



A Qualitative Study of the Sportive Performance Levels of Elite and Amateur Athletes in the Covid 19 Process

Sıtkı ÖZBEK^{1A}, Hüseyin Nasip ÖZALTAŞ^{2B}, Ender ÖZBEK^{2C}

¹Physical Education Teacher, Kırşehir/Turkey

²Dicle University, School of Physical Education and Sport/Turkey

Address Correspondence to E. Özbek: e-mail: endersozbek@gmail.com

(Received): 23/06/2021/ (Accepted): 30.08.2021

A:Orcid ID: 0000-0001-6280-1434 B:Orcid ID: 0000-0002-9184-115X C:Orcid ID: 0000-0003-4348-5290

Abstract

COVID-19 affected the whole world and affected the sports circles negatively as in many areas of life. While sports federations and sports circles focused on managing the process with effective solutions, they had to give a new direction to their work by having to continue their training at home in order not to reduce their performance levels, which are elite and amateur who continue to do sports and do sports at high performance levels. In this context, this research was carried out to collect and examine information about the developing training processes that elite and amateur athletes had to carry out their own researches at home due to the COVID-19 epidemic and their efforts to maintain their performance levels. 6 elite and 6 amateur athletes from different branches voluntarily participated in the study. In the study, interviews were conducted, one of the qualitative methods. A structured interview form was used as a data collection tool. It was used for descriptive analysis in the analysis of the data. In our descriptive analysis, now, in our research, the efforts of elite athletes and amateur athletes to protect the performance levels of Cov-19 quarantine athletes and the training to overcome the difficulties they encounter, the emerging difference is where the club approach is where the club approach, the surrounding approach and the social media approach are professional and amateur athletes look at the emerging problems from the same window and meet a difference in their individual theme.

Key words: Covid 19, Sporting performance, Elite athlete, Amateur athlete

Covid 19 Sürecinde Elit Ve Amatör Sporcuların Sportif Performans Seviyeleri İle İlgili Nitel Bir Çalışma

COVID-19 affected the whole world and affected the sports circles negatively as in many areas of life. While sports federations and sports circles focused on managing the process with effective solutions, they had to give a new direction to their work by having to continue their training at home in order not to reduce their performance levels, which are elite and amateur who continue to do sports and do sports at high performance levels. In this context, this research was carried out to collect and examine information about the developing training processes that elite and amateur athletes had to carry out their own researches at home due to the COVID-19 epidemic and their efforts to maintain their performance levels. 6 elite and 6 amateur athletes from different branches voluntarily participated in the study. In the study, interviews were conducted, one of the qualitative methods. A structured interview form was used as a data collection tool. It was used for descriptive analysis in the analysis of the data. In our descriptive analysis, now, in our research, the efforts of elite athletes and amateur athletes to protect the performance levels of Cov-19 quarantine athletes and the training to overcome the difficulties they encounter, the emerging difference is where the club approach is where the club approach, the surrounding approach and the social media approach are professional and amateur athletes look at the emerging problems from the same window and meet a difference in their individual theme.

Anahtar Kelimeler: COV 19, Sportif Performans, Elit Sporcu, Amatör Sporcu

INTRODUCTION

The new (COVID-19) is a virus that initially was detected in a group of patients in Wuhan (China) with respiratory symptoms (fever, cough, breath shortening) on 13 January 2020. (11). By February 2020, COVID-19, the 2019 Covid illness, was identified by the World Health Organization. The COVID-19 virus was referred to as the serious acute Covid syndrome 2 (SARS-CoV-2) (18).

In mid-January 2020, the rate of transmission of the virus from person to person increased. Cases of this virus began to be recorded in several countries in Europe, North America and Asia Pacific. The World Health Organization announced a worldwide pandemic on 11 March 2020. By 14 February 2021, it was reported that although 109.259.500 patients were confirmed and 81.476.325 recoveries worldwide reported but on the other hand 2.408.274 people had died because of the infection (17).

Sports organizations have now been under the impact of the Covid-19 virus that has encircled the entire planet and have been an organic component of our social life. Almost all of the 206 (16) nations in the globe are on notice as a result of this threat. The notion of sport, which has a dynamic structure, is cut off by essential dangers and is being sought to put all its units in four walls. The current scenario has nonetheless shown an extremely thoughtful image for sport which, owing to their active structure, has vitality at its heart and draws the people after it (14).

