



THE STUDY OF THE CONSEQUENCES OF CORONA EPIDEMIC ON THE MENTAL HEALTH OF PLAYERS

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ABSTRACT

At present, players from all over the world talking about their mental health are being considered a positive aspect. They are now prioritizing their mental health. There is a lockdown in the whole world to avoid coronavirus, so thinking about it can cause mental stress. Players are also no different who are waiting for the situation to return to normal in everyday life. The mental health issue of players has now become a serious matter. How are our players mentally strong to deal with it? Indian players believe that India's family culture is something that will help us deal with mental pressure in these uncertain times. Players travel continuously but the lockdown to avoid coronavirus is a completely new experience for the players. If we are alone and suddenly all the negative things start coming to our mind. Players need to be in a positive environment to win. We have our problems and the players have different things. Players will need mental help during the Corona period. Indian players would have learned to face difficulties from a very young age. It is also true that moving from one bio-secure bubble to another, amidst strict rules designed to protect against the covid epidemic, is hurting the mental health of the players. Many players have withdrawn from important matches due to mental fatigue caused by the bio bubble. In this research paper, the consequences of the corona epidemic on the mental health of the players have been studied. An attempt has been made to know what is affecting the mental health of the players.



KEYWORDS : *Mental Health of The Players, Lockdown, Corona Epidemic, Bio-Secure Bubble.*

DATA COLLECTION METHOD USED FOR RESEARCH:

Data for the research paper has been collected from books, websites and newspapers.

OBJECTIVE OF RESEARCH:

- 1) To study the role of the consequences of the corona epidemic on the mental health of the players.
- 2) To find out what is causing the impact on the mental health of the players.
- 3) To find out measures to maintain the mental health of players

INTRODUCTION :

At present, it is important to consider these factors to understand the experiences of people affected by Covid-19 and to make public health policy. Only by doing this will their mental health concerns be addressed. Infectious diseases have a profound psychological impact on all people – even

players who are not affected by the virus. In the age of the Internet, we get most of the information online. This is a behavioural change, which has revolutionized the interaction between people on health issues. For example, a study conducted on Twitter to analyse the outbreaks of Ebola and swine flu found that Twitter users expressed deep fear about the two diseases. News media articles and social media posts tend to sensationalize the outbreak and spread misinformation, creating panic and panic. However, during the outbreak of the epidemic, these responses are considered proportional to the situation at that time and were considered a means of spreading awareness. But at the same time, this study also found that these comments on social media have acted to 'inflammate' fear and tension among the players.

In recent times, it is a positive thing for players to talk about mental health. Before Stokes, tennis player Naomi Osaka withdrew from the French Open and Wimbledon due to mental health concerns during the pandemic. While American gymnast Simone Biles withdrew from five of the six competitions during the Tokyo Olympics. Anderson, who made his Test debut in 2003, recalled that when he started his career if someone talked about mental depression it was considered a sign of weakness. Now players are out of the game not because of injury or dope tests but due to mental health. In the last one year, many of the world's top players have pulled out of major sporting events due to mental health reasons. Till now players from all over the world including India used to be out of the tournament due to some kind of injury or dope test but now it is happening for the first time that the players themselves are taking themselves out of the tournament. And the only reason for this is the lack of mental health i.e. mental health. And although there are many reasons for the lack of mental health, for more than a year, the corona epidemic spreading across the world including India has aggravated this situation. This problem is not of any one player alone, but many famous players of sports including tennis, cricket, basketball, etc. have also separated themselves from the tournament due to poor mental health.

Players have had to go through the corona test countless times during the last year, in such a situation their mental balance is getting disturbed. Every time he is worried about the fact that when my positive comes and he gets out of the tournament. Every player in the world is facing such mental torture today. In such a situation, it can be estimated how much mental pressure will be on the players. If a player has reached the final and after that his test positive in the final, then the player in front gets a walkover and he wins. Many players have said that living in the bio-bubble affects mental health. Living in such an environment is having a bad effect on the mental health of the players.

