional team athletes at the time of COVID-19 epidemic was aimed. For this reason the professional team athletes (Basketball, Volleyball and Handball) accepted voluntarily to participate in the research were informed about the research. The participants consists of 112 basketball, 48 volleyball and 58 handball athletes. 138 of them are female and 80 of them are male.*

In the research the Beck's scale of Despair (Beck et al., 1974), Life Satisfaction Scale (Diener, et al., 1985) and a 5-itemed survey developed by authors were used for the data collection via Google – Documents. The obtained data evaluated with the SPSS programme and the ANOVA and t test were used with descriptive statistics since the data are normally distributed.

As a result, significant differences were found between the despairness, life satisfaction and Covid-19 pandemic process scores of the participants by the way of gender, branch, playing times and league variables. In comparing the scores of the participants according to the branches, handball players achieved higher scores than basketball and volleyball players. According to the scores of the participants, handball players perceive the pandemic process at a higher level than other branches can be stated.

Keywords: *Covid-19, Basketball, Volleyball, Handball, Life Satisfaction, Despairness.*

1. INTRODUCTION

Although Coronavirus Disease 2019 (Covid-2019) have a dangerous impact on individuals' physical activity behaviors, a 60 min/day of moderate-to-vigorous physical activity for children and 75 min of vigorous or 150 min of moderate physical activity for adults including 3 or 2 days respectively, with muscle and bone strengthening recommended by World Health Organization (WHO). The outbreak of COVID-19 began in December 2019 in Wuhan, China of which are a large family of viruses that are phenotypically and genotypically diverse. On the date 17 March 2020, the widespread human-to-human transmission had resulted in 179,111 confirmed cases and 7,426 deaths due to Covid-2019 (Zhu et al., 2020). Since then it affects the whole social life negatively: closed schools and universities, bans on travel, cultural and sporting events and social gatherings (Parnell et al., 2020). So people have been advised to stay at home with their family and not to go out unless if it is very important. Many people are duly heeding the official advice to self-isolate and stay at home, By the sitting, watching and long sleeping at home a negative impact occurs on physical health and life quality of the individuals on the time. Also these activities affect the physical activity behavior unluckily. In many research it has been shown the beneficial affects of the regular physical activity such as; improved physical and physiological health parameters and positive health outcomes in areas of mental health and wellbeing (Pedersen & Saltin, 2015; Powell et al., 2011; Chekroud et al., 2018; Mathieu et al., 2012). For these reasons, implementing an adapted physical training programme at home during the period of the pandemic, which may well extend from days to weeks will decrease the negative physiological impact of sedentary behaviours.

Life satisfaction defined as a whole life as the degree of development of all its quality positively. Otherwords, with his own criteria about what a good life is the quality of his life in family, school, friends, etc. explained in the form of evaluation as a whole (Veenhoven, 1996; Christopher, 1999). Life Satisfaction is examined in three sections. First, it defines the individual's life as a state of well-

being by comparing it with external criteria. The second is the sense created by judging his own life. The third is the satisfaction created by daily relationships (Serin & Özbülak, 2006).

Despair is defined as negative expectations about the future, in other words pessimism (Kashani, Orvaschel, 1988). It is also described as individuals believing that they can never overcome their failures and never solve their problems, loading false meanings in their lives even though they have no logical reason and expect negative results (Hamarta, Deniz, & Uslu, 2001).

This article focuses on despairness, life satisfaction and pandemic process expectations of the professional basketball, volleyball and handball athletes according to the some variables in the epidemic span.

2. METHOD

2.1. Research Design

This research is planned and applied as the Survey Model. Survey Methods based on different types of design. This research based on a cross-sectional study. A cross-sectional study is a type of observational research that analyzes data of variables collected at one given point in time across a sample population or a pre-defined subset (Tabachnick & Fidell, 2007; Büyükoztürk, 2020).

2.2. Research Group

The sample of the study consists of 218 volunteer participants from Basketball (112, %51,3), Volleyball (48, % 22) and Handball (58, % 26,7) Athletes of whom 138 female and 80 male.

2.3. Data Collection Tools

In this research the Beck's Scale of Despair (Beck et al., 1974), Life Satisfaction Scale (Diener, et al., 1985) and a 5-itemed Survey developed by authors were used for the data collection. The data were collected by Google Documents from participants.