States across the world have taken considerable action against this virus, which is spreading around the world, particularly on the continent of Europe, causing deaths and being reported to be a global epidemic. (9). Moreover, sports, religion, education, worldwide major sport organizations, and activities in many sectors, are postponed or cancelled.

With the globe in the COVID-19 epidemic suddenly and unparalleled, sports are confronting catastrophe in the same way as any other (14). Sporting events, tournaments, and trainings have been halted and canceled indefinitely in numerous nations across many branches. Large groups, millions of foreign tourists and host nations are at danger of viruses during major sporting events (19).

Activities bringing together groups are therefore strongly connected with extremely serious

human health concerns (14). So much so that biological weapons were termed sports organizations. The football match between Atlanta (Italy) and Valencia (Spain) on 19 February 2020 in Bergamo, Italy, altered the virus with 45,792 spectators taking part in the UEFA Champions League, contributing to the major outbreak of the virus in Spain and Italy, for example (2).

It is obvious that the pandemic has had a deep impact on athletes who do not belong to the danger categories, therefore disrupting the athletes' training and competitive organizations. This resulted in sporting activities being deprived of some branches and all sub-categories (amateur, youth and children) and becoming victims. The COVID-19 process is significant in terms of pauses in athletes' training programs, detrimental impacts on breathing systems and short- and long-term training ability. These pandemic issues that will long influence sport and athletes demand strong solutions (13). Everyone knows that athletes are healthy and powerful, but they are considered to have a good and better time during the pandemic, but not outside the area that experiences negative conditions (10). Each sportsman tries to achieve and sets suitable targets (8).

METHOD

The interviewing approach, one of the qualitative methods of research, was employed in this study. The literature usually lists three types of interviews: 'structured interview, unstructured interview and semi-structured interview' (15). The structured interview aims to assess the comparability and the difference between the data provided by the interviewers and make corresponding comparisons (20). An unstructured interview is a kind of communication that is done spontaneously in the natural flow of verbal engagement with another person without interviewing a protocol (4). Frequency in semi-structured interviews is favored by researchers, since it overcomes the constraints on the drafting and completion of tests and questionnaires and provides detailed information on a particular topic (15). A semi-structured interview form was utilized in this study as a method for data gathering.

Interview questions were created with the assumptions and the goal of the study taken into account in the literature. Interviews were performed by means of a semi-structured type of interview after expert opinions had been taken. Online

interviews with 6 elite athletes and 6 amateur athletes were made and voice recordings were created. The interviews with participants' consent were taped with a voice recorder. These audio recordings were then presented, similar data were explained and descriptive analysis was done through interpretation under the themes defined.

Findings

Findings Related to Demographical Information

The information about the gender, age, branch, sport level, sporting history, number of nationality, and education level of the athletes participating in the research is given in Table 1.

Table 1: Distributions of the Participants Related to their Demographical Information

Category	Gender	Age	Branch	Sports Level	Sportsmanship Background	Number of being National	Education Level
K1 - ELİTE	Female	24	Taekwondo	National Athlete	14 Years	7	Bachelor
K2 - ELİTE	Female	22	Volleyball	Professional	10 Years	0	Bachelor
K3 - ELİTE	Male	20	Basketball	National Athlete	10 Years	8	Bachelor
K4 - ELİTE	Male	21	Athleticism	National Athlete	10 Years	18	Bachelor
K5 - ELİTE	Male	22	Swimming	National Athlete	2 Years	1	Bachelor
K6 - ELİTE	Male	24	Basketball	Professional	15 Years	0	Bachelor
K7 - AMATEUR	Male	24	Football	Amateur Athlete	9 Years	0	Bachelor
K8 - AMATEUR	Male	23	Football	Amateur Athlete	12 Years	0	Bachelor
K9 - AMATEUR	Male	25	Futsal	Amateur Athlete	7 Years	0	Bachelor
K10-AMATEUR	Male	27	Futsal	Amateur Athlete	10 Years	0	Bachelor
K11-AMATEUR	Female	20	Karate	Amateur Athlete	3 Years	0	Bachelor
K12-AMATEUR	Female	24	Volleyball	Amateur Athlete	3 Years	0	Bachelor

The distribution of athletes by demographic factors is shown in Table 1. This research includes eight athletes, of which 4 are men and 4 females. When an examination is taken of the age levels of the participating athletes, they are between 20 and 27 years of age. When examining the branches of the athletes included in the research, 9 distinct branches may be seen (Taekwondo, Volleyball, Athletics, Swimming, Basketball, Football, Futsal, Karate, and Volleyball). When the sports levels of research athletes are analyzed, 6 top athletes and 6 amateur athletes are shown. When examining the history of the sports of the athletes involved, they are between 2 years and 15 years. When athletes' nationality levels are analyzed, the nationality of the 4 national athletes is found to be between 1 and 18. When the degrees of education of the athletes involved in

study are assessed, it is shown that everyone is an undergraduate.

