



# IMPACT OF RESILIENCE ON PERCEIVED STRESS AMONG PROFESSIONAL FOOTBALL PLAYERS DURING COVID-19 PANDEMIC

I.SULAIMAN<sup>1</sup>, ALETHEA RUTH SHEEBA<sup>2</sup>, VIJAY KRISHNA KUMAR<sup>3</sup>

1Assistant Professor, Department of Physiotherapy, Dr. B. R. Ambedkar Medical College and Hospital, Bangalore, India

2 Student, Department of Physiotherapy, Dr. B. R. Ambedkar Medical College and Hospital, Bangalore, India

3 Principal, Department of Physiotherapy, Dr. B. R. Ambedkar Medical College and Hospital, Bangalore, India

## **ABSTRACT**

Resilience is known as the ability to bounce back when encountered with Perceived stress. The study concentrates on the impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic. The aim of this study is to survey the Resilience and the Perceived stress and the impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic. Questionnaire Survey study of 100 convenient samples fulfilling the inclusion criteria. In this study the correlation between perceived stress and resilience shows  $r$  value of  $-0.210$  which is a negative value with the  $p$ -value of  $0.036$  which is less  $0.05$ . Hence we can say that there is a significant negative correlation between perceived stress and resilience among professional football players that is one variable increases the other variable decreases which means the variable moves in the opposite direction i.e. when stress level increases the resilience level comes down among professional football players. There was significant impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic.

**Key Words:** Resilience, Perceived stress, Professional football players, Covid-19 pandemic.

## **INTRODUCTION**

The Coronavirus disease is a highly transmittable disease caused by acute respiratory syndrome coronavirus 2(SARS Cov-2) has become a global health issue with millions of confirmed cases around the world. Various levels of social restrictions had been put in many countries. People were advised to stay at home and Non-essential shops and business were closed, only essential trips for food, pharmacist, hospital and healthcare workers were allowed to go outside, who performed essential tasks for society. Due to this pandemic people's physical health and functioning and their psychological health has been put to risk. One such population affected by the pandemic are professional footballer players, who were experiencing cancelation of important competitive events, restrictions to train and disruption to daily life. Perceived stress is associated with self-efficacy, workload, poor physical, psychological, and social health. Resilience is known as the ability to bounce back when encountered with difficulties. A sense of control, optimism, and persistence among others are typical attributes of resilient players in part due to its role as a buffer to the disease. Resilience is related to positive emotions which during a stressful experience have adaptive benefits in coping with stress. The player with good resilience tends to perceive less stress and overcome the stressful situation easier than the one with less resilience.

## **STUDY CRITERIA:**

### **STUDY DESIGN**

The aim of the study is to find out "Impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic" for this reason the investigator chose a convenient sampling method.

### **SAMPLE SIZE**

A sample size of 100 individuals of male will be taken among the age group of 19-30 years, Professional Football players during Covid-19 pandemic.

### **STUDY POPULATION:**

A population refers to the members of a clearly defined set or class of people, objectives or events that are the focus of the investigation. So all of the individuals who have been training in "Bangalore Football Clubs" with fulfilling the inclusion and exclusion criteria of this study are the population of this study. It was possible to study the population within the duration of the study. The investigator use the convenience sampling technique due to the small size of population and it is the one of the low expense and quicker method of sample selection.

**CRITERIA FOR STUDY:****INCLUSION CRITERIA**

AGE: 19-30.

GENDER: male.

Brief resilience scale (BRS)

Perceived stress scale (PSS)

**EXCLUSION CRITERIA**

Age below 19.

Any cases diagnosed with neurological impairment.

Any recent injury or trauma.

Female footballers.

**OUTCOME MEASURES**

**Brief Resilience scale(BRS):** Brief resilience scale identifies an individual's ability to bounce back or recover from a stress. BRS is a 6-question validated tool that assess resilience, this 6 item scale is rated on a 1 to 5 point response scale, items from each of the 6 questions are then summed to create a total resilience score.

**Perceived stress scale (PSS):** Perceived stress scale is one of the most commonly used tools across different countries, cultures, and population characteristics. It aims at accessing the degree to which situational changes in one's life are perceived as stressful. PSS is a 10-question validated tool that assess stress, this 10 item scale is rated on a 0 to 4 point response scale, items from each of the 10 questions are then summed to create a total perceived stress score.

