

COVID-19 IMPACTS ON GROUP SPORTS ACTIVITIES AND SOCIAL PSYCHOLOGY



ORIGINAL ARTICLE
ARTIGO ORIGINAL
ARTÍCULO ORIGINAL

IMPACTOS DA COVID-19 NAS ATIVIDADES ESPORTIVAS DE GRUPO E NA PSICOLOGIA SOCIAL

IMPACTOS DEL COVID-19 EN LAS ACTIVIDADES DEPORTIVAS DE GRUPO Y EN LA PSICOLOGÍA SOCIAL

Peng Li¹ 
(Health psychology education)

1. Lishui University, Faculty of
Marxism, Lishui, Zhejiang, China.

Correspondence:

Peng Li
Lishui, Zhejiang, China, 323000.
zjlsxymkszyxy@163.com

ABSTRACT

Introduction: Sports play an important role in maintaining community health, positively impacting the immune system. Behind the scenes of COVID-19 prevention, the value of exercise has been recognized in both individual and collective health needs. Yet, a current scenario of its use and psychosocial impact has to be documented. **Objective:** Study the impact of COVID-19 disease on group sports activities and explore residents' social and psychological aspects. **Methods:** This paper adopts the online survey method by distributing relevant questionnaires to urban residents analyzing the current frequency of group sports activities, individual hobbies, and group sports activities, their distribution areas, organization, and the impacts generated by the pandemic. **Results:** The surveyed subjects in the study area have good physical activity habits. Male residents prefer ball games, and female residents prefer activities that explore relaxation and communication. Group sports activities have more followers. **Conclusion:** Despite the good habits verified in the majority of the population, it is necessary to improve outdoor facilities and indoor sports training places and establish a good system for disseminating information about the social-psychological service. **Level of evidence II; Therapeutic studies - investigation of treatment outcomes.**

Keywords: COVID-19; Psychology, Social; Health, Community.

RESUMO

Introdução: Os esportes desempenham um papel importante na manutenção da saúde comunitária, com impactos positivos no sistema imunológico. Nos bastidores da prevenção da COVID-19, o valor do exercício foi reconhecido tanto nas necessidades individuais quanto coletivas de saúde, porém um cenário atual de sua utilização e seu impacto psicossocial ainda não foram documentados. **Objetivo:** Estudar o impacto da doença COVID-19 nas atividades esportivas em grupo e explorar os aspectos sociais e psicológicos dos moradores. **Métodos:** Este artigo adota o método de survey online, distribuindo questionários relevantes aos moradores urbanos analisando a frequência atual das atividades esportivas em grupo, os hobbies individuais e as atividades esportivas em grupo, bem como suas áreas de distribuição, organização e os impactos gerados pela pandemia. **Resultados:** Os sujeitos pesquisados na área de estudo possuem bons hábitos de atividade física. Os residentes do sexo masculino tendem a preferir jogos de bola enquanto as mulheres preferem atividades que exploram o relaxamento e a comunicação. As atividades esportivas em grupo possuem mais adeptos. **Conclusão:** Apesar dos bons hábitos verificados na maioria da população, faz-se necessária a necessidade de aprimorar as instalações ao ar livre e nos locais de treino esportivo interno, além de estabelecer um bom sistema de divulgação nas informações sobre o serviço psicológico social. **Nível de evidência II; Estudos terapêuticos - investigação dos resultados do tratamento.**

Descritores: COVID-19; Psicologia Social; Saúde Comunitária.