Findings Regarding the Evaluation of Elite and Amateur Athletes' Athletic Performance Levels in the Covid-19 Process

Within the research fields, the elite and amateur athletes were asked about their assessment of perceptions of their level of sporting performance during the COVID-19 process. The four subjects (Individual approach, Club approach, Surrounding approach, Social media approach) were identified. The results were provided. Conclusions on these topics will be explored and examined in the following headings.

Individual Approach

1. The question of "How would you describe the effect of the COVID-19 process on your sport performance?" asked under the theme of an individual approach by the athletes participating in the research, all of the athletes were asked, both as regards the performance and physical activity levels, as the necessary training conditions during the epidemic have not been fulfilled and The pandemic has had a detrimental effect in this respect. The main replies to this question from professional and amateur athletes are:

"I feel like my physical condition at the end of a competition is like a feeling of burnout, and my performance is over" (P1).

"We experienced poor performance because we could not train enough" (P4).

"Especially it had negative effects physically" (P5).

"There was a decrease because there was no continuity and the conditions for doing sports were restricted" (P7).

"Even though I continued my individual studies, it had a negative impact on my performance as the sport I did was a team sport" (P10).

"There was an extreme degree of immaturity and decline" (P11).

2. Once they asked the question, "What solution has your unable to go out during the COVID 19 process in order to maintain your level of sporting performance?" on the subject of individual approaches of the athletes taking part in research, all the elite and amateur athletes stated that they tried to maintain their level of sport through their very own resources. The prominent replies to this topic by elite and amateur athletes:

"I tended to do exercises and activities at home" (P2).

"I tried to keep my sportive performance level high by doing exercises for my branch at home" (P3).

"He directed me to do exercises that can be done at home" (P5).

"I tended to exercise at home with my own means" (P7).

"I continued to do sports with the opportunities at home" (P8).

"I tended towards activities such as sit-ups, push-ups, and jumping rope that I would do with my own body weight at home" (P9).

3. When asked about "What do you think about the physical activities you performed in quarantine, considering your competition period after COVID-19?" the athletes of the elite usually say that they will try to keep their physical condition in quarantine but that it will take time to catch up with the athletes taking part in research. 3. 3. They did. They did. In contrast, amateur sportive athletes said that in general during the quarantine process they have attempted to preserve their body and have seen the advantages of individual effort.

"I guess I cannot enter the competitions for a long time because it will take a long time for my performance to come back." (P1).

"I will need a 3-month study after Covid." (P2).

"The only thing I can do is not to experience a decrease in pre-existing factors such as strength and endurance." (P7).

"I did a developing and strengthening sport" (P8).

"If I had continued my individual studies while I was doing sports with the team, I would have seen a lot of benefits" (P10).

4. The questions asked under the theme of the individual approach of the athletes participating in the research; To the question of "What kind of a training program did you plan to increase your sportive performance level after COVID-19?", both elite and amateur athletes said that after the quarantine period, they would first do strength, endurance and weight exercises to increase their sportive performance levels, and then they would focus on competition-based

exercises. The prominent answers of elite and amateur athletes to this question are as follows:

"Priority for recovery with short-term intense training" (P1).

"In the first place, I plan to do fitness-based exercises and then make a technical training program" (P2).

"I prepared a strength and endurance program like the season we just started" (P4).

"First of all, I will do studies to increase physical performance, and then I will do technical studies of my branch" (P6).

"I plan to start with strength training with an intense training program" (P8).

"I will continue my strength training and Core Training" (P9).

"I did jogging training after strength training" (P10).

It is observed that both elite and amateur athletes questioned within the scope of the research are negatively impacted by the quarantine procedure within the subject of individual approach and they strive to preserve their sportive performance levels with their own efforts. Under the topic of personal approach, it is observed that both elite and amateur athletes may look at the unfavorable situations in the quarantine process from the same frame and approach the remedies with the same thinking.