3. DATA ANALYSIS

Since the data were shown normal distribution (Kolmogorov-Smirnov), the statistical analysis were evaluated by t-test, ANOVA and tuckey tests on the SPSS programme (ver.23.0). And the significance level was taken as .05.

3.1. Findings

In this section, the data obtained from the participants evaluated by statistical analysis are presented as tables.

Table1. Averages, Standard Deviations and t Values of Athletes Regarding Gender Despairness, Life Satisfaction and Covid-19 Expectation Level Total Scores

Variable	Factor	N	X	Ss	t	p
Total Despairness	Woman	138	26.93	5.22	4.22	.000*
	Man	80	29.99	5.12		
Total Life Satisfaction	Woman	138	15.28	4.50	1.95	.052
	Man	80	16.52	4.57		
Total Covid-19 Expectation	Woman	138	8.78	3.29	2.96	.003*
	Man	80	10.29	3.81		

* p<0.05 significant

According to the results obtained; there was a significant difference between total despairness scores and their gender, $t = 4.22$, $p < 0.05$. This difference was due to the fact that the scores of male athletes ($X = 29.99$) were higher than the scores of female athletes ($X = 26.93$). There was no significant difference between the total life satisfaction scores of the athletes and their gender, $t = 1.95$, $p > 0.05$. There was a significant difference between the total covid-19 expectation level scores of the athletes and their gender, $t = 2.96$, $p < 0.05$. This difference was due to the fact that the scores of male athletes ($X = 10.29$) were higher than the scores of female athletes ($X = 8.78$).

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Table2. Variance Analysis Regarding Total Despairness, Life Satisfaction, Covid-19 Expectation Levels of Athletes

Variable	Branch	N	X	S.D.
Total Despairness	Basketball	112	28,6250	4,93767
	Volleyball	48	24,1250	3,43093
	Handball	58	33,2414	3,66735
	Total	218	28,8624	5,35464
Total Life Satisfaction	Basketball	112	15,4107	4,45913
	Volleyball	48	12,5417	2,35163
	Handball	58	20,2414	2,71002
	Total	218	16,0642	4,57457
Total Covid-19 Expectation	Basketball	112	9,8571	3,51793
	Volleyball	48	5,9167	1,42670
	Handball	58	12,6552	2,29837
	Total	218	9,7339	3,69741

ANOVA						
Variable		Total of Squares	Sd	Mean of Squares	F	P
Total Despairness	Intergroup	2195,751	2	1097,875	58,628	,000*
	In-group	4026,121	215	18,726		
	Total	6221,872	217			
Total Life Satisfaction	Intergroup	1655,456	2	827,728	61,671	,000*
	In-group	2885,644	215	13,422		
	Total	4541,101	217			
Total Covid-19 Expectation	Intergroup	1196,084	2	598,042	72,624	,000*
	In-group	1770,484	215	8,235		
	Total	2966,569	217			

* $p < 0.05$ significant

As a result of the variance analysis, a significant difference was found between the total despairness scores and branches of the athletes, $F(2,215) = 58.63$, $p < 0.05$. This difference was due to the fact that the scores of handball ($X = 33.24$) and basketball athletes ($X = 28.63$) were higher than that of volleyball athletes ($X = 24.13$). A significant difference was found between the total life satisfaction scores of athletes according to their branches, $F(2,215) = 61.67$, $p < 0.05$. This difference was due to the fact that the scores of handball ($X = 20.24$) and basketball athletes ($X = 15.41$) were higher than that of volleyball athletes ($X = 12.54$). A significant difference was found between the total Covid-19 scores of the athletes and their branches, $F(2,215) = 72.62$, $p < 0.05$. This difference was due to the fact that the scores of handball ($X = 12.66$) and basketball athletes ($X = 9.86$) were higher than that of volleyball athletes ($X = 5.92$).

