



# Analysis of Basketball Trainers Views about Coronavirus-19 Phobia

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## Abstract

Quantitative research models were used in the study, which aimed to assess the phobia related to the coronavirus-19 of basketball coaches working in Turkey Basketball Federation (TBF) and registered to Turkey's Basketball Coaches Association (TÜBAD). 21 women, and 216 men, 237 active basketball coaches in total, who are TÜBAD members at various levels by the Turkish Leagues, participated to the study. While the personal information form developed by the researchers was used to obtain demographic information in the study. The homogeneity and variances of the data were tested, Kolmogorov-Smirnov (KS) test was applied, and it was determined that the data showed normal distribution. Independent Samples t Test was used in pair matches and One Way Anova test was used in multiple comparisons. Results were evaluated at 95% confidence interval and  $p < 0.05$  level. Cronbach's Alpha value for the overall scale was determined as .882. According to the results obtained from the findings of the study, no difference was observed in coronavirus 19 phobia values in terms of gender and coaching levels, while statistically significant differences were found in terms of age variables and the status of basketball trainers to practice a different profession besides coaching ( $p < 0.05$ ). It was observed that the differences were not observed in both variables in Somatic, Social, Economic and General Dimensions, but they differed in psychological dimensions and the differences were in favor of lower age groups depending on the age factor. As a result, coronavirus-19 phobia of basketball coaches serving in the Turkey Basketball Federation (TBF) and registered Basketball coach of Turkey's Basketball Coaches Association (TÜBAD) is not related to gender and rank, but young coaches have been determined that most affected group psychologically. Likewise, it was concluded that coaches who did a different profession other than coaching were also adversely affected by the situation and this negative situation might have occurred with the concern of working in multiple groups.

Keywords: Coronavirus-19, Phobia, Basketball coach

**Keywords;** Basketball, Shooting, Technical Analysis, Performance

## INTRODUCTION

According to the information obtained from the data of the World Health Organization, the SARS-CoV epidemic (1) that emerged in 2002 and the H1N1 influenza epidemic in 2009 are the two important pandemics of the last 20 years worldwide. The MERS-CoV epidemic that started in 2012 and has continued until today (2) is another danger that threatens public health. Coronaviruses (CoV) are a large family of

viruses that can cause more severe infections such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome, which are common in the society, such as the common cold, and are self-limiting mild infections (1). In December 2019, cases of pneumonia with unexplained occurrence started in Wuhan, China. However, since the etiology of these cases could not be determined, it was recorded as "pneumonia with unknown etiology". The Chinese

Center for Disease Control and Prevention (CDC) has determined that the cause of the disease is coronavirus as a result of intensive studies (3). The novel corona virus 2019 (COVID-19), which starts with symptoms such as fever, weakness, dry cough, muscle pain and shortness of breath and manifests itself within 14 days (2). It has become a global problem that emerged in December 2019 and affected the whole world in a short time. The high value in the ratio of individuals affected by epidemic to those who remain healthy has brought depression, anxiety, stress and fear caused by the Korana virus in people, and has affected countries in many psychological, social, political and economic aspects. The number of deaths due to COVID-19-related causes has reached extremely high values and has also mutated while it has not been fully controlled yet. Visual Capitalist has prepared a detailed list of the riskiest occupational groups that may be exposed to the danger of coronavirus with the data from the Professional Information Network, and the Healthcare workers constitute the highest risk group in this ranking. Flight personnel, barbers, special education teachers, bus drivers, kindergarten teachers and firemen are among the riskiest occupations outside the health sector (1). When looking at the list in the list of professions, a rating of athletes does not attract attention, but at this point, sports trainers or trainers who are in a very close position with people from every profession and even almost every age constitutes the starting point of our research. In the literature reviews, it was concluded that similar epidemics experienced before had serious negative effects and caused fear and anxiety disorders (4). In addition, studies have shown that the COVID-19 epidemic has led to an increase in psychological behavioral disorders such as schizophrenia, anxiety, depression, acute stress disorder anger, alcohol / tobacco use, divorce, and suicidal tendency in societies, including healthcare professionals (5; 6; 7; 8; 9; 10). Sports, whose main purpose is to heal societies in terms of sociological, psychological, and physiological aspects, and which has a common language that unites and integrates societies, is a part of the universal culture that takes its share from this situation and is negatively affected. Therefore, it is also particularly important in terms of health, development and increasing work efficiency (11). Sports activities have also received their share from the precautionary decisions taken within the scope of coronavirus-19. The first measure decision taken regarding the sports competitions in Turkey have