Club Approach

1. When questioned about *"What assistance did you receive in order to keep your competitive (team-individual) performances in the COVID-19 procedure?"* under the topic of club approach for athletes taking part in the research? They said they got their instructors' backing. Amateur athletes, on the other hand, complained that their clubs and professors could not get sufficient assistance to safeguard their performance during quarantine competitions. The main replies to this issue by top and amateur athletes are:

"Exercise programs that can be done at home were shared" (P2).

"I was in constant communication with our coaches and managers and I received support for continuous work programs" (P3).

"I received continuous online training from my trainer" (P4).

"I did not receive any significant support because I did sports at an amateur level" (P7).

"I did not receive any support from my club or my teachers" (P9).

"We did not receive significant support from my club and my teacher." (P11).

2. Asking the participating athletes under the topic of club approach, *"What were your financial expectations of your club in order to sustain your level of sport in COVID-19? When asked, "What is what you expected to do?"* the best athletes typically said they expected that their clubs won't have their wages cut financially to safeguard their sport throughout the quarantine time; nevertheless, the club did not fulfill these expectations and their wages were decreased. Amateur athletes, on the other hand, stated that they generally have financial expectations from their clubs in order to protect their sportive performance during the quarantine period, but amateur clubs do not respond to these expectations. The prominent answers of elite and amateur athletes to this question are as follows:

"My expectation from my club was that my salary would not be cut, but my expectations were not met" (P2).

"Overall it was good that our expectations were met. However, our financial expectations were not met sufficiently." (P4).

"In other words, the expectations were that the salaries were fully paid, but it was not as expected" (P5).

"Of course there was a financial expectation, but it could not be met by the club" (P7).

"We had financial expectations, but we could not get financial support because we played football in amateurs" (P10).

"I didn't have any expectations, and it happened as I thought." (P11).

3. The questions of the athletes participating in the research under the theme of club approach; To the question *"What are your expectations from the club you are affiliated with and your coaches in order to increase your sportive performance level again after COVID-19?"*, both elite athletes and amateur athletes stated that they generally have expectations from their clubs and teachers about training programs in order to increase their sportive performance levels after the quarantine period. The prominent answers of elite and amateur athletes to this question are as follows:

"Preparing the best training programs for the rapid increase in our sports performance" (P2).

"Preparing more intense and heavy training programs" (P3).

"Giving the necessary physical, technical and tactical training in the best way" (P6).

"Preparation of personalized training programs" (P7).

"I would like him to prepare a separate training program for each athlete, taking into account the physical conditions of the athletes, and make them ready for the league." (P9).

"Preparation of individual training" (P10).

It is shown that the elite athletes questioned within the study area under the theme of a club approach have gotten the help and direction from the club and their coaches, but their expectations regarding the financing expectations have not been fulfilled enough. On the other side, amateur athletes claim that the training programs, advice, and financing requirements are not supported by their clubs and teachers. The club method shows there are substantial variations in the support and

management of their players and financial assistance between top athletes and amateur clubs.

Yet, it is monitored that the expectations of both elite and amateur athletes, who were interviewed under the theme of club approach, from both the club and their coaches in order to increase their sportive performance levels after the quarantine period, are the same in terms of preparing a training program.

Surrounding Approach

1. Asked under the theme of surrounding approach of the athletes participating in the research, *"What are the positive or negative effects of your friends on you in order to maintain your sportive performance level during the Cov-19 process?"*, elite athletes generally interview their friends in order to maintain their sportive performance levels during the quarantine period, in terms of motivation. It was indicated that they had positive effects. Amateur athletes, on the other hand, stated that they did not have a positive effect because they could not see their friends very often in order to maintain their sportive performance levels during the quarantine period. The prominent answers of elite and amateur athletes to this question are as follows:

"Most of the time, it had positive effects that increase motivation" (P1).

"It has had a positive effect on us to increase each other's motivation by staying in constant communication and to make efforts to be better" (P3).

"They contributed positively such as exchanging ideas about the movements we can do together at home" (P5).

"My friends did not have many positive or negative effects because both our meetings and activities were restricted due to the current pandemic" (P7).

"Since I did not meet with any of my friends because of the pandemic, it did not have any effect in any way" (P10).

"I don't think they have any effects because we couldn't meet as often as before the pandemic" (P11).

