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**IMPACT OF COVID-19 ON SPORTS: A STUDY ABOUT PHYSICAL  
ACTIVITIES IN EDUCATION AMONG YOUNGSTERS**

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## ABSTRACT

**Purpose:** The impact of physical inactivity may very likely be seen in many areas such as health and social care and the mental well-being of people all across the globe. COVID-19 also affects physical activity and well-being.

**Problem:** The global COVID19 outbreak has resulted in the closure of gyms, stadiums, swimming pools, dance and fitness studios, physical therapy centres, parks, and playgrounds, leaving many people unable to actively participate in their individual or group sports or outdoor physical activities. The WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week.

**Implications:** The benefits of such periodic exercise are proven very helpful, especially in times of anxiety, crisis, and fear. There are concerns therefore in the context of the pandemic, lack of access to regular sporting or exercise routines may result in challenges to the immune system, physical health, including by leading to the commencement of or exacerbating existing diseases that have their roots in a sedentary lifestyle.

**Recommendations:** During the COVID-19 pandemic it is even more important for all people to be physically active. Even if it is only a short break, sitting at your desk and doing some walking or stretching.

**Conclusion:** It is concluded that the Covid-19 outbreak has made a significant impact on the mental health, education, physical activities and daily routine of students.

## INTRODUCTION

At the end of 2019, a novel infectious agent known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) originated from Hubei, China; from where it spread to other regions of the globe. In March 2020, the World Health Organization (WHO) expressed fears that Pakistan might emerge as the next epicenter of coronavirus infectious disease 2019 (COVID-19). Since, 1920 many significant pandemics in human history have been documented including smallpox, cholera, plague, dengue, AIDS, influenza, Severe Acute Respiratory Syndrome (SARS) West Nile disease, and tuberculosis. Influenza pandemics, in addition, are arbitrary but persistent outbreaks that can have a colossal impact on the environment and social surroundings all over the world (Wickramasinghe et. al., 2020).

COVID-19 represents a global health crisis that has challenged nearly every sector of our society. It is thus crucial for researchers and practitioners to examine how we can effectively address these challenges. To date (15th June 2020), this highly contagious disease has resulted in 7,823,289 confirmed cases and 431,541 deaths (World Health Organisation, 2020). As the COVID-19 pandemic continues to develop around the world, various protective measures have been introduced by regional and national authorities. One of the central public health mitigation strategies for COVID-19 has been the promotion of physical distancing and self-isolating practices, which encourage individuals to limit interactions with others (Wang et al., 2020). Due to these measures and policies, youth sport has experienced an impromptu halt to regular activities in countries around the world (Kraeme et al., 2020). Given these unprecedented circumstances, it is important to reflect on how the COVID-19 pandemic may influence youth sport.

A sport is one of the main driving forces of economic and social development. Its role is recognized by governments, including in the Political Declaration on the 2030 Agenda, which reflects "the contribution of sports to the empowerment of women and youth, individuals and communities, and the realization of health, education, and social inclusion". This viral disease forces people from all countries to stay at home until the most necessary moment, leading to a long pause in educational activities in almost all countries.

Pakistanis are known as the 10th largest internet using country with 76.38 million users (Data Portal, 2020). However, virtual teaching and learning was a big challenge for the teachers and students. Concerning the highlighted concerns all over the world, Pakistan has also been one of the COVID-19 targeted countries. Education has been the pillar of every nation's progress; hence, its preservation is of utmost importance to the growth and progress of all nations. It increases the competitiveness and efficiency of individuals and thereby creates a professional population capable of moving the country towards sustainable economic growth (Khan & Mahmood, 1997).

## THE IMPACT OF COVID19 ON SPORTS EVENTS AND SOCIAL DEVELOPMENT

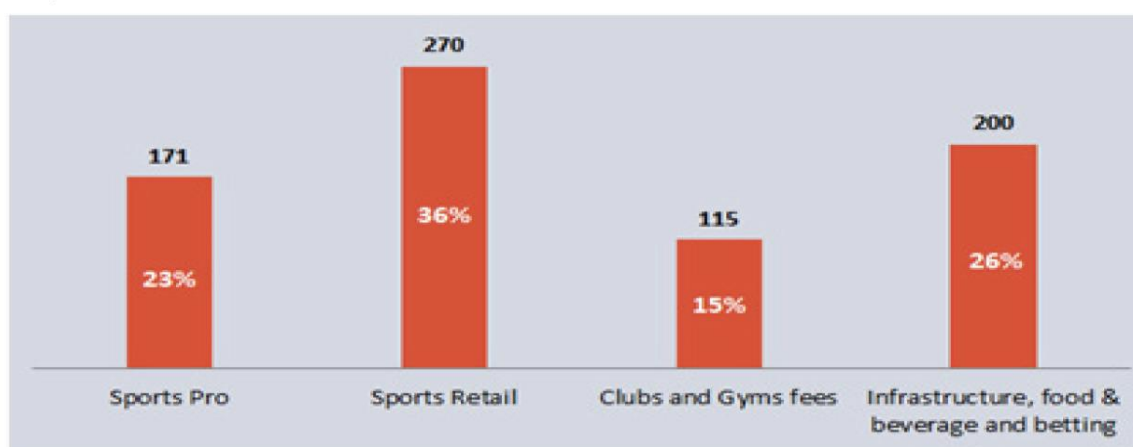
To protect the health of players and other participants, most major international, regional, and national sports events, from marathons to football championships, track and basketball championships, handball matches, ice hockey, and rugby, have been cancelled or postponed. , Cricket, sailing, skiing, weightlifting, wrestling, etc. The Olympic and Paralympic Games were postponed for the first time in the history of modern games and will be held at the end of 2021.

