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 & Özbulak, 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; Büyüköztürk, 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.

Table 1. 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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Table 2. 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         | 2195,751         | 2   | 1097.875        | 58.620 | .000*|
|                           | 4026,121         | 215 | 18.726          |      |       |
|                           | 6221,872         | 217 |                 |      |       |
| Total Life Satisfaction   | 1655,456         | 2   | 827.728         | 61.671 | .000*|
|                           | 2885,644         | 215 | 13.422          |      |       |
|                           | 4541,101         | 217 |                 |      |       |
| Total Covid-19 Expectation| 1196,084         | 2   | 598.042         | 72.624 | .000*|
|                           | 1770,484         | 215 | 8.235           |      |       |
|                           | 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).

Table 3. 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 | 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 | 261.75 | .000* |
|       | 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 the 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 | 28.81| 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 Kbbl / Ebbl / Tb21 leagues...
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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 / Ebbl / 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 Kbsl / Bsl / 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 self-paced 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 Olimpic 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. Thats 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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