2. The questions asked under the theme of surrounding approach of the athletes participating in the research; To the question of "Can you compare your efforts to protect the sportive performance levels of your friends during the COVID-19 process?", both elite athletes and amateur athletes were asked to compare their friends' efforts to maintain their friends' sportive performance levels during the quarantine period, as there are usually differences in personal development and sportive performance. They stated that there was no comparison made because there was no sharing to compare the performance level. The prominent answers of elite and amateur athletes to this question are as follows:

"We did not share any information with my friends on this issue" (P2).

"Every athlete's personal development is different, so I did not make a comparison" (P3).

"I cannot make comparisons because there is no continuous information sharing" (P6).

"I did not feel the need for comparison because in individual training, the person trains according to his/her own deficiencies" (P7).

"I did not make such a comparison because everyone has a different way of working" (P8).

"Since everyone is individual, I did not make such an effort" (P11).

3. The questions asked under the theme of surrounding approach of the athletes participating in the research; To the question "Did the people in your house support you to maintain your sportive performance level during the COVID-19 period?", both elite athletes and amateur athletes said that they generally received moral, motivational and

psychological support from family members in order to maintain their sportive performance levels after the quarantine period. The prominent answers of elite and amateur athletes to this question are as follows:

"They provided the necessary support in terms of moral motivation" (P2).

"I felt their support in this difficult period in terms of spirituality" (P3).

"They provided a lot of psychological support" (P5).

"Preparation of personalized training programs" (P7).

"Positive views and support of my family contributed a lot to me in terms of morale and motivation" (P10).

"My parents did sports with me to increase my morale and motivation" (P10).

Elite athletes who were questioned in the field of study under the subject of the environmental approach indicated that they were motivated by maintaining and growing communication with their friends so that their sport performance levels may continue during the quarantine procedure. Amateur athletes on the other hand said that the lack of connection with their friends throughout the quarantine procedure did not assist in any way to maintaining their level of sporty performance. Under the surrounding approach theme, it is seen that there are significant differences between elite athletes and amateur athletes in terms of communication between club athletes and the concepts of being a team and acting together.

Yet, it can be indicated that both elite and amateur athletes questioned under the subject of the approach have the same views and points of view in relation to their own efforts and the contribution they make to keep their sporting levels during their quarantine.

Social Media Approach

1. The questions posed by the athletes involved in the field of social media approach: "What are your ideas on the contribution of the films which have been published on your own social media sports during Cov-19?" Elite athletes and

amateur athletes said the social media posted films throughout the ephemeral have contributed by maintaining their training to protecting their sport performance and inspiration. The main replies to this issue by top and amateur athletes are:

"I was able to continue my training regularly thanks to some personal addresses I followed" (P2).

"Elite athletes from our own sports branch, who did their training during the Cov-19 period and shared on social media, contributed to us during the time we could not do sports" (P4).

"It has made a positive physical contribution because of the sharing of exercises at home" (P6).

"The sharing of different teachers allowed me to do different trainings and I saw that it contributed to the diversity of training" (P10).

"Videos shared on social media contributed to our continuing training by keeping our motivation level high" (P11).

"The videos I watched while I was away from training encouraged me to train and contributed to maintaining my sportive performance level" (P12).

2. The issues posed by the research engaging athletes in the social media strategy; With regard to the question *"What helped your efforts to maintain your sport level in the COVID-19 process?"* Both professional and amateur athletes have said that social media have helped preserve their sports performance, continuing their continuous training. The main replies to this question are from top and amateur athletes:

"It was a kind of online training by leading us to do sports at home and allowed us to partially maintain our sportive performance level" (P4).

"It allowed me to protect my sportive performance by following the videos related to my branch" (P5).

"It allowed me to do the right studies by watching videos related to my own branch" (P6).

"With the sharing of different coaches, the training I did during this epidemic helped me to maintain my sportive performance" (P9).

"It helped me maintain my sportive performance level by enabling me to practice different types of training related to my branch" (P10).

"It helped me maintain my sportive performance level thanks to the videos I follow on social media" (P11).

3. When asked under the theme of the social media approach of the athletes participating in the research, *"Did an athlete you take as an example on social media contribute to your use of training methods during the COVID-19 process?"* The branches (P2, P3, P6) are not suitable for domestic work, therefore, the sampled athletes cannot benefit from their branch-specific training shared via social media, but the elite athletes who do individual sports (P1, P4, P5), on the other hand, share the specific training for their branches shared by the sampled athletes via social media. It was stated that they could benefit from the methods. Amateur athletes, on the other hand, stated that, regardless of team and individual athletes, following the training methods specific to their branches shared by the athletes they took as an example on social media during the quarantine period provided positive contributions in terms of motivation. The prominent answers of elite and amateur athletes to this question are as follows:

"No because my branch is not suitable for indoor activities" (P2).