been directed to be played without audience. However, all the handball, volleyball, basketball, football and other leagues were postponed immediately (12). In Italy, all educational institutions suspend their educational activities until April 3, 2020 in sports organizations, travel restrictions were imposed, and the Italian National Football League Seria A was suspended until at least 3 April 2020 (13). Germany has closed sports and entertainment centers, theaters, and museums. In China, mass events, including sports competitions, were canceled, and stadiums in the city of Wuhan were turned into mass quarantine centers. Some sports and culture and arts events have also been canceled in France (14). Sports leagues, international sports organizations and multi-branch sports competitions have been postponed or canceled in the world. The matches within the scope of the European Football League were suspended, and EURO 2020 was postponed to a year later. EURO 2020 is an important tournament that emphasizes to the intercultural coexistence and variability of Europe, spanning 12 countries and aiming to improve 60 years of competition. Cancellation of Formula 1 Grand Prix season - China-Vietnam Grand Prix 2020, the Six Nations Rugby Championship in Italy and Ireland, and the world famous and historic horse racing Grand National 2020, the postponement of the French cycling tour, the complete cancellation or postponement of the national championships and world championships, Tokyo 2020 Olympic Games, the center and the stop of this center of a huge sports ecosystem that includes major international events such as postponements, world cup stops and of course the Olympic qualifiers, was postponed by the International Olympic Committee (IOC) (2020) for the first time in its history and the opening ceremony of the games, and The planning to take place on 23 July 2021 (with the participation of approximately 15 thousand athletes, 70 thousand volunteers and 20 million visitors) can be listed as examples of the numerous effects of Covid-19 on sports activities in the field of sports (15). According to the framework drawn by our government for fighting uncertainty caused by Covid-19 outbreak who has effects in our country and in the world, Turkey Basketball Federation also has been meticulously undertaken a great responsibility from the first moment on. While Turkey Basketball Federation is evaluating all scenarios regarding this sensitive situation, opinions of particularly relevant Ministries FIBA and TBF Board of Health and all our clubs have been taken.

For the reasons that have arisen, in order to prevent the uncertainty from harming our leagues anymore, our Federation Board of Directors has convened today and discussed the related issues. Taking into consideration the future of Turkish basketball, the decisions taken in order to protect the health of the athlete, the manager and the basketball family and which are important for the smooth start of the league organizations are as follows; All basketball leagues have been terminated, No champions will be declared in any league, No relegations / promotions in the statuses announced before the season will be applied, The ranking of the leagues and the representation rights of the clubs in the European cups will be determined according to the legislation and will be announced in the coming days, The next season's league structures, club financial audit and license shall be determined in accordance with the relevant legislation (16).

Therefore, every institution, organization or person producing sports-related goods or services has suffered great losses since the beginning of the epidemic process and has been extremely damaged by the material and spiritual matters. The fact that COVID-19 can be transmitted easily, is not self-limiting, and the appropriate treatment has not yet been found has caused great uncertainty and caused fear and anxiety to spread not only at the individual but also at the social level. Many situations with uncertainty can cause panic behavior and anxiety. Therefore, such a prediction suggests that a pandemic may cause an increase in the number of patients experiencing anxiety disorder and fear (17). About the fear of coronavirus, Üsküdar University Founding Rector Psychiatrist Prof. Dr. Nevzat Tarhan says, "At the moment, we can say that a new disease related to coronavirus has emerged. It may be called coronaphobia. This will definitely have psychological and social consequences. At the same time, there is a disease called misophobia in psychiatry. This is the fear of germs. Fear of germs was normally found in the society to a certain extent. Now we anticipate that this rate will increase. Phobias are socially restrictive ailments. Under normal circumstances, in such threatening situations, we say 'there is stress, no panic' in healthy people. These people turn stress into an uncontrollable stress and become panicked. If the coronavirus is in an uncontrollable state of stress, avoidance behaviors occur in the person. Avoidance behaviors also restrict the person socially in individual behaviors. This disease is not deadly like coronavirus, but it causes

serious disability in the person. The person may have problems with family relationships, social contacts, a simple meeting, or leaving home. In fact, people with this type of phobia, for example, cannot even go to the bathroom and walk around the house with socks" (14). In this study, it is seen that coronavirus-19, which makes daily life challenging socially, economically, and spiritually, will remain in our lives longer as "coronaphobia".

## **MATERIAL and METHOD**

The quantitative research model was used in this study. While using the personal information form created by the researchers to obtain socio-demographic information; In order to determine coronavirus phobia, Arpacı et al. The Coronavirus-19 phobia Scale, which was developed by and whose validity and reliability study was conducted, was used (18). Ethics committee approval was obtained from Selçuk University Faculty of Sport Sciences Non-Invasive Clinical Research Ethics Committee with the decision number E-4099040478-050.99-34701 and resolution number 43.

### **Population of the study and sample group**

TÜBAD member coaches serving in various stages of Turkish leagues consisted the population of the study, while the sample group of 21 women members of 216 men, a total 237 active basketball coaches consisted the sample group.