Table3. Variance Analysis of Total Despair, Life Satisfaction and Covid-19 Expectation Levels of Athletes in Terms of Athletics Duration

Variable	Duration	N	X	S.D.
Total Despairness	0 - 3 Year	68	22,94	2,68
	4 - 7 Year	82	29,29	2,45
	8 - 11 Year	38	31,84	2,00
	12 year and +	30	37,33	2,69
	Total	218	28,86	5,35
Total Life Satisfaction	0 - 3 Year	68	11,11	2,31
	4 - 7 Year	82	16,43	2,78
	8 - 11 Year	38	18,89	1,88
	12 year and +	30	22,66	2,15
	Total	218	16,06	4,57
Total Covid-19 Expectation	0 - 3 Year	68	5,52	1,32
	4 - 7 Year	82	9,68	1,99
	8 - 11 Year	38	13,31	1,09
	12 year and +	30	14,86	,34
	Total	218	9,73	3,69

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ANOVA						
Variable	Factor	Sum of Squares	df	Mean Square	F	P
Total Despairness	Between Groups	4889,41	3	1629,80	261,75	,000*
	Within Groups	1332,46	214	6,22		
	Total	6221,87	217			
Total Life Satisfaction	Between Groups	3287,60	3	1095,86	187,08	,000*
	Within Groups	1253,50	214	5,85		
	Total	4541,10	217			
Total Covid-19 Expectation	Between Groups	2480,19	3	826,73	363,75	,000*
	Within Groups	486,37	214	2,27		
	Total	2966,56	217			

* $p < 0.05$ significant

As a result of the variance analysis, significant differences were found between the total despairness scores of the athletes according to their duration of sports, $F(3,214) = 261.76$, $p < 0.05$. This difference is due to the fact that; 12 years or more ($X = 37.33$), 8-11 years ($X = 31.84$) and 4-7 years ($X = 29.29$) athletes' scores were higher than the scores of 0-3 years athletes ($X = 22.96$).

Significant differences were found between athletes' life satisfaction total scores and duration of athletics, $F(3,214) = 187.09$, $p < 0.05$. This difference is due to the fact that; the scores of the athletes who have 12 years or more ($X = 22.67$), 8-11 years ($X = 18.89$) and 4-7 years ($X = 16.44$), athletic duration were higher than the scores of 0-3 years ($X = 11.12$) athletes.

Significant differences were found between the total Covid-19 scores of athletes according to their duration of sports, $F(3,214) = 363.75$, $p < 0.05$. This difference is based on the scores of athletes engaged in sports for 12 years and over ($X = 14.87$), 8-11 years ($X = 13.32$) and 4-7 years ($X = 9.68$) were higher than the scores of athletes who engaged in sports ($X = 5.53$) for 0-3 years.

Table 4. Variance Analysis Regarding Total Despair, Life Satisfaction And Covid-19 Expectation Levels In Terms Of League Levels of Athletes

Variable	League	N	X	S.D
Total Despairness	KBSL/BSL	64	24,18	3,89
	TKBL/TBL	96	28,812	1,81
	KBBL/EBBL/TB2L	58	34,10	5,86
	Total	218	28,86	5,35
Total Life Satisfaction	KBSL/BSL	64	12,37	3,56
	TKBL/TBL	96	15,91	2,43
	KBBL/EBBL/TB2L	58	20,37	4,63
	Total	218	16,06	4,57
Total Covid 19 Expectation	KBSL/BSL	64	6,25	2,45
	TKBL/TBL	96	9,85	2,30
	KBBL/EBBL/TB2L	58	13,37	3,05
	Total	218	9,73	3,69

ANOVA						
Variable	Factor	Sum of Squares	df	Mean Square	F	P
Total Despairness	Between Groups	2992,117	2	1496,059	99,590	,000*
	Within Groups	3229,754	215	15,022		
	Total	6221,872	217			
Total Life Satisfaction	Between Groups	1953,112	2	976,556	81,128	,000*
	Within Groups	2587,989	215	12,037		
	Total	4541,101	217			
Total Covid-19 Expectation	Between Groups	1548,955	2	774,478	117,460	,000*
	Within Groups	1417,614	215	6,594		
	Total	2966,569	217			

* $p < 0.05$ significant

As a result of the variance analysis, a significant difference was found between the total despairness scores of the athletes according to the leagues they played, $F(2,215) = 99.59$, $p < 0.05$. This difference was due to the fact that the scores ($X = 31.84$) of athletes playing in the Kbb1 / Ebb1 / Tb2l leagues

and the athletes playing in the Tkbl / Tbl leagues ($X = 31.84$) were higher than the scores of the athletes playing in the Kbsl / Bsl leagues ($X = 22.94$).

