

# EXAMINATION OF ATHLETES' ANXIETY ABOUT CATCHING CORONAVIRUS

## EXAMEN DE LA ANSIEDAD DE LOS ATLETAS POR ATRAPAR EL CORONAVIRUS

Eyyüp Sarikol<sup>1\*</sup>; Pelin Ustaoglu-Hosver<sup>2</sup>

1. Iğdır University, Iğdır, Turkey. eyup.sarikol@igdir.edu.tr

2. Düzce University, Faculty of Sports Sciences, Düzce, Turkey. pelinustaoglu@duzce.edu.tr

\* Corresponding author: Eyyüp Sarikol, e-mail: eyup.sarikol@igdir.edu.tr

### ABSTRACT

The coronavirus epidemic affected not only China but also several countries in the world. The survey aims to analyze the concerns of athletes about contracting Covid-19. The sample of the study consists of 293 volunteer participants living in Iğdır province and doing sports in different branches. This research is in the scanning model and has a descriptive nature. The data were collected through the 'personal information form' to define the demographic data of the participants, and the "Anxiety Scale of Athletes catching New Type Coronavirus (Covid-19)". Given the results, the athletes are worried about catching the coronavirus, but lack of statistically significant results in the relationship of the variables used in the research with the anxiety of contracting the coronavirus, the geographical region where the athletes live, the supervision of the measures taken within the scope of the coronavirus can be considered as the psychological consequences of the social environment.

**Keywords:** Athlete; Coronavirus; Anxiety; Athletes; Psychological Consequences.

Revista de Investigaciones Universidad del Quindío,  
34(S3), 28-38; 2022.

ISSN: 1794-631X e-ISSN: 2500-5782

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## RESUMEN

La epidemia de coronavirus afectó no solo a China sino también a varios países del mundo. Este estudio tiene como objetivo examinar las preocupaciones de los atletas acerca de contraer coronavirus. La muestra del estudio consta de 293 participantes voluntarios que viven en la provincia de Iğdır y practican deportes en diferentes ramas. Esta investigación se encuentra en el modelo de exploración y tiene un carácter descriptivo. Los datos fueron recolectados a través del 'formulario de información personal' para determinar la información demográfica de los participantes, y la "Escala de Ansiedad de Deportistas contagiados de Nuevo Tipo de Coronavirus (Covid-19)". Ante los resultados, los atletas están preocupados por contagiarse de coronavirus, pero faltan resultados estadísticamente significativos en la relación de las variables utilizadas en la investigación con la ansiedad de contraer el coronavirus, la región geográfica donde viven los atletas, la supervisión de las medidas tomadas en el ámbito del coronavirus pueden ser considerados como las consecuencias psicológicas del entorno social.

**Palabras clave:** Deportista; Coronavirus; Ansiedad; Deportistas; Consecuencias Psicológicas.

## INTRODUCTION

The coronavirus epidemic, which emerged unexpectedly and caused great concern in the international community, affected not only China, but also more than 20 countries in the world. Covid-19 disease is a disease that has never been seen before. The 'novel coronavirus', also called 2019-nCoV today, first manifested itself in the city of Wuhan in China's Hubei province and is a type of Coronavirus that has not been seen in humans before (Jianhua, 2020).

The coronavirus is rapidly transmitted from person to person by droplet particles by direct contact with the infected person or by sneezing/coughing of the infected person (Moore et al, 2020).

All countries in the world have taken many measures in economic, educational and social areas in order to prevent the contact of infected individuals with healthy individuals in order to reduce this rapidly spreading contagion, and they even had to stop activities in these areas (Wright et al., 2021).

In this context, matches and organizations that have been postponed or canceled in line with the measures taken within the scope of coronavirus, athletes and coaches who have been quarantined have also been adversely affected by this situation. The sports community in our country has also suffered from these negativities, as proof of this situation, stopping sports organizations in our country can be given as an example (Gallego et al, 2020; McCloskey et al, 2020). Stopping or canceling sports organizations, stopping sports activities, closure of indoor and outdoor sports halls negatively affected the athletes both socially and psychologically, and the non-cognitive effects of anxiety, sadness, fear and anxiety by causing pressure in individuals by taking place in the subconscious of individuals. anxiety caused them to experience emotional state. (Köknel 1985).

