

Causes and Regulation of Disabled Athlete Anxiety during COVID-19

Zhang Qian¹, Yang Fei Fan²

¹Xi'an Normal University, Xi'an, Shaanxi 712000, China

²Zhumadian Preschool Teachers College, Zhumadian, Henan 463000, China

907984714@qq.com; 531309062@qq.com

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Abstract: Since COVID-19 was first named in December 31, 2019, it has gradually evolved into an international public health emergency. However, the number of new cases of COVID-19 abroad has increased sharply, and overseas imported cases have become the focus of COVID-19 prevention and control. Since the outbreak of COVID-19 at the end of 2019, various industries and groups have been affected to varying degrees, and the sports industry has also been suspended. High-level athletes not only have to face the impact of the epidemic, but also have to face the anxiety caused by the suspension of competition and the interruption of training status. The factors affecting the anxiety and depression of disabled athletes are the surrounding epidemic situation and chronic diseases. In this paper, the causes of anxiety of Disabled athlete during the epidemic period are discussed in depth, and the corresponding psychological adjustment strategies are put forward in order to play a certain theoretical and practical significance for the mental health of athletes during the epidemic period.

1. Introduction

Since the outbreak of COVID-19, it has not only brought huge hidden dangers to public physical safety, but also produced many negative effects on the public's mental health [1]. Whether the anxiety caused by the complex epidemic news on TV and the Internet or the negative emotions such as confusion, anxiety and burnout caused by the long-term isolation of the epidemic at home are aspects that should be concerned by psychological counseling or psychological regulation [2].

However, as a slightly special group among the masses-Disabled Athlete, the mental health during the epidemic was rarely paid attention to [3]. Especially with the continuous spread of the epidemic, many sports events in the country and the world have been forced to make corresponding adjustments. For example, the CBA announced the suspension of events after the 2020 Spring Festival. The Chinese Football Association announced the postponement of the start of the 2020 season of all kinds of football matches at all levels in the country. International competitions have also been affected: FIBA issued a statement saying that in order to protect the health and safety of basketball players, coaches, staff and fans, FIBA's competitions will be suspended from March 13, 2020. On March 24th, 2020, the International Olympic Committee announced that the Tokyo

Olympic Games scheduled to be held in 2020 would be postponed to July 23rd, 2021, and the Paralympic Games would be postponed to August 24th, 2021. The cancellation or postponement of these events has caused varying degrees of losses for participating countries and event organizers [4]. For disabled athletes in various countries, they are faced with factors such as the interruption of competition status and the inability to focus on team training as in the past. They have received a stronger psychological impact in the epidemic, and may face the enhancement of psychological frustration and powerlessness [5]. The 11th National Paralympic Games and the 8th Special Olympics will be held in Shaanxi on October 22, 2021. Although these disabled athletes are facing some problems, they still need to prepare actively. Therefore, paying attention to the psychological status of Disabled athlete should be the focus of attention of relevant sports departments and sports psychological institutions during the epidemic.

2. Causes of Disabled Athlete's Anxiety during COVID-19

Sudden changes in training and competition status, closed management and monotonous training environment, irregular schedules, age and economic pressure, etc., may cause anxiety for disabled athletes during the epidemic. Under the influence of COVID-19, great changes have taken place in the number, space, density, scale and methods of training and competition [6]. In such a state that the level of sports ability cannot be effectively improved, athletes will feel anxious because they cannot maintain their own sports and technical ability, and may also feel anxious because the high level of motivation affects the level of efficiency. Figure 1 shows disabled exercise training.



Fig.1 Training of Athletes with Disabilities

Generally speaking, though athletes who tend to be mature in their ages have a higher level of competition experience, as they age, they may face problems such as decline in physical fitness and slower propulsion speed. For high-level athletes, age and professional career exist. Certain relevance. The game process with no specific extension time will undoubtedly become a worry for some disabled athletes to sleep all night. Among them, the athletes who are older and in the “golden age” are the most affected. They have particularity during the epidemic. This relatively blank time will shorten the “golden age” or contract problems on the career of athletes of this age, and some athletes may even face early retirement [7]. Studies have shown that retired athletes have survival difficulties such as policy exclusion, social security system exclusion, social network and cultural exclusion, which undoubtedly worsens the anxiety of athletes during the epidemic [8].