Sports competitions and players have been affected a lot due to the deadly coronavirus. Cricket tournaments have also been affected for the last one year due to this epidemic. Players have to play while living in the 'Bio Bubble'. Living in such an environment is having a bad effect on the mental health of the players. One cannot say about any other player, coach, or anyone else who is in quarantine but it has affected their mental health. Moving from one biologically safe environment (Bio-Bubble) to another, being locked in a room, you can't go out anywhere, you can't go anywhere else, you can't meet people, it's completely different.

THE CONSEQUENCES OF CORONA EPIDEMIC ON THE MENTAL HEALTH OF PLAYERS:

Now players of all sports around the world are openly talking about their mental health. Switching from one bio-secure bubble to another is hurting the mental health of players amid strict rules designed to protect against the Covid epidemic. While in the bio bubble, players are subject to various restrictions, including not being able to go out and meet others. Due to these restrictions, now the mental health of the players is being affected. Due to Coronavirus, cricketers have to play in bio bubble for the last year. Being in the bio bubble is now affecting the mental health of the cricketers. Players constantly living in the bio bubble is affecting their mental health. In BioBubble, the player's life changes completely. America's superstar gymnast Simone Biles, Japan's famous tennis player Naomi Osaka, and now England's famous all-rounder Brian Stokes. Say that all these players are masters of different sports, but they have one thing in common. That is, all these players while being at the peak of their game without any hesitation shocked the game organizers and the spectators by saying that they

are taking a break from the game due to their mental health. It is necessary to mention here that the mental condition of all of them deteriorated due to different reasons. While Naomi was adversely affected by negative media questions about her mental state, Simone was troubled by her bad childhood memories and pressure to perform well, Stokes recovered her mental health due to a bio bubble created to protect her from Corona. Couldn't keep So he took an indefinite break from the game.

There was one thing in common among these three sports greats their sudden decision to separate themselves from the Games due to their mental health was not only supported by the organizers including their peers but it was also termed as the biggest disease in today's circumstances. The issue of mental health has become so hot on the organizers that in the middle of the event, it may be forced to announce a helpline to get rid of the problem related to mental health. According to the players, this helpline will provide immediate assistance, short-term counselling, practical assistance, and, if required, help in case of harassment or abuse. The issue of mental health is no longer limited to high-level sports events alone, but now the state government of Haryana, from where the country's highest number of Olympic medallists emerges, has recently announced that Haryana the players will be made strong not only physically but also mentally. For this, the state government will appoint a "mental health coach". Under this, mental health coaches will be kept by dividing the state into four zones. In this, 202 coaches related to different sports will be appointed. State Minister of State for Sports, Sandeep Singh said that given the increasing cases of crime and depression among the players, the State Government will strengthen the Haryanavi players mentally as well. For the first time, mental health coaches will be appointed in the state.

Due to Coronavirus, there has been a big change in the lifestyle of the general public. Within the last two years, the number of patients with mental problems has increased significantly. Symptoms of anxiety and depression have been seen in most of these patients. Coronavirus has affected both the physical health and mental health of people. People pay attention to physical health, but no attention is paid to mental health. Because of this, they are facing many other diseases. According to experts, due to lifestyle changes, mental problems are increasing continuously in every age group. This problem is gradually increasing in the body and if it is not taken care of on time, then it becomes very serious. If there is a sudden change in one's behaviour or the person starts distancing himself from other people or there is always a fear in his mind, then these can be early symptoms. Recently the World Health Organization (WHO) has done a study. According to this, after the corona epidemic, there has been a 25 percent increase in the cases of anxiety and depression worldwide. Be it, children, the elderly, or youth going to the office, a lot of impacts have been seen on the mental health of sportspersons. Problems like sleeplessness, nervousness, stress, anxiety, and changes in appetite forms have become quite common now.