The spread of information that does not reflect the facts about the coronavirus in the mass media emerges as a factor that raises concerns in athletes as well as in all people (Egunjobi, 2020). It can be said that the effects of the coronavirus resulting in death increase the anxiety levels of all individuals

in the world (Tekin, 2020). In particular, the death of athletes who are actively involved in sports in the world due to coronavirus, and the perception of coronavirus as a deadly threat causes athletes to experience death anxiety from coronavirus (Meijer and Webster, 2020; American Psychiatric Association, 2013).

Total and Efe (2020) found that there stood no significant difference according to gender in their research in which they examined the anxiety and fear of contracting Covid-19 among men and women. As a result of their research, Cao et al. (2020) also concluded that there is no significant difference between the status of their relatives contracting Covid-19 and their anxiety levels of contracting Covid-19. In this regard, the primary purpose of the current research is to analyze the concerns of athletes about contracting Covid-19.

**METHODS**

The sample of the study consisted of 293 (female n=97, male n) living in Iğdır and doing sports in different branches (football n=82, basketball n=54, volleyball n=31, handball n=54, athletics n=45, swimming n=31). =196) are voluntary participants. This research is in the scanning model and has a descriptive nature. Scale has been utilized as data collection approach. The scale utilized in this current study comprises 2 sections, and in the initial section of the scale, "Personal Information Form" to calculate the demographic data of the participants, In the next one, the "Athletes' Anxiety Scale for Conceiving New Type Coronavirus (Covid - 19) Athletes (SYTKYKÖ)" developed by Tekkurşun Demir (2020) was used to determine the anxiety levels of the participants of contracting a new kind of Covid-19.

**Scale of Athletes' Anxiety of contracting New sort of Covid-19**

It is a five-point Likert type scale, with "I Totally Agree: 5; It was evaluated among the statements "I strongly disagree: 1" and the most significant score that may be acquired from the scale has been determined as 80 and the least significant score was 16. Sub-dimension score limits of the scale; individual anxiety lowest score is 11, highest score is 55; socialization anxiety has the lowest score of 5 and the highest score of 25.

**Analysis Of Data**

SPSS statistical program has been employed in the data analysis procedure. The research group' Demographic information of anxiety levels of contracting new sort of Covid-19 were defined utilizing frequency, percentage, standard deviation and arithmetic mean methods as descriptive statistics. After the normality analysis of the data was performed and it was defined that they demonstrated normal distribution, One-Way ANOVA and Independent Samples t tests were employed for in-group comparisons. The significance level has been admitted as p<0.05.

**RESULTS**

Table 1. Demographic Information of Athletes

		<b>FREQUENCY</b>	<b>PERCENT (%)</b>
<b>GENDER</b>	Female	124	41.8
	Male	173	58.2

		FREQUENCY	PERCENT (%)
AGE	17-22 Ages	94	31.6
	23-28 Ages	44	14.8
	29-34 Ages	159	53.5
MARITAL STATUS	Married	44	14.8
	Single	253	85.2
INCOME STATUS	2000 TL and below	127	42.8
	2001-4000 TL	71	23.9
	4001-6000 TL	51	17.2
	6001-8000 TL	48	16.2
CHRONIC DISEASE STATUS	Yes	17	5.7
	No	280	94.3
SPORTS YEAR	1-4 Years	67	22.6
	5-8 Years	132	44.4
	9-12 Years	58	19.5
	13 Years and above	40	13.5
SITUATION OF CAUGHT CORONAVIRUS	Yes	90	30.3
	No	207	69.7
FAMILY'S CONTACT TO CORONAVIRUS	Yes	116	39.1
	No	181	60.9
	Football	82	27.6
	Basketball	54	18.2
	Volleyball	31	10.4
	Handball	54	18.2
	Athletics	45	15.2
	Swimming	31	10.4

When Table 1 is examined, 41.8% of the research group is female, 58.2% is male, 53.5% is 29-34 years old, 31.6% is 17-22 years old, 14.8% is of the people aged 23-28, 23.9% of them were between 2001-4000 TL, 17.2% of them were 4001-6000 TL, 16.2% of them were 6001-8000 TL and 42.8% of them were 2000 TL. It was observed that the income level was below. has been observed that 85.2% of the participants were single and 94.3% did not have a chronic disease. It was observed that 44.4% of the participants did sports for 5-8 years, 22.6% for 1-4 years, 19.5% for 9-12 years, and 13.5% for 13 years or more. has been observed that 39.1% of the family of the research group caught the coronavirus. In addition, 30.3% of the participants stated that they were infected with the corona virus. It has been calculated that 27.6% of the research group took part in football, 18.2% in basketball and handball, 15.2% in athletics, 10.4% in volleyball and swimming.