RESUMEN

Introducción: El deporte desempeña un papel importante en el mantenimiento de la salud de la comunidad, con impactos positivos en el sistema inmunológico. Entre los antecedentes de la prevención del COVID-19, se ha reconocido el valor del ejercicio en las necesidades de salud tanto individuales como colectivas, sin embargo aún no se ha documentado un escenario actual de su uso y su impacto psicossocial. **Objetivo:** Estudiar el impacto de la enfermedad COVID-19 en las actividades deportivas de grupo y explorar los aspectos sociales y psicológicos de los residentes. **Métodos:** Este trabajo adopta el método de encuesta en línea mediante la distribución de cuestionarios pertinentes a los residentes urbanos que analizan la frecuencia actual de las actividades deportivas en grupo, las aficiones individuales y las actividades deportivas en grupo, así como sus áreas de distribución, la organización y los impactos generados por la pandemia. **Resultados:** Los sujetos encuestados en el área de estudio tienen buenos hábitos de actividad física. Los residentes masculinos tienden a preferir los juegos de pelota, mientras que las mujeres prefieren actividades que exploren la relajación y la comunicación. Las actividades deportivas en grupo tienen más seguidores. **Conclusión:** A pesar de los buenos hábitos constatados en la mayoría de la población, es necesario mejorar las instalaciones exteriores y los lugares de entrenamiento deportivo interior, además de establecer un buen sistema de difusión en la información sobre el servicio psicológico social. **Nivel de evidencia II; Estudios terapéuticos - investigación de los resultados del tratamiento.**

Descriptor: COVID-19; Psicología Social; Salud Comunitaria.



INTRODUCTION

Sociological research shows that “unconventional events” as a social environment can have a greater impact on people’s behavior than “ordinary events”. The sudden onset of New Coronavirus pneumonia in early 2020 (COVID-19, hereinafter referred to as COVID-19) hindered national economic growth, disrupted the normal social order, and posed a serious threat to the social environment, human life, health and safety. In order to prevent the spread of COVID-19, a major public health emergency has been launched across the country, as well as measures to prevent and control emergencies such as building closure and restricted personnel flow.¹ Fighting against COVID-19 is a major test of China’s social management system and management capability, and a qualitative improvement of people’s health knowledge and sports participation. Under the background of COVID-19 prevention, the value of physical exercise is fully recognized and affirmed in terms of individual health needs. Facing the increasingly infectious and increasingly destructive New Coronavirus, sports as an effective way to improve health and immunity, play an important role in protecting people’s lives, health and safety.² Emergencies can often attract greater social attention and have strong social influence and destructive power. During the covid-19 epidemic, especially in the early stage of the epidemic, the discourse space was noisy and chaotic.³

This paper holds that the psychological mechanism behind this phenomenon is group stress psychology, which is often accompanied by emergencies. People have a kind of psychological anxiety and panic because of their anxiety and fear of the current situation, especially the security problems caused by the epidemic. Stress psychology is the natural response of the body, which is manifested in psychological and behavioral abnormalities. Combined with the current tasks of the party and the state to realize the high level of national health and building healthy China, we explore the residents’ sports lifestyle in the normalization of COVID-19’s prevention and control, analyze the problems and related factors of the sports lifestyle under the normalization of COVID-19’s prevention and control, and link up the current social life background, and provide practical and feasible development strategies. It not only provides practical guidance for participating in exercise in the form of new crown prevention and control, promotes the formation of sports lifestyle, but also helps to implement the national fitness plan.⁴

METHOD

Questionnaire design

In order to analyze the influence and social psychology of the new crowns on the group sports activities more intuitively and systematically, this paper chose a city as the research object, which was affected by the COVID-19 city in 2020, and it was affected by the new crown. The distribution of residents of all ages in the city is reasonable and representative. Through the investigation of this city and the issuance of a large number of online questionnaires, this paper analyzes the group sports activities and psychology of urban residents. The study and all the participants were reviewed and approved by Ethics Committee of Lishui University (NO. 16LIUYS005).

Distribution and recovery of questionnaires

This paper adopts the way of online collection and sends out relevant questionnaires to urban residents to keep the gender ratio and the proportion of men and women in a relatively average state as far as possible. A total of 285 male questionnaires were collected, including 3 invalid questionnaires and 282 valid questionnaires; A total of 305 female questionnaires were collected, including 2 invalid questionnaires and 303 valid questionnaires.

RESULTS

Participation of regional group sports activities

Firstly, this paper analyzes the participation of regional overall sports activities, including the frequency of people of different ages participating in activities, common group sports exercise places, the preference of residents of different genders participating in activities, the organization form of group sports activities, etc., so as to have a better understanding of regional group sports, It also lays a foundation for the following analysis. In this study, because the object of discussion is group sports activities, home exercise, which is very popular after the epidemic, is separated, and this part is not discussed.