Competitions were cancelled due to Corona. The players stopped practicing. In this case, some private companies released the players from the contract. Some players lost their contracts. Some companies terminated the contract because they could not afford the cost. It was time for the players who had lost their jobs, to find jobs for their stomachs, some of them getting paid. There is no competition because of Corona. There are no certificates from the competition. This made the players miss out on the extra game spirit. The condition of players in India cannot be imagined when players in America do not get any help for mental health. People obsessed with any goal feel a void in achieving that goal. It is astonishing to hear the story of all these players that the extreme sacrifice and struggle in which all their childhood goes and their career turns into an uncertain future after getting so much. This is the reason why players start going through mental health problems at such times.

To be successful in his game, the player has to face different types of pressure. The positive of all this is that in the last few years it has become easier to talk about your problems and there is no problem in doing so now. Many cricketers from India have been seeking and seeking help from one or the other to deal with mental health issues. In the past, too many players have distanced themselves from the game citing mental health as the reason. England women's cricket team's wicket-keeper batsman Sarah Taylor has retired from cricket due to anxiety and three Australian players Glenn Maxwell, Will Bukowski and Nic Maddison have taken a mental health break. After years of research,

there is no doubt that mental and physical health are fundamentally and inextricably linked. Today, although one has to go through a flood of true and false information about Covid-19 to read any news, there is not enough information available about the mental health aspect of this ongoing pandemic. This is astonishing because scientists have recorded that historically, infectious epidemics cause widespread anxiety and panic among the general population. The new disease is unknown in its nature and its consequences cannot be predicted. Also, it is imperceptible or invisible. All these characteristics of it make it a source of serious concern. However, this does not mean that every person is depressed or a victim of anxiety or comes under the control of some eating disorder or any addiction. This means that mental health is something everyone is faced with. Infectious diseases have a profound psychological impact on everyone. Our response to these diseases is not based on medical knowledge but is also driven by our social understanding.

Sports are a form of entertainment in which players and spectators experience tremendous emotional ups and downs. Except for chess and golf, most types of sports (team and singles) are based on speed, accuracy, and strength. Maintaining an educational program for athletes to engage both body and mind to perform any movement engagingly and memorably, to practice to excel in it, to obtain a proper diet to increase physical strength It's mentally stressful. To do all this, it is necessary to sleep and earn money. In a country like India where talking about mental health is still considered taboo, it is difficult for sportspersons to get other essentials. But today it has become necessary to talk about this subject.

Performance anxiety can occur due to any player taking too much stress. Because of this, nervousness, and restlessness starts and if he fails again and again, then he starts feeling indifferent towards his game. In such a situation, it is normal for a player to have tension, performance anxiety, and depression. Depression occurs when a person is under stress for a long time. This directly affects its performance. In such a situation, sometimes he can harm himself, even though he does not shy away from taking steps like suicide. He starts feeling that there is nothing left in his life and that no one can help him. You can understand this from his behaviour and conversation. The player should also keep the psychological side in mind at the time of preparation. It is natural for people who live in a constantly competitive environment to be stressed. They always have to work towards a goal. In such a situation, it is also important to teach them the quality of handling failure.

CONCLUSION:

When the corona pandemic knocked in front of the world, the deaths due to corona all around put people under severe mental stress. Corona hurt people of every class, every region. No region remained untouched by this disease. The sports world was also affected due to Corona. The world of sports stars looks quite dazzling, but players from abroad have expressed concern about their mental health in the past. Now the mental health of the players is being affected due to the restrictions. Corporate over the years has made the game and players ruthlessly aggressive, so rival players are treated with respect, player attitude, and friendship. Players don't enjoy the game just because they enjoy the game. Many players become accustomed to this aggression and energy without handling it properly off the field. They are subjected to sexual offenses, and accidents in which their sport and life are also at stake. Although many players lost their lives in this way. All of these are related to mental health and require a mental health professional. Whether the corona epidemic has made this problem bigger or not, more research is needed in this.

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