Table 2. T-Test Analysis of the Athletes by Gender Variable.

		GENDER		T	P
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	Female	35.34	9.59	-0.058	0.95
	Male	36.01	9.88		
SOCIALIZATION ANXIETY	Female	15.37	5.93	-0.584	0.56
	Male	14.79	5.86		
TOTAL OF THE ANXIETY SCALE OF CONTRACTING A NEW KIND OF COVID-19	Female	50.71	13.82	0.826	0.40
	Male	50.81	14.62		
		p<0,05			

While Table 2 was assessed, it was revealed that there existed no substantial difference among the gender variable, the sum of the anxiety scale of contracting the new sort of Covid-19 and all sub-dimensions' mean scores ( $p>0.05$ ).

Table 3. t-Test Analysis of Athletes Based on the Variable of Chronic Disease Status

		CHRONIC DISEASE STATUS		T	P
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	Yes	34.17	7.71	-0.667	0.50
	No	35.83	9.86		
SOCIALIZATION ANXIETY	Yes	14.35	5.48	-0.679	0.49
	No	15.07	5.92		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	Yes	48.52	10.82	-0.492	0.62
	No	50.91	14.45		

$p<0.05$

Considrig Table 3 it can be observed that there was no substantial difference among the chronic disease status variable and the sum of the anxiety scale of contracting new sort of Covid-19 and all sub-dimensions' mean scores ( $p>0.05$ ).

Table 4. t-Test Analyzes of Athletes According to the Variable of Infection with Coronavirus.

		SITUATION OF CAUGHT CORONAVIRUS		T	P
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	Yes	36.26	10.39	0.736	0.46
	No	35.50	9.48		
SOCIALIZATION ANXIETY	Yes	15.43	6.24	0.616	0.53
	No	14.86	5.74		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	Yes	51.70	15.43	0.764	0.44
	No	50.37	13.75		

$p<0.05$

When Table 4 is examined, it has been determined that there is no statistical difference between the variable of contracting Covid-19, the sum of anxiety scale and all sub-dimensions' mean scores ( $p>0.05$ ).

Table 5. t-Test Analysis of the Family Members of the Athletes According to the Variable of Contagion to Coronavirus

		SITUATION OF CAUGHT CORONAVIRUS		T	P
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	Yes	35.98	8.94	0.718	0.47
	No	35.58	10.26		

		SITUATION OF CAUGHT CORONAVIRUS		T	P
		$\bar{X}$	SS		
SOCIALIZATION ANXIETY	Yes	15.53	5.73	0.347	0.72
	No	14.71	5.98		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	Yes	51.51	13.16	1.165	0.24
	No	50.29	14.95		

p<0.05

When Table 5 is evaluated, no statistically significant difference has been seen between the variable of the family members of the athletes contracting Covid-19 and the sum of the anxiety scale of contracting the new sort of Covid-19 and all sub-dimensions' mean scores (p>0.05).

Table 6. Analysis of Variance by Age Variable of the Research Group

		AGE		F	SIG
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	17-22 Age	35.82	9.48	0.458	0.63
	23-28 Age	34.45	10.29		
	29-34 Age	36.03	9.79		
SOCIALIZATION ANXIETY	17-22 Age	15.43	6.08	0.630	0.53
	23-28 Age	15.47	5.16		
	29-34 Age	14.67	5.97		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	17-22 Age	51.26	13.86	0.133	0.87
	23-28 Age	49.93	13.70		
	29-34 Age	50.71	14.72		

p<0.05

Regarding Table 6, it was revealed that there stands no statistically significant difference among the age variable of the research group and the sum of the anxiety scale of contracting new sort of Covid-19 and all sub-dimensions' mean scores (p>0.05).