**METHODOLOGY:****PROCEDURE**

The survey was conducted on 100 randomly selected professional football players in different football clubs in Bangalore during covid-19 pandemic. Before the data collection, participants received brief instructions and signed an informed consent form to voluntarily participate in the research. The basic demographic data of each individual were collected. Then the players were asked to fill The Brief resilience scale and Perceived stress scale questionnaires to assess the resilience and perceived stress among the professional football players. The collected data will be analysed.

## **RESULTS**

The aim of the study is to find out “Impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic” for this reason the investigator chose a convenient sampling method.

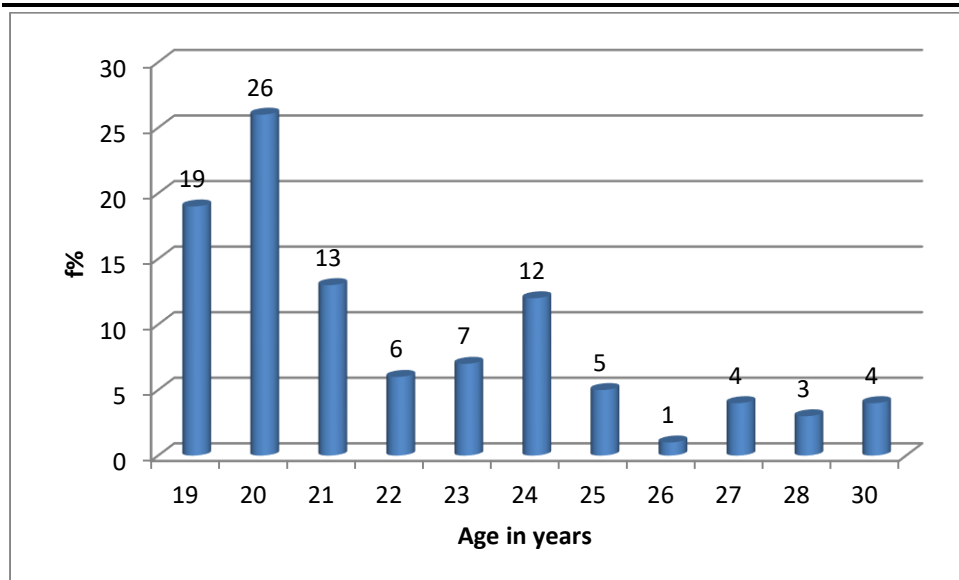
### **AGE DISTRIBUTION:**

Among the respondent participants who underwent from perceived stress during covid-19 pandemic , the lowest age is 19years and the highest age is 30 years. The frequencies of perceived stress among the age group were:19,26,13,6,7,12,5,1,4. Among the participants the highest number of the participants were 20years (26%) respectively and the numbers were 1% (26 years).

**TABLE SHOWING FREQUENCY DISTRIBUTION ON AGE GROUP OF PROFESSIONAL FOOTBALL PLAYERS**

Age in years	Frequency	Percent
19	19	19
20	26	26
21	13	13
22	6	6
23	7	7
24	12	12
25	5	5
26	1	1
27	4	4
28	3	3
30	4	4
<b>Total</b>	<b>100</b>	<b>100</b>

The study population consists of 100 units with average age  $21.98 \pm 2.96$  years. All the included units are male



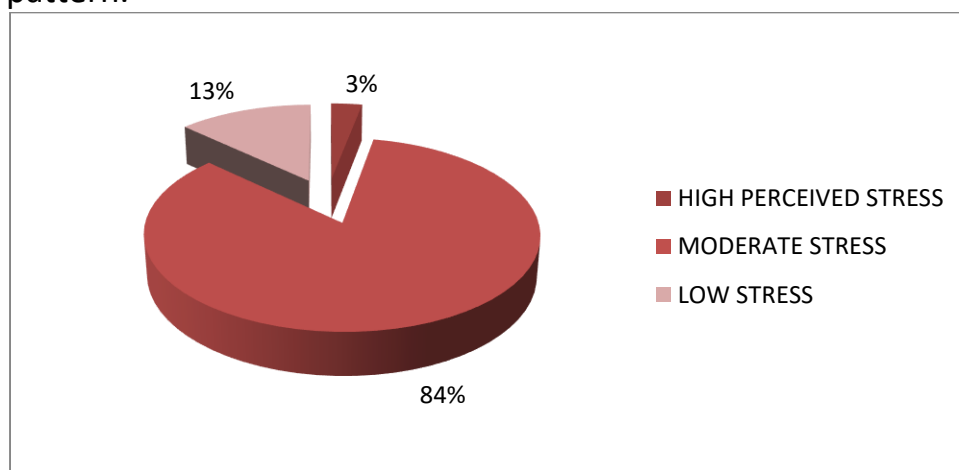
### PERCEIVED STRESS SCALE:

Among the respondent participants who underwent perceived stress during covid-19 pandemic, the researcher had been collected the information about the patients disability of an individual by perceived stress pattern.