In the face of COVID-19, many millions of jobs are therefore at risk globally, not only for sports professionals but also for those in related retail and sporting services industries connected with leagues and events, which include travel, tourism, infrastructure, transportation, catering, and media broadcasting, among others. Professional athletes are also under pressure to reschedule their training while trying to stay fit at home, and they risk losing professional sponsors who may not support them as initially agreed. The global value of the sports industry is estimated at US\$756 billion annually.

The impact of COVID19 on sports activities and health. The global COVID19 outbreak has closed gyms, stadiums, swimming pools, dance and fitness rooms, physiotherapy centres, parks, and playgrounds, so many people cannot actively participate in your activities. Sports or sports activities related to individuals or groups outside the family. Under these conditions, many people tend to reduce their physical activity, spend more time in front of the screen, have irregular sleep patterns, and have a poor diet, all of which can lead to weight gain and lower physical fitness. Families are particularly vulnerable to the negative effects of financial regulation because they often have poor living conditions, small space, and difficulty exercising. (Parnell, D. et al., 2020)

### Global Revenues—Sports Industry

US\$ billion



Source: Sports Value.

The World Health Organization recommends 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity physical activity every week. The benefits of this regular exercise have proven to be very beneficial, especially in times of anxiety, crisis, and anxiety. Therefore, people worry that in the context of the pandemic, lack of regular exercise or exercise may lead to the immune system and physical health problems, as well as the development or deterioration of existing diseases due to a sedentary lifestyle.

Lack of exercise and physical activity can also affect mental health, which can exacerbate the stress or anxiety that many people experience when they are isolated from their normal social life. Economic well-being and access to food will magnify these effects (Peng, Q. et al., 2020).

Many people can train at home in a confined space without equipment. For people who sit at home for a long time, there may be more active options during the day, such as stretching, doing housework, or climbing mountains. Climb stairs or dance with music. There are also plenty of free resources, especially those that have access to the Internet, which can remain active during the pandemic. For example, sports games can attract people of all ages and can be used in small spaces. Another important aspect of maintaining health is strength training, which does not require a large area, but helps maintain muscle strength, which is especially important for the elderly or the disabled.

## **IMPACT OF COVID-19 ON EDUCATION**

With the closure of educational institutions, the need for a rapid transition from physical learning to the digital sphere of learning emerged (Kapasia et al. 2020). Online learning has been observed as a possible alternative to conventional learning (Adnan and Anwar 2020). [7] However, according to a meta-analysis on e-learning (Cook 2009), it is reported that online learning is better than nothing and similar to conventional learning. To improve the e-learning experience, the education institutions are required to comply with the guidelines and recommendations by government agencies, while keeping students encouraged continuing learning remotely in this tough environment (Aucejo et al. 2020). Bao (2020) addresses five high-impact guidelines for the efficient conduct of online education. This rapid evolution at such a large scale has influenced students of all age groups (Hasan and Bao 2020). It is expected that the continued spread of the disease, travel restrictions, and the closure of educational institutions across the country would have a significant effect on the education, social life, and mental health of students (Odriozola-gonzález et al. 2020). The students from less privileged backgrounds have experienced larger negative impacts due to the Covid-19 outbreak (Aucejo et al. 2020). Reduction in family income, limited access to digital resources, and the high cost of internet connectivity have disrupted the academic life of the students. Moreover, 1.5 billion students across the world are now deprived of basic education (Lee 2020) leading to a serious psychological impact on their health. Moreover, changes in daily routine including lack of outdoor activity, disturbed sleeping patterns, social distancing have affected the mental well-being of the students. (Cao et al. 2020)

The closure of educational institutions around the world due to COVID19 has also affected the physical education sector, which is composed of various stakeholders, including national ministries and local governments, public and private educational institutions, sports organizations and athletes, non-governmental organizations, and corporate teachers, Scholars and trainers, parents, especially students, mainly young people. Although this community is severely affected by the current crisis, it may also be a key factor in finding solutions to contain and overcome the crisis. And the promotion of rights and values in times of social distancing.

## **DISCUSSION AND RECOMMENDATIONS**

The COVID19 pandemic has and will continue to have a major impact on the physical and mental health of the sports world and people around the world. The following guidelines are designed to help safely resume sporting events and tournaments after the pandemic. And to maximize the benefits of exercise and sports activities in the COVID19 era and beyond. From stress, anxiety, and depression, so it is necessary to provide emotional support to students. Future work in this direction could be to analyze the association of different stress busters on the mental health of the students. Moreover, guidelines should be created to anticipate the needs of the vulnerable student population. Improved healthcare management would ensure the delivery of mental health support.

## **CONCLUSIONS**

In this study, our findings indicated that the Covid-19 outbreak has made a significant impact on the mental health, education, physical activities, and daily routine of students. The Covid-19 related

interruptions highlight key challenges and provide an opportunity to further evaluate alternate measures in the education sector. The new policies and guidelines in this direction would help mitigate some of the negative effects and prepare educators and students for the future health crisis.

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## AUTHOR'S CONTRIBUTION

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**Authors' Contribution:** 1-Data Collection, 2-Manuscript Preparation, 3-Literature Review, 4-Literature Review, 5- Study Design, 6- Statistical Analysis

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