"No because my branch is not suitable for indoor training" (P6).

"Yes, we had the chance to do home exercises by following the athletes related to our branch" (P4).

"Yes, we had the chance to try the training methods of the athletes we took as an example" (P5).

"Yes, after watching their work, it made me more willing in my own work" (P10).

"Yes, following elite athletes increased my motivation" (P12).

4. When asked under the theme of social media approach of the athletes participating in the research, *"How did your club support you in maintaining your*

sportive performance level by using social media channels during the Cov-19 process?", elite athletes used social media channels to maintain their clubs' sportive performance levels during the quarantine process They stated that they provided them with support such as in-home training programs and nutrition programs. Amateur athletes, on the other hand, stated that they did not provide any support by using social media in order to maintain the sportive performance levels of their clubs during the quarantine period. The prominent answers of elite and amateur athletes to this question are as follows:

"In-home exercises were shared from the media groups used" (P2).

"He shared the home training schedules and nutrition programs that the team should do" (P5).

"In-home exercise sharing was done through various teleconference methods" (P6).

"No support was provided because it was an amateur level" (P7).

"The club did not provide any support during this process" (P9).

"Unfortunately, I could not get any support from my club in this regard" (P12).

Elite athletes interviewed under the subject of social media in the field of research have stated that the training videos specific to their branches shared by the athletes they have adopted in social media as examples cannot be taken advantage of as their branches cannot be suitable for domestic work. Elite athletes who practice sports alone, however, say they may profit from their training films published by the athletes they take via social media as models. Amateur athletes, however, claimed that they may benefit from training videos for their branches, given by the example of the athletes in the social media, whether they are a team or solo sport, in order to preserve their sporting performance during the quarantine time.

In the context of social media approach, the notion of using the social media to maintain its level

of sporting performance shows considerable variations between elite and amateur athletes.

Elite athletes said their clubs utilize social media networks to maintain and support their level of sporting performance, including in-house training and nutrition programs. Amateur athletes, however, have declared, by utilizing social media to sustain their clubs' sporting performance during the quarantine period, that they do not favor it. Under the subject of social media, another important distinction between elite sportsmen and amateur sportsmen is the efforts of the clubs to preserve their sporting standards through social media channels during their quarantine periods.

However, the same ideas and perspectives on the contribution of the media to maintaining their sporting levels throughout the quarantine period and the contribution of social media to the maintaining of their level of performance can also be observed in elite and amateur athletes interviewed under the theme of Social Media.

DISCUSSION - RESULT

The quarantine process under the subject of **individual approach** is negated by the elite as well as amateur athletes questioned in the research, and they attempt to preserve their own level of sport performance. Under the themes of individual approach, elite and amateur athletes can look from the same frame and approach the solutions with the same thinking under the unfavorable situations in the quarantine process. *It is thought that the reason for this is the thoughts of both elite and amateur athletes to maintain their individual sportive performance levels and the desire to be ready for the unusual quarantine period.*

Coşkuntürk (3) stated that the motivation levels of the national athletes in their branch are higher than the non-national athletes. According to Thomas (12), self-confidence is the keyword in success motivation and elite athletes have more self-confidence. According to Aslan and Kuru (1), the motivations of professional footballers to show strength, approach success and avoid failure were found to be higher than amateur football players.

It is monitored that the elite athletes interviewed under the theme of **club approach**

within the scope of the research stated that they received support from clubs and coaches in terms of training program and guidance, but their expectations were not met enough in terms of financial expectations. Amateur athletes, on the other hand, state that they do not receive support from their clubs and coaches in terms of training program and guidance, and financial expectations. Under the theme of club approach, it is seen that there are significant differences between elite athletes and amateur clubs in terms of supporting and guiding their athletes and financial support. *The reason for this is thought to be due to the difference in the perspectives of professional clubs towards their athletes, the higher investments made in the past, and the desire for their athletes to be more ready during and after the quarantine. From the perspective of amateur clubs, it seems impossible for clubs to think long-term due to the uncertainty of the status of amateur leagues during and after the quarantine.*

