



Coping Strategies and Covid-19 Anxiety in Athlete Students

Oral Presentation

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Abstract

Introduction: The epidemic of Covid-19, fear of diseases and death, reducing social relations, and decrease of other factors leads to the risk of mental health of the society and the occurrence of the phenomenon of creature from Covid-19 in society. Regarding the incidence of restrictions for the sports community, particularly the lower age athletes, Covid-19 anxiety has caused the pattern of exercise in athletes. This study aimed to investigate Coping Strategies and Covid-19 Anxiety in Athlete Students.

Methods: The study population included all athletic students who had at least a provincial position in their field of sport in the academic year 1399-1400; among them, 250 people were selected as available according to the present study. From the subjects requested to complete Online questionnaires " the Competitive Strategies in Competitive Sports Questionnaire Gadrio and Blondin (2002) "and Corona Anxiety Scale Alipour et al. (2020) ". Data were analyzed using the Pearson correlation coefficient test and multiple regression analysis by login method.

Results: The results of the correlation matrix showed that There is a negative and significant relationship between the dimension of action-based coping strategies with Covid-19 anxiety ($p < 0.01$), and there is a positive and significant relationship ($p < 0.01$) between the dimensions of coping strategies based on emotion and Covid-19 anxiety. Also, the results of multiple regression analysis showed that Action and emotion-based coping strategies could predict 47% of the variance changes in Covid-19 anxiety disorder in student-athletes

Conclusion: Based on the results obtained Reduce Covid-19 anxiety-based coping strategies and increase Covid-19 anxiety-based coping strategy. As a result, teaching action-based, coping strategies can help reduce Covid-19 anxiety in student-athletes.

Keywords

Action-Based Coping Strategies; Emotion-Based Coping Strategies; Psychological Symptoms of Covid Anxiety; Physical Symptoms of Covid 19 Anxiety; COVID-19

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