During the epidemic, gyms across the country were unable to operate under national isolation measures, and most of the outdoor and indoor venues were closed or closed down. This meant that all training for athletes could only be carried out in the living room. This has also caused two insurmountable problems for athletes who need to insist on daily high-intensity training: First, at

this stage, most of the population live in the city, while there are few separate houses in the city, which means that most of the athletes live in residential buildings with a certain density and have neighbors. High intensity strength training and necessary training will obviously affect the neighbors living nearby and cause unnecessary conflicts between the neighbors. Second, it is difficult for ordinary families to have the complete fitness equipment that athletes need, and it is difficult to communicate one-to-one with physical coaches only through the Internet, so as to form standardized and effective training guidance. In a closed and monotonous environment, athletes need to bear greater psychological anxiety. These negative psychology will correspondingly bring negative behaviors and affect their future development. Figure 2 shows home training between epidemics.



Fig.2 Disabled People Training At Home between Epidemics

After the outbreak of the epidemic, the irregular work and rest time and the decline of sleep quality may lead to powerlessness and anxiety. Some data show that during the period of gentle growth of the epidemic, the public generally sleep late and get up late, with an average lag of 1H, sleep late for nearly 0.5h, and sleep quality decreased.

When the epidemic situation has eased, those who are located in high-risk areas may not be able to return to the team for training in time. When other players are assembled and trained in an orderly manner, athletes in high-risk areas may have higher anxiety.

3. Adjustment Method

First of all, the correct understanding and understanding of the scope of COVID-19 infection, the transmission route and effective preventive measures are effective ways for us to treat the virus rationally. This method can reduce the formation of unnecessary panic among disabled athletes. Secondly, when receiving news reports and data related to the epidemic, we should use official channels as much as possible. When it is found that the information and data learned may lead to some uncomfortable psychological or physiological reactions, the browsing and receiving of these information should be appropriately reduced. When Disabled athlete feels anxious, properly reducing the information related to stimulation and sensory sources can play an effective role in relieving anxiety. During COVID-19, careful selection of information, correct cognition of information and rational treatment of relevant information are one of the effective ways to reduce anxiety as much as possible. Take preventive measures against epidemic situation as shown in Figure 3.



Fig.3 Epidemic Prevention and Control

During the epidemic, maintain a regular life, a healthy schedule, and improve self-discipline and self-control. For Disabled athletes, there are the following measures:

Appropriately reduce the use time of electronic equipment during the epidemic, especially the use time of mobile phone after turning off the light, and pay less attention to the relevant information that may cause their own anxiety before going to bed, so as to improve the quality of sleep.

During the epidemic, due to the increase of leisure time, there may be eating irregularities such as overeating or excessive intake of carbohydrates. Disabled athlete should pay attention to controlling the quality of eating and maintaining a reasonable amount of eating, which will inevitably lead to corresponding anxiety due to the decline of healthy physique.

You can make full use of your time, sort out your own skills and knowledge, check deficiencies and make up for the tide, and earnestly micro-growth planning or career planning, to reduce the level of anxiety caused by the uncertainty of the future.

For the suspected disabled athlete diagnosed during COVID-19, we can use the self rating anxiety scale, the World Health Organization mental health self rating questionnaire and other mental health self rating scales to preliminarily judge whether there are potential anxiety problems, and timely understand and master the psychological state of athletes, so as to facilitate the early identification and Prevention of the improvement of anxiety level and the generation of anxiety disorders.

With the gradual improvement of the epidemic situation, the rematch and retraining will also be put on the agenda. Facing the re-transformation of environment and state, we should take preventive measures against anxiety. Improve the concentration in training, focus on the current training tasks and requirements, use positive words and attitudes to suggest themselves, and encourage themselves to actively adjust their emotions and the state of re-training, and care for their physical and mental health.

4. Conclusions

The sudden outbreak has impacted and magnified the pressure and risks of people's physical and mental health in life and work. Under the effective national epidemic prevention management policies, the epidemic situation has eased. However, whether it is during the epidemic or when the epidemic has eased, the physical and mental health protection measures of various groups cannot be slackened and should be scientifically controlled. Do the relevant protection work rationally. Anxiety and adjustment methods hold a high degree of attention in competitive sports. The difference between the basic skills and technical level of disabled athlete with similar age or playing age is very small. However, psychological adjustment and grasp of psychological state are of great

significance to athletes' competition and career. High-level competition is more psychological competition. After the outbreak, people generally have problems such as anxiety, depression and decreased sleep quality. Therefore, we put forward the following suggestions: pay proper attention to the epidemic situation, stay away from stressors, correctly understand and accept one's emotions, actively establish interpersonal communication, maintain a stable and healthy lifestyle, ensure the quality of sleep, and seek professional help when necessary. Whether on the field or outside the field, the mental state and anxiety level of athletes should be fully observed and adjusted. During the new crown pneumonia epidemic, high-level athletes are part of the national image, and their psychological problems need to be paid enough attention and further discussion, so as to minimize the negative impact of the epidemic on athletes' emotions. I hope this article can provide some reference for subsequent research and discussion.

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