



COVID-19 and its impact on MENTAL health

- Fear of COVID made a negative impact on the Athlete's mental health
- Also Lockdown and isolation had an huge impacted mental health of athletes



Research findings:

Stress and Anxiety levels:

- Gender:
MEN(30%) < WOMEN(41%)
- Sport:
TEAM sport < INDIVIDUAL sport
- Personality:
OPTIMISTIC < ADJECTIVE
- Athletic Identity



Physiological effects:

- Migraines
- Sleep disorders
- Burnout
- Disturbed Bowel movement
- Weight Gain
- Cardiovascular irregularity(chronic)

Improve Mental Health:

- Practice gratitude
- Improve physical health
- Connecting with people
- Developing coping skills
- Meditation
- Relaxation Techniques

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