However, it is seen that the expectations of both elite and amateur athletes, who were interviewed under the theme of club approach, from clubs and coaches in order to increase their sportive performance levels after the quarantine process, are the same in terms of preparing a training program. *The reason for this is thought to be that both elite and amateur athletes want to keep their sportive performance levels at a high level, as is the case under the theme of individual approach.*

According to Halabachi and others, athletes during the epidemic are expected to have a quality of life (equipment, nutrition), according to (6). If feasible, cardio, weights (dumbbell, band elastic, medical balls etc.) and comparable training materials should be supplied for areas where the athletes reside. Then, Jukic et al. Training and nutrition plans according to (7) can be organized according to the branches of the athletes, their features and their surroundings.

Elite athletes interviewed under the theme of **surrounding approach** within the scope of the research stated that their friends contributed positively in terms of motivation by keeping and increasing their communication with their friends in order to maintain their sportive performance levels during the quarantine process. Amateur athletes, on

the other hand, stated that their friends did not contribute in any way to maintain their sportive performance levels due to the loss of communication with their friends during the quarantine process. Under the surrounding approach theme, it is seen that there are significant differences between elite athletes and amateur athletes in terms of communication between club athletes and the concepts of being a team and acting together. *The reason for this is that the concepts of communication between club athletes, being a team and acting together are more common among elite athletes than amateur athletes, due to the reasons that increase the loyalty to the clubs and the loyalty of the athletes to each other, such as the high income and financial opportunities in professional clubs, the fact that elite athletes maintain their lives with what they earn from professional clubs thought to be developed.*

However it can be shown that both elite and hobbyists interviewed on the environmental subject have the same views and views in terms of comparing their own efforts with their friends and their family members' contribution to maintain their sporting levels throughout the quarantine period. *It is thought that the reason for this may be because both elite and amateur athletes do not see their teammates as competitors and the support of family members and the concept of family will not change compared to elite or amateur athletes.*

Elite athletes who were interviewed under the theme of **social media approach** within the scope of the research stated that they could not benefit from the training videos specific to their branches shared by the athletes they took as examples through social media, as their branches were not suitable for domestic work. However, elite athletes who do individual sports stated that they can benefit from the training videos specific to their branches shared by the athletes they take as examples through social media. Amateur athletes, on the other hand, stated that in order to maintain their sportive performance levels during the quarantine period, they can benefit from the training videos specific to their branches, shared by the athletes they take as an example, through social media, regardless of whether they are team or individual sports.

In the context of social media approach, the notion of using the social media to maintain its level of sporting performance shows considerable variations between elite and amateur athletes. It is thought that the reason for this is that elite athletes need different social media videos less because they receive the necessary support from their clubs and teachers through social media, and amateur athletes use social media more actively because they cannot get enough support from their clubs and teachers compared to elite athletes.

Elite athletes stated that their clubs use social media channels to maintain their sportive performance levels and provide them with support such as in-home training programs and nutrition programs. Amateur athletes, on the other hand, stated that they did not provide any support by using social media to maintain the sportive performance levels of their clubs during the quarantine period. Under the theme of social media approach, another significant difference between elite athletes and amateur athletes in order to maintain their sportive performance levels during the quarantine period is the efforts of the clubs to maintain the sportive performance levels of their athletes by using social media channels. *The reason for this, according to the club approach theme, is that the investments given to the athletes in the past were more and they want their athletes to be more ready for quarantining. It is also believed that the clubs' attitudes towards their athletes are different. It is anticipated that the ambiguity of the fate of amateur league post-quarantine will prevent hammers from thinking any longer.*

Nevertheless, the same ideas and perspectives on the contribution of the media to maintaining their sporting levels throughout the quarantine period and the contribution of social media to the maintaining of their level of performance can also be observed in elite and amateur athletes interviewed under the theme of Social Media.

According to Gümüş (5), the club structure is suited to modern communication technologies and social media. Reasons including mass communication, international attraction, and fast-paced and cost-effective sports clubs make use of modern communications technology and social media. Moreover, the club structure has been determined to impact on the usage of social media

and to prevent the clubs from making appropriate and efficient use of social media.

Consequently, when we compare the efforts of elite athletes and amateur athletes in maintaining their athletic levels over the quarantine period of the Cov-19 and their approaches to overcoming their problems, the surrounding and social media approaches were determined to play a major role in the issues depending on the club's approach. However, the problem arising from the same window and no differing approach subject matter is examined by professional and amateur athletes.