Table 7. Variance Analysis by Athletes' Income Variable

		INCOME STATUS		F	SIG
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	2000 TL and below	37.11	9.74	1.499	0.21
	2001-4000 TL	34.85	10.37		
	4001-6000	34.58	9.75		
	6001-8000	34.60	8.60		
SOCIALIZATION ANXIETY	2000 TL and below	15.36	5.81	0.792	0.49
	2001-4000 TL	15.32	6.30		
	4001-6000 TL	14.90	5.88		
	6001-8000 TL	13.89	5.49		

		INCOME STATUS		F	SIG
		$\bar{X}$	SS		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	2000 TL and below	52.48	14.32	1.192	0.31
	2001-4000 TL	50.18	15.64		
	4001-6000 TL	49.49	14.48		
	6001-8000 TL	48.50	11.36		

p<0.05

Table 7 demonstrates that there exists no statistically significant difference among the athletes' income status variable and the sum of the anxiety scale of contracting the new sort of Covid-19 and all sub-dimensions' mean scores (p>0.05).

Table 8. Variance Analysis of Athletes According to the Variable of Years of Sport

		SPORTS YEAR		F	SIG
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	1-4 Year	35.86	8.34	0.511	0.67
	5-8 Year	35.87	10.61		
	9-12 Year	36.44	9.38		
	12 year and over	34.05	9.68		
SOCIALIZATION ANXIETY	1-4 Year	15.00	5.41	0.503	0.68
	5-8 Year	15.19	6.13		
	9-12 Year	15.41	5.84		
	12 year and over	14.02	6.03		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	1-4 Year	50.86	12.16	0.607	0.61
	5-8 Year	51.06	15.58		
	9-12 Year	51.86	13.54		
	12 year and over	48.07	14.21		

p<0.05

Examining Table 8 , it is observed that there stood no significant difference among the athlete's year of doing sports variable and the sum of the anxiety scale of contracting new sort of Covid-19 and all sub-dimensions' mean scores (p>0.05).

Table 9. Variance Analysis of Athletes by Branch Variable

		SPORTS BRANCH		F	SIG
		$\bar{X}$	SS		
INDIVIDUAL ANXIETY	Football	35.37	8.88	0.751	0.58
	Basketball	36.05	8.90		
	Volleyball	34.54	10.90		
	Handball	34.61	10.79		
	Athletics	37.33	10.20		
	Swimming	36.96	9.93		

		SPORTS BRANCH		F	SIG
		$\bar{X}$	SS		
SOCIALIZATION ANXIETY	Football	15.50	5.98	0.605	0.69
	Basketball	14.96	5.25		
	Volleyball	15.54	5.96		
	Handball	13.37	5.73		
	Athletics	15.95	5.81		
	Swimming	15.00	6.83		
TOTAL OF THE ANXIETY LEVEL OF CONTRACTING A NEW SORT OF COVID-19	Football	50.87	13.02	1.238	0.29
	Basketball	51.01	13.21		
	Volleyball	50.09	15.55		
	Handball	47.98	14.84		
	Athletics	53.28	15.15		
	Swimming	51.96	15.78		

p<0.05

Table 9 reveals that there stands no significant difference among the research group's branch variable and the sum of the anxiety scale of contracting new sort of Covid-19 and all sub-dimensions' mean scores ( $p>0.05$ ).

## DISCUSSION

In the present article, it is intended to analyze the anxiety of athletes about contracting Covid-19 in terms of different variables. In this context, as a result of the current research findings, the research group; 41.8% were female, 58.2% were male, 53.5% were 29-34 years old, 31.6% were 17-22 years old, 14.8% were 23-28 years old 23.9% of them have income levels between 2001-4000 TL, 17.2% 4001-6000 TL, 16.2% 6001-8000 TL and 42.8% below 2000 TL. seen. has been observed that 85.2% of the participants were single and 94.3% did not have a chronic disease. It was observed that 44.4% of the participants did sports for 5-8 years, 22.6% for 1-4 years, 19.5% for 9-12 years, and 13.5% for 13 years or more. It has been seen that 39.1% of the family of the research group caught the coronavirus. In addition, 30.3% of the participants stated that they were infected with the corona virus. has been observed that 27.6% of the research group took part in football, 18.2% in basketball and handball, 15.2% in athletics, 10.4% in volleyball and swimming. There stood a substantial difference among the mean scores of the athletes, chronic disease status, marital status, gender, contracting Covid-19, family members contracting Covid-19, income, year of doing sports, age, and branch of anxiety scale and all sub-dimensions. has been observed that there was no difference ( $p>0.05$ ). In the light of the information obtained as a result of the literature review; Tatal and Efe (2020) discovered that there existed no significant difference according to gender in their research in which they examined the anxiety and fear of contracting Covid-19 among men and women. In another study, Jianhua (2020), in their research analyzing the anxiety of amateur and professional athletes about contracting Covid-19, found that the socialization and individual anxiety of the athletes did not differ according to gender, and these results seem to be in line with the results of the current study.