As shown in Figure 1, it is the place where residents prefer sports activities. As can be seen from Figure 1, outdoor parks and squares account for the highest proportion, accounting for 30.63%; The second is the gym, accounting for 24.24%; The third is the activity area of the unit, accounting for 19.63%; The fourth is the community fitness area, accounting for 12.74%; The last is highway, accounting for 8.65%; Another 4.11% belong to other areas, including commuting, relatively spacious unit hall or community hall, etc. It can be seen from the research in Figure 1 that the activity areas of outdoor parks, squares, gyms and units are the areas where urban residents most often participate in group sports activities. Among them, the elderly pay more attention to outdoor parks and squares because of their relatively low cost and certain communicative role. Young people and middle-aged people pay more attention to the activity areas of gyms and units. The former can provide more systematic and professional training, while the latter is more convenient. Group sports activities can be carried out after work or during lunch break, which is more suitable for young and middle-aged workers.

As shown in Table 1, the group sports of male residents are studied. It can be seen from table 1 that ball games, including basketball, football, badminton and so on, rank first, accounting for 36.17%; The second is running, accounting for 31.56%, and the third is walking, accounting for 10.99%. Through the investigation and interview with residents, it can be seen that male residents tend to prefer ball games, which are competitive and interesting exercise. As a sports habit, long-distance running is also more popular among many office workers and middle-aged and

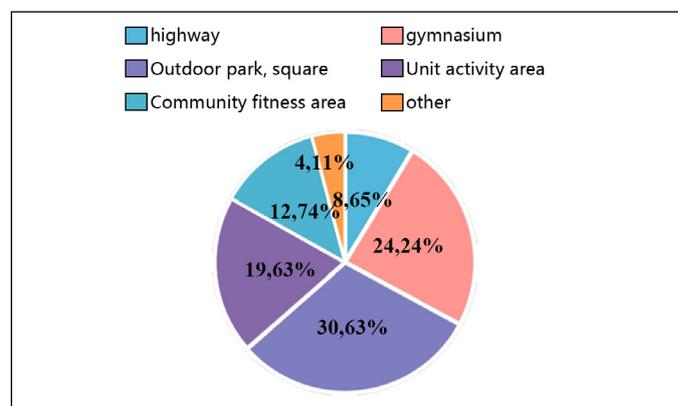


Figure 1. Group physical activity and exercise places in the study area.

Table 1. Distribution of group sports of male residents (n = 282).

Group Sports Project	Number	Proportion
Walk away	31	10.99%
Long run	89	31.56%
Square dance	22	7.80%
Ball sports	102	36.17%
Fitness facilities exercise	23	8.16%
Other	15	5.32%

elderly men. Vigorous walking is more suitable for some elderly people with chronic diseases or office workers on the way to and from work, so the proportion is also high.

As shown in Table 2, the group sports of female residents are studied. It can be seen from table 2 that brisk walking and square dance rank first side by side, accounting for 26.73%, long-distance running projects rank third, accounting for 18.48%, and fitness facilities, including small area fitness facilities or unit fitness facilities, account for 16.83%. Through the interview with residents, it can be seen that female residents tend to pay more attention to the purpose of relaxation, leisure and communication, so their sports are more group, such as square dance, brisk walking, etc. they often exercise in a certain form of community organization, and the exercise of community fitness facilities can also enable women to achieve good communication purpose in the process of more soothing exercise. For some sports with strong competitiveness or high intensity, such as ball games, the proportion is low, accounting for only 7.59%.

As shown in Figure 2, the organizational form of group sports activities in the study area is shown. It can be seen from the figure that the highest proportion is the group activities of 2 ~ 5 people, accounting for 27.42%, which are often carried out in groups of several friends. The second is the outdoor sports in the form of community punch in, including running group, walking group, square dance group and so on, accounting for 22.56%. The third is gym sports, such as training classes opened by the gym and activities with private education organizations, accounting for 21.64%. As can be seen from Figure 2, group sports activities with strong social nature tend to account for a large proportion. For example, group activities in the form of 2 ~ 5 people are often composed of neighbors, colleagues, friends and so on. Such group sports account for the largest proportion in group sports, as do running groups or square dance groups. As a paid sport, the gym also virtually improves the frequency of residents' sports. However, for activities organized by similar social organizations or units, due to its lack of coherence, the proportion of participation is also low.