REFERENCES.

1. Aslan A, Kuru E. Profesyonel Ve Amatör Futbolcuların Başarı Motivasyonu Farklılıkları Ve Sportif Tecrübe İle İlişkisi. Gazi Beden Eğitimi Ve Spor Bilimleri Dergisi, 2002; 7(2), 23-30.
2. Babak Nakhostin-Roohi B. The Necessity For More Attention By The Health System To The Role Of Regular Physical Activity In Reducing Viral Infections Induced Mortality. Journal of Exercise Physiology And Health, 2020; 3(2), 19-20.
3. Çoşkuntürk O. Kişilik Özelliklerinden Kendine Güven, Kararlılık ve Başları Dürtüsünün Sportif Performansa ve Geliştirilmesine Etkileri, Yüksek Lisans Tezi, G. Ü. Sos. Bil. Enst., Bed. Eğt. ve Spor Anabilim Dalı, Ankara, 1988, s. 61.
4. Gall, M D, Borg WR, Gall, J P. Educational research: An introduction. Longman Publishing, 1996.
5. Gümüş S. Futbol kulüplerinin Kurumsal iletişim açısından Sosyal Medya kullanımı: Türkiye'Deki dört büyük Spor kulübünün İncelenmesi (Doctoral dissertation, Marmara Üniversitesi (Turkey), 2019.
6. Halabchi F, Ahmadinejad Z, Selk-Ghaffari M. COVID-19 epidemic: exercise or not to exercise; that is the question! Asian Journal of Sports Medicine, 2020; 11:1.
7. Jukic I, Milanovic L, Krakan I, Njaradi N, Calleja-González J, Cuzzolin F. Strength and conditioning in top level team sports: An individual discipline. 18th International Conference "Physical Conditioning of Athletes 2020.
8. Kaplan E, Akyüz O. Futbolcuların Başarı Hedefleri ve Spor Karakterleri Arasındaki İlişkinin İncelenmesi. Uluslararası Egzersiz Psikolojisi Dergisi, 2020; 2(2), 82-90.
9. Karcıoğlu Ö. What is Coronaviruses, and how can we protect ourselves? Anka Tıp Dergisi, 2020; 2(1), 6671.
10. Koçak U, Özer KD. Covid-19 Pandemisi, Spor, Sporcu Üçgeni: Etkilenimler ve Öneriler. İzmir Katip Çelebi Üniversitesi Sağlık Bilimleri Fakültesi Dergisi, 2020; 5(2), 129-133.
11. T.C. Sağlık Bakanlığı, Covid-19 Rehberi, Mart 2020 - Ankara.
12. Thomas R. Science and Soccer, An Imprint of Chapman & Hall, London, 1996, p.280-285.
13. Timpka T. Sports health during the SARS-Cov-2 pandemic. Sports Medicine, 2020; 50(8), 1413-1416.
14. Türkmen M, Özsanı A. Covid-19 Salgını ve Spor Sektörüne Etkileri. IntJSCS, 2020; 8(2):55-67.
15. Türnüklü A. Eğitim bilim araştırmalarında etkin olarak kullanılacak nitel bir araştırma tekniği: Görüşme. Kuram ve uygulamada eğitim yönetimi, 2000; 24(24), 543-559.
16. Wikipedia. Dünyadaki ülke sayısı. Erişim adresi, tr.wikipedia.org/ 2020.
17. Wikipedia. Covid-19 Pandemisi. Erişim adresi, COVID-19 pandemisi - Vikipedi 2021.

18. World Health Organization. Director-General's remarks at the media briefing on 2019nCoV on 11 February 2020. <https://www.who.int/dg/speeches/detail/who-director-general-s-remarks-at-the-media-briefing-on-2019-ncov-on-11-february-2020> (Accessed on February 12, 2020).
19. Yanagisawa N, Wada K, Spengler JD, Sanchez-Pina R. Health Preparedness Plan For Dengue Detection During The 2020 Summer Olympic And Paralympic Games İn Tokyo. *Plos One* neglected Tropical Diseases, 2018; 12(9), Doi:/10.1371/Journal.Pntd.0006755.
20. Yıldırım A, Şimşek H. Sosyal bilimlerde nitel araştırma yöntemleri. Seçkin yayıncılık. 2013.