Significant differences were found between the total life satisfaction scores of the athletes according to the leagues they played, $F(2,215) = 81.13$, $p < 0.05$. This difference was due to the fact that the scores of the athletes ($X = 20.38$) playing in the Kbb1 / Ebb1 / Tb21 leagues and the athletes playing in the Tkbl / Tbl leagues ($X = 15.92$) were higher than the scores of the athletes playing in the Kbsl / Bsl leagues ($X = 12.38$).

Significant differences were found between the total Covid-19 scores according to the leagues played by the athletes, $F(2,215) = 117.46$, $p < 0.05$. This difference was due to the fact that the scores of the athletes ($X = 13.38$) playing in the Kbb1 / Ebb1 / Tb21 leagues and the athletes playing in the Tkbl / Tbl leagues ($X = 9.85$) were higher than the scores of the athletes playing in the Kbsl / Bsl leagues ($X = 6.25$).

4. DISCUSSION & CONCLUSION

As a result of this research in which the despair and life satisfaction levels of the athletes taking part in the Professional Leagues are examined according to various variables; Significant differences were found between the Despair, Life Satisfaction and Covid-19 Expectation Levels of Basketball, Handball and Volleyball players. As a remarkable result, men achieved higher scores than women in all directions. Those who have more time in sports show more expectations than others. Athletes taking part in lower leagues according to their league levels are in higher despair, life satisfaction and covid-19 expectations. It can be considered according to this research that the negative effects of the Pandemic Process on athletes (interruption to leagues, loss of earnings, immobility at home, etc.) caused to these results. When the literature is examined, a lot of research findings supporting the psychological aspects of Covid-19 pandemics are encountered (Brooks, et al., 2020; Pavon, Baeza & Lavie, 2020; Cadore, et al., 2019; Akyol, Başkan & Başkan, 2020).

When the Covid-19 Pandemic spread so dramatically in Europe in Sports Events is examined, On the 19th February 2020, The Champions League Football Match between the teams Atalanta and Valencia becomes the first example of the virus. Another example from Spain in March 2020 reported by Reuters (Protezione-Civile, 2020; Sridhar & Rutherford, 2020). Because of COVID-19 lockdown regulations, gyms, fitness centers and swimming pools have temporarily closed and group exercises is prohibited in the whole World; Especially in Professional sports with a rigid lockdown this would cause detraining and worsen risk factors. From the view of the sporters this smells bad and waste of money. To prevent a loss of endurance, muscle mass and strength, a worsening of risk factors and sub-optimal immunity, home-based endurance and resistance exercise training and weight monitoring is recommended (Chen, et al., 2020).

Since there is likely to be very limited opportunity to practise physical activity outdoors during this period, people forced to stay at home or adopt isolation protocols to prevent spread of the virus. Many studies report this situation and precautions to be taken for this situation in the literature (Connolly et al., 2020; Norouzi et al., 2019; Hofgaard et al., 2019; Rodrigues-Krause et al., 2019). Self-isolating at home can lead to a lot of stress, anxiety and mental distress. To overcome these problems is to replace outdoors activities with home-based activities, such as fitness training and aerobic exercise with dance, and if possible, aerobic high-intensity exercises using stationary bikes or rowing ergometers, also with selfpaced protocols. For the Professional Sporters is the bestway to overcome such problems of epidemic. At least one or two reports based on Money-Sports relations could be find in the literature (The Independent, 2020; The Guardian, 2020). On sporting schedules as some of the world's largest sporting events come to view in 2020; Euro 2020 Football Tournament, Tokyo 2020 Olympic Games, Formula One Grand Prix Races, golf, tennis, athletics, basketball, rugby, cycling, boxing, snooker and ice-skating fixtures have all faced cancellations due to the Covid-19 Pandemic. That's why the Professional athletes become so extinguished, bankrupted in economy and sad. And also by the cancellation of the leagues they were worried about they would go to the lower leagues. Plans, training sessions, relations, deals for future, existing contracts have entered a big dead end.

Conflict of Interest

The authors have no potential conflict of interest.

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