### **Coronavirus-19 Phobia Scale**

In the Coronavirus-19 phobia Scale developed by Arpacı et al. and the validity and reliability studies have been concluded, each item was subjected to a five-point Likert-type grading and participants' participation levels regarding the items were scored as (1) Strongly Disagree, (2) Disagree, (3) Undecided, (4) Agree, and (5) Totally Agree.

### **Analysis of Data**

The homogeneity and variances of the data were tested, Kolmogorov-Smirnov (KS) test was applied, and it was determined that the data showed normal distribution. Independent Samples t Test was used in pair matches and One Way Anova test was used in multiple comparisons. Results were evaluated at 95% confidence interval and  $p < 0.05$  level. For this study, the Cronbach's Alpha value for the sub-dimensions was determined as .724 for the Psychological dimension, .717 for the Somatic dimension, .738 for the social dimension, .646 for the economic dimension, and .882 for the whole scale.

**RESULTS**

**Table 1.** Covid (19) phobia changes due to gender factor

Gender	n	%	General		Psychological		Somatic		Social		Economic	
			x	Ss	x	Ss	x	Ss	x	Ss	x	Ss
Women	21	8,86	49.24	13.96	19.10	4.44	8.38	3.12	13.86	5.76	7.90	3.82
Man	216	91.14	46.86	12.75	17.83	5.08	8.24	3.39	13.08	4.13	7.70	2.91
		t	.752		1.098		.188		.601		.235	
		p	.419		.231		.842		.431		.769	

As can be seen from Table 1, no statistical change was observed in the dimensions of Covid (19) phobia of basketball trainers depending on gender.

**Table 2.** Covid (19) phobia changes due to a working in a different profession factor

Different Professions	n	%	General		Psychological		Somatic		Social		Economic	
			x	Ss	x	Ss	x	Ss	x	Ss	x	Ss
No	132	55.70	47.51	13.20	18.51	4.94	7.89	3.50	13.31	4.36	7.80	3.21
Yes	105	44.30	46.51	12.43	17.24	5.08	8.70	3.14	12.95	4.20	7.63	2.70
		t	.590		1.935		-1.831		.638		.426	
		p	.553		.049 *		.065		.522		.664	

As can be seen in Table 2, there is no statistical change in Somatic, Social, Economic and General dimensions depending on the factor of doing different professions in addition to basketball coaching of basketball trainers, it is also was determined to be statistically significant in Psychological dimension in coaches doing different professions compared to coaches those whose only profession is coaching (p <0.05).

**Table 3.** Covid (19) phobia changes due to age factor

Age	n	%	General		Psychological		Somatic		Social		Economic	
			x	Ss	x	Ss	x	Ss	x	Ss	x	Ss
20-24	13	5.49	51.46	13.42	20.69 <sup>a</sup>	3.57	8.62	3.52	14.46	4.56	7.69	3.22
25-29	44	18.57	49.20	14.07	19.27 <sup>a</sup>	5.12	7.89	2.90	13.59	4.98	8.45	2.91
30-34	37	15.61	45.84	14.19	17.43 <sup>b</sup>	6.02	8.43	3.31	12.86	5.05	7.11	2.50
35-39	37	15.61	47.14	10.62	18.22 <sup>b</sup>	4.45	7.92	2.71	13.03	3.44	7.97	2.88
40 and over	106	44.73	46.05	12.48	17.14 <sup>b</sup>	4.80	8.41	3.76	12.95	3.95	7.55	3.17
		F	.936		2.603		.337		.521		1.211	
		Sig.	.444		.037 *		.853		.720		.307	

<sup>a, b</sup> = Significant difference between groups (p <0.05).

As can be seen in Table 3, while there was no statistical change between age groups in Somatic, Social, Economic and General dimensions, it was determined that 20-24 and 25-29 age group trainers were statistically higher in psychological dimension compared to other age groups (P <0.05).

**Table 4.** Covid (19) phobia changes depending on the ranking factor

Level Ranking	n	%	General		Psychological		Somatic		Social		Economic	
			x	Ss	x	Ss	x	Ss	x	Ss	x	Ss
E	33	13.92	48.64	13.34	18.48	5.17	8.76	3.45	13.70	5.03	7.70	2.80
D	51	21.52	48.67	13.73	18.96	5.46	8.06	3.05	13.59	4.27	8.06	3.04
C	71	29.96	47.24	13.58	17.94	4.97	8.25	2.97	13.04	4.73	8.00	3.12
B	31	13.08	45.45	13.88	16.74	4.95	8.74	5.11	12.74	3.47	7.23	3.72
A	51	21.52	45.20	9.67	17.31	4.54	7.80	2.82	12.76	3.60	7.31	2.33
		F	.713		1.265		.615		.448		.764	
		Sig.	.584		.285		.652		.774		.550	

As can be seen from Table 4, no statistical change was observed in the dimensions of Covid (19) phobia depending on the Level ranking of basketball trainers.