TABLE SHOWING PATTERN OF PERCEIVED STRESS PATTERN AMONG PROFESSIONAL FOOTBALL PLAYERS

	Frequency	Percent
<b>LOW STRESS</b>	13	13
<b>MODERATE STRESS</b>	84	84
<b>HIGH PERCEIVED STRESS</b>	3	3
<b>Total</b>	<b>100</b>	<b>100</b>

A majority of 84% had moderate stress pattern, 13% low stress and 3% had high perceived pattern.



### Brief resilience scale(BRS)

Among the respondent participants who were underwent perceived stress during covid-19 pandemic, the researcher had been collected the information about the patients disability of an individual by Brief resilience scale(BRS)

TABLE SHOWING BRIEF RESILIENCE PATTERN AMONG PROFESSIONAL FOOTBALL PLAYERS

	Frequency	Percent
<b>LOW RESILIENCE</b>	19	19
<b>NORMAL RESILIENCE</b>	70	70
<b>HIGH RESILIENCE</b>	11	11
<b>Total</b>	<b>100</b>	<b>100</b>

A majority (70%) of them had normal resilience, 19% had low resilience pattern and 11% has higher resilience pattern.

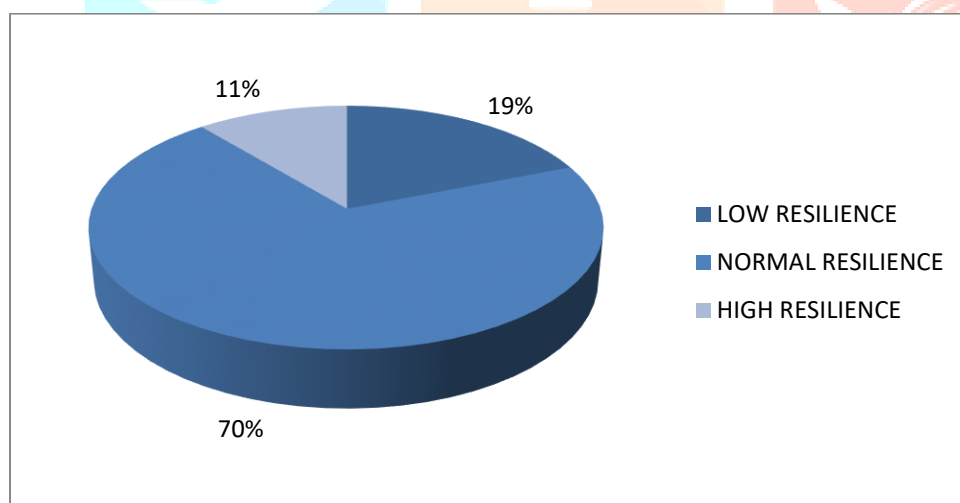
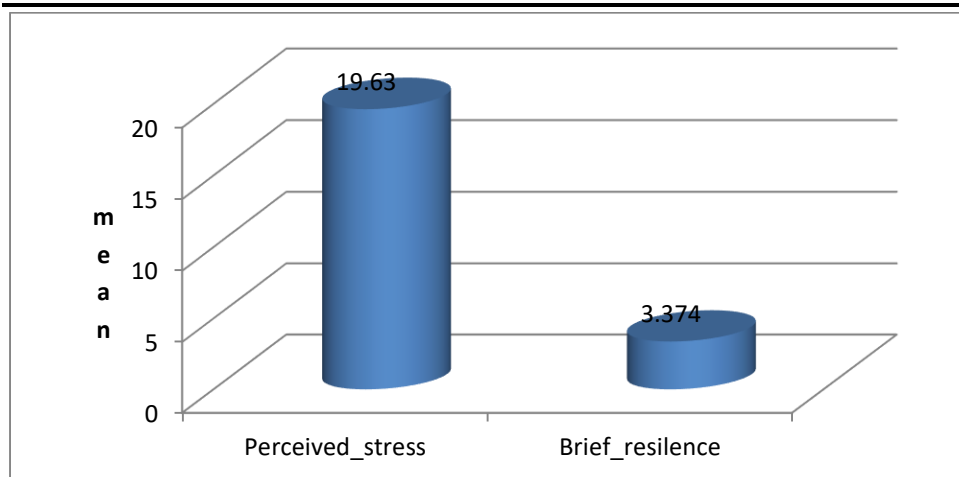