Impact of epidemic situation on regional group sports activities and social psychological analysis

This section studies the impact of the epidemic on regional group sports activities and related social psychology, and discusses the changes

Table 2. Distribution of group sports of female residents (n = 303).

Group Sports Project	Number	Proportion
Walk away	81	26.73%
Long run	56	18.48%
Square dance	81	26.73%
Ball sports	23	7.59%
Fitness facilities exercise	51	16.83%
Other	11	3.63%

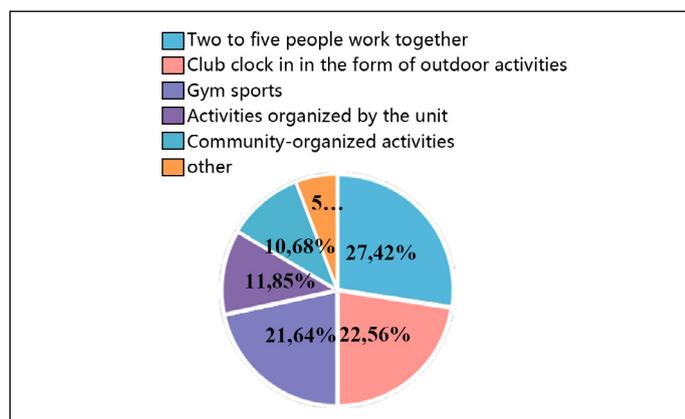


Figure 2. Organizational form of group sports activities in the study area.

of residents' sports methods caused by the epidemic and the concerns of epidemic sports venues. The results are as follows.

Figure 3 shows the impact of the epidemic on group sports activities. As can be seen from the graph, 32.62% of people think that the epidemic has a greater impact on sports activities, 24.72% think the impact is very large, 21.06% think there is a slight impact, and another 6.74% think it is impossible to judge whether there is any influence, and 14.86% think COVID-19 has no influence on their sports activities. It can be seen that for most people, epidemic situation has had a certain impact on their sports life. In the process of analyzing the specific impact, the interviewed residents said that their participation and awareness of sports have been greatly improved after the epidemic, and they believe that strengthening exercise can obtain higher resistance, so as to minimize the impact of the epidemic on themselves, their sports attitude has also changed positively, and many people have increased their sports frequency. Therefore, they think COVID-19 has a more positive impact on group sports activities. However, many people are pessimistic about this impact. It is believed that with the emergence of COVID-19, many sports venues are closed and people have fewer opportunities for outdoor communication, so many people often choose to do sports at home because they are afraid of cross infection, so that the enthusiasm of group sports activities gradually diminishes.

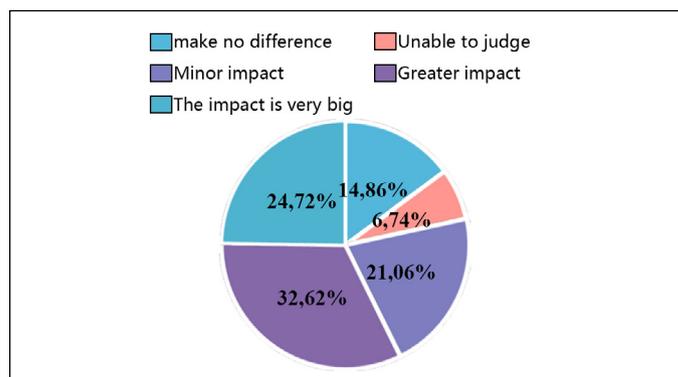


Figure 3. Impact of epidemic situation on group sports activities.