## CONCLUSION

As a result, coronavirus-19 phobia of basketball coaches serving in the Turkey Basketball Federation (TBF) and registered Basketball coach of Turkey's Basketball Coaches Association (TÜBAD) is not related to gender and rank, but young coaches have been determined that most affected group psychologically. Likewise, it was concluded that coaches who did a different profession other than coaching were also adversely affected by the situation and this negative situation might have occurred with the concern of working in multiple groups.

## DISCUSSION

The fear of being infected by coronavirus-19 has become a global problem, and it has destroyed humanity psychologically as well as economic and social concerns. As a result, efforts have been made by experts around the world to assess the impact of stress, anxiety, depression, and fear for it. Research in databases such as PubMed, Scopus, and Google Scholar (until May 15, 2020) has revealed five new scales published (22). Coronavirus Anxiety Scale (CAS) (19), Obsession with COVID-19 Scale (OCS) (20), COVID-19 Fear Scale (FCV-19S) (21), COVID Stress Scales (CSS) (22), and Threat Perception from COVID-19 Questionnaire (23). Self-report and Likert type scales attract attention in almost all scales. A clinical grade scale to measure psychological problems related to coronavirus-19 infection has not been seen (24). Moreover, in general, all of the scales were developed before the peak period of the pandemic, and therefore the scales used to determine the post-peak anxiety, fear or stress values may be useful but not sufficient in terms of results (25). In the study, the phobias that coronavirus-19 may have caused by professional trainers actively working in clubs were Analyzed by Arpacı et al. (2020) using the Coronavirus-19 Phobia Scale in terms of gender, doing different professions, age and ranking factors. Since there has not been enough research on this subject, the results of the research have been discussed in limited numbers and with similar studies. According to the results obtained from the research findings, no statistical difference was found in terms of gender and rank factors. In a study conducted on dentists by Rusyan et al. (2020), it was

concluded that the perceived anxiety level associated with COVID-19 is not a significant value in terms of gender despite the high risk of infection (26).

Mirzeoğlu and Çetinkanat (2005) reported in their study that there was no statistically significant difference between the anxiety levels of female and male elite athletes (27).

Barbosa et al. (2020) found significant differences in favor of women in terms of fear between men and women in a study they conducted on medical and non-medical personnel working in a hospital in Mexico, and they associated their results with higher fear and emotional scores of women (28). In the studies conducted on athletes in the literature, it has been reported that the anxiety levels of female athletes are higher than that of men (29). In his study, Batu (2020) found that there was a significant difference in favor of female athletes according to the gender variable, while examining the anxiety of swimming athletes to get a new type of Corona Virus (Covid-19) (30). Frost and Henderson (1991) (31) conducted a study on female football players and as a result stated that women's anxiety levels were quite high. Sakaoglu et al. (2020) (32) studied the level of anxiety during the COVID-19 outbreak and found higher scores in women compared to men, depending on the gender factor. There are also different studies investigating anxiety levels and in which women have higher anxiety scores than men (33; 34; 35; 36). In the results of the research, we conducted on four different variables, the coronavirus-19 phobia levels of basketball trainers showed statistical differences in relation to age factor and the factor of doing a different profession. While a difference was found in the psychological dimension in both factors, no significant difference was found in the other dimensions. The difference determined depending on the age factor was observed in the 20-24 and 25-29 age range, and the result was interpreted as the coaches in younger age group may have greater socialization anxiety than others. In addition, it is possible to say that as individuals ages increase, they are less affected by the causes that trigger phobia or anxiety; however, they can be more successful in emotional control.

It is thought that the age factor is effective in having some phobias. However, (Erbaş and Küçük 2012) conducted a study on high-level basketball players and when analyzed the ages in chronological order, no difference was found (47). Likewise, Türkçapar (2012) studied wrestlers and stated that

their anxiety levels did not differ according to age (38). In a study of n Bingöl H et al. 2012, Aktaş 2009, Develi 2006, Ekşi 2006 and Tekkoyun 2008, it was stated that there was no difference between age and anxiety levels (39; 40; 41; 42; 43).

Hacıcaferoğlu et al. (2015) reported that folk dancers between the ages of 20-22 and 17-19 have higher anxiety levels than those in the older age group and their anxiety level decreases with age (44).

When fear or phobia is mentioned, a tendency to flee or fight in the face of a situation involving danger and threat comes to mind in individuals, and most of the time, anxieties appear as factors that feed fears. In our study, especially active professional trainers were focused on phobia levels and coronavirus-19 phobia levels were investigated. Considering that there is not enough research on this subject yet, it is expected that the research results of the article will contribute to the development of new guidelines in this field at the theoretical level.

Conflict of Interest: The authors have no conflicts of interest to declare.

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