TABLE SHOWING MEAN AND SD OF STRESS AND RESILIENCE BASED ON THE OUTCOME MEASURES

	N	Minimum	Maximum	Mean	Std. Deviation
<b>Perceived stress</b>	100	8	35	19.63	5.09834
<b>Brief resilience</b>	100	1.8	5	3.374	0.70762



### **CORRELATION BETWEEN PERCEIVED STRESS AND RESILIENCE**

r value	P value	Result
-0.210	0.036	P<0.05 sig

There exists significant negative correlation between perceived stress and resilience

### **DISCUSSION**

The aim of the study was to survey the Resilience and Perceived stress and the impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic. COVID-19 is a novel strain of coronavirus that can cause severe acute respiratory distress. It is spread via droplets generated by sneezing, coughing or talking and is therefore easily transmitted between humans. The WHO recommended social distancing and human-to-human contact was discouraged to control the transmission. Measures to control local spread by raising public awareness, promotion of personal hygiene, and postponement or cancellation of sport events and public gatherings. The researcher collected 100 samples of the football players during the Covid-19 pandemic. The subjects were evaluated with data collection forms, Perceived stress scale and Brief Resilience scale. Based on individuals response the result was obtained.

To be specific, they experience longer hours of indoor training and lack of guidance and direct approach of the group sessions. Studies documented moderate perceived stress (84%) among the professional football players. Similar to the present study findings, the average age of the study is  $21.98 \pm 2.96$  years. The current findings that resilience is significantly negatively correlated with perceived stress among the professional football players. A significant negative relationship ( $r=-0.210$ ) has been seen between perceived stress and resilience of the respondents. Any study is said to be significant if the p-value is less than 0.05.

In this study, there is a significant negative correlation between perceived stress and resilience among professional football players that is when stress level increases the resilience level comes down among professional football players.

## **CONCLUSION:**

The present study investigated about the perceived stress among 100 professional football players. It can be concluded from the study that there is significant impact of Resilience on Perceived stress among Professional Football players during Covid-19 pandemic.

## **REFERNCES**

Martínez-González N, Atienza FL, Tomás I, Duda JL, Balaguer I. The Impact of Coronavirus Disease 2019 Lockdown on Athletes' Subjective Vitality: The Protective Role of Resilience and Autonomous Goal Motives. *Frontiers in Psychology*. 2021 Feb 10;11:4061.

Der Feltz-Cornelis V, Maria C, Varley D, Allgar VL, De Beurs E. Workplace stress, presenteeism, absenteeism, and resilience amongst university staff and students in the COVID-19 lockdown. *Frontiers in psychiatry*. 2020 Nov 27;11:1284.

Sahu M, Gandhi S, Sharma MK, Marimuthu P. Perceived stress and resilience and their relationship with the use of mobile phone among nursing students. *Investigacion y educacion en enfermeria*. 2019 Sep;37(3).

Lin YK, Lin CD, Lin BY, Chen DY. Medical students' resilience: a protective role on stress and quality of life in clerkship. *BMC medical education*. 2019 Dec;19(1):1-9.

Roberts C, Gill N, Sims S. The influence of COVID-19 lockdown restrictions on perceived nutrition habits in rugby union players. *Frontiers in nutrition*. 2020 Oct 26;7:216.

Wong AY, Ling SK, Louie LH, Law GY, So RC, Lee DC, Yau FC, Yung PS. Impact of the COVID-19 pandemic on sports and exercise. *Asia-Pacific journal of sports medicine, arthroscopy, rehabilitation and technology*. 2020 Oct 1;22:39-44.

Schumacher YO, Tabben M, Hassoun K, Al Marwani A, Al Hussein I, Coyle P, Abbassi AK, Ballan HT, Al-Kuwari A, Chamari K, Bahr R. Resuming professional football (soccer) during the COVID-19 pandemic in a country with high infection rates: a prospective cohort study. *British Journal of Sports Medicine*. 2021 Feb 13.