DISCUSSION

Through the investigation and analysis of the residents' sports activities, sports conditions, sports activities and sports lifestyle in the background of normalization of COVID-19's prevention and control, we can see that the residents do not attach enough importance to physical exercise and take a poor sense of active exercise. Their participation in sports activities is greatly influenced by objective factors such as work and homework. The guidance link of Health Science in the process of sports is relatively weak, and the infrastructure construction of sports venues and sports forms need to be further optimized. [5] In view of the problems existing in the sports lifestyle of residents under the background of normalization of COVID-19's prevention and control, combined with the current situation of COVID-19's prevention and control, it puts forward the following practical optimization strategies to provide practical guidance for residents to participate in physical exercise activities under the prevention and control of COVID-19's normalization.⁶

Sports are the health protection for COVID-19. Scientific exercise can improve human immunity and play a positive role in preventing COVID-19. Therefore, the rational use of sports can effectively prevent COVID-19, enhance the physical quality of individuals, and promote the publicity of knowledge of fitness and epidemic prevention, so as to form normalization of sports health publicity, and effectively improve the residents' sports knowledge and awareness, and promote the formation

of sports lifestyle. Making full use of the advantages of the centralized life of communities and neighborhoods can enhance the publicity of disaster prevention and epidemic prevention, and can be achieved through the following ways: first, make full use of the QQ group and WeChat group in the centralized community COVID-19 prevention and control period, regularly share all kinds of epidemic prevention articles, and push articles related to home sports and fitness, and establish adequate sports fitness knowledge structure from the perspective of ideology. Two, the streets and communities should launch various forms of public health fitness classes, promote sports health knowledge, enhance immunity, and prevent COVID-19. Three, organize regular mass fitness activities with "fitness and epidemic prevention" as the theme, various forms and interesting, so as to raise residents' sense of sports morality. Provide a variety of ways to strengthen the learning of residents' fitness and epidemic prevention knowledge, so as to improve residents' sports awareness, change sports instinct, integrate sports into daily life and promote the formation of sports lifestyle.⁷

CONCLUSION

From the research of this paper, it can be found that the epidemic has improved residents' sports awareness and exercise enthusiasm,

so it has a good role in promoting national fitness. However, for group sports, it has been negatively affected to a certain extent due to its characteristics of group and personnel gathering. For example, residents' sports types and the choice of places have also changed. Some places with poor indoor air circulation have been eliminated. People are more inclined to carry out sports in areas with outdoor air circulation. Residents' sports consciousness and social psychology have changed to a certain extent. Therefore, relevant social departments should strengthen the improvement of outdoor sports facilities and systems and the optimization and upgrading of indoor sports training venues, establish a good information disclosure system and social psychological service system, help the masses build a relatively stable social psychology and improve their sports enthusiasm, so as to enable residents to actively complete sports driven by good psychology, improve their own resistance, minimize the impact of the epidemic on the body, and improve the national quality of the country.

The author declare no potential conflict of interest related to this article

AUTHORS' CONTRIBUTIONS: Every author has made an important contribution to this manuscript. PL: writing and execution.

REFERENCES

1. Knell G, Robertson MC, Dooley EE, Burford K, Mendez KS. Health behavior changes during COVID-19 pandemic and subsequent "stay-at-home" orders. *Int J Environ Res Public Health*. 2020;17(17):6268.
2. Dunton GF, Do B, Wang SD. Early effects of the COVID-19 pandemic on physical activity and sedentary behavior in children living in the U.S. *BMC Public Health*. 2020;20:1351.
3. Chen P, Mao L, Nassiss GP, Harmer P, Ainsworth BE, Li F. Coronavirus disease (COVID-19): the need to maintain regular physical activity while taking precautions. *J Sport Health Sci*. 2020;9(2):103-4.
4. Gilic B, Ostojic L, Corluca M, Volaric T, Sekulic D. Contextualizing parental/familial influence on physical activity in adolescents before and during COVID-19 pandemic: a prospective analysis. *Children (Basel)*. 2020;7(9):E125.
5. Mitra R, Moore SA, Gillespie M, Faulkner G, Vanderloo LM, Chulak-Bozzer T, et al. Healthy movement behaviours in children and youth during the COVID-19 pandemic: exploring the role of the neighbourhood environment. *Health Place*. 2020;65:102418.
6. Moore SA, Faulkner G, Rhodes RE, Brussoni M, Chulak-Bozzer T, Ferguson LJ, et al. Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: a national survey. *Int J Behav Nutr Phys Act*. 2020;17(1):85.
7. Silveira AD, Soccol KS. Mental health of children/adolescents in times of social distancing by COVID-19. *Rev Cubana Enferm*. 2020;36:e3830.