In the current study, it has been observed that there was no substantial difference between the gender variable and the sum of the anxiety scale of contracting the new type of coronavirus and the mean scores of all sub-dimensions of the athletes. When the literature is examined, it is seen that there are similar studies as well as studies that differ from the current study; In the study of León-Zarceño et



al. (2021), it was found that there was a significant difference between the anxiety of contracting Covid-19 and the gender variable. It can be explained as a normal situation that the whole society, regardless of gender, is worried and worried, especially in pandemics caused by uncertainty and uncertain information such as coronavirus.

In the study of Doğan (2021), in which he examined the anxiety of individual and team athletes about contracting coronavirus, no significant difference has been seen between the anxiety levels of contracting coronavirus according to age groups. Again, in the study of Güler and Cicioğlu (2021), no significant difference has been seen between the anxiety levels of contracting Covid-19 according to age categories. In the study of Bakioğlu et al. (2021), no significant relationship has been seen between age categories and anxiety about contracting Covid-19. In the present study, a result that is in line with the findings of the mentioned studies was obtained; has been observed that there was no substantial difference between the age variable and the sum of the anxiety scale of contracting a new type of coronavirus and the mean scores of all sub-dimensions. The fact that the individuals in the study group have not yet experienced serious negative events in their lives during the process required by their age can be explained by the results of the research conducted, because their anxiety levels are close to each other and high.

As a result of the research of Batu and Aydın (2020), no significant difference has been seen between the anxiety of the athletes contracting Covid-19 and the income status variable of the athletes. Although these findings are in line with the findings of the current study, it can be thought that there is no difference in our country since individuals with low income and individuals with high income benefit from health services equally.

Although the research of Polatcan and Kaptangil (2021) is in parallel with the findings of the current study, there is no significant difference between the anxiety of contracting coronavirus between the participants with chronic diseases and those without chronic diseases in both studies. The findings of the present study contrast with the findings of some studies; While Wang et al. (2020) found in their research that individuals with a history of chronic disease have higher levels of anxiety, there is no significant difference between the chronic disease variable in the findings of the current study. can be thought of as the psychological consequences of the social environment.

In the present study, no substantial difference has been seen between the variable of the family members of the participants and the athletes contracting Covid-19, and the sum of the anxiety scale of contracting the new kind of Covid-19 and the mean scores of all sub-dimensions. In studies that show parallelism with the findings of the current research; Bakioğlu et al. (2021) concluded in their research that there is no significant difference between the status of their relatives contracting Covid-19 and their anxiety levels of contracting Covid-19. As a result of their research, Cao et al. (2020) also concluded that there is no significant difference between the status of their relatives contracting Covid-19 and their anxiety levels of contracting Covid-19. In line with the measures taken during the pandemic process, it is necessary to come together with the relatives of individuals, to organize events together, etc. Considering that they stay away from activities, it is thought that the level of anxiety that individuals will experience may be related to contracting Covid-19 (McCloskey et al, 2020).

In their study, León -Zarceño et al. (2021), did not find a significant difference between the years of exercise and the anxiety levels of contracting Covid-19 of individuals who exercise. Tatal and Efe (2020) did not find a significant relationship between the anxiety levels of contracting Covid-19 in

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the sports year variable in his master's thesis study. In line with these findings, which are in line with the current study, it can be thought that the sports year is not a situation that will cause any anxiety on the athletes.

Although the research of Polatcan and Kaptangil (2021) is in parallel with the findings of the current research, no significant relationship has been seen between the anxiety levels of contracting Covid-19 and sports branches in both studies. However, in Wright et al. (2021) study, the anxiety levels of individuals interested in team sports were higher than the anxiety levels of individuals interested in individual sports, and a significant difference has been seen between them. The fact that the studies differ from each other depends on the geographical region where the participants live, health services, etc. can be evaluated on a case-by-case basis.

## CONCLUSION

As a result of all these studies, it is possible to say that the athletes are worried about contracting Covid-19, but the lack of significant results in the relationship of the variables used in the research with the anxiety of contracting Covid-19, the geographical region where the athletes live, the supervision of the measures taken within the scope of the coronavirus, the psychological consequences of the social environment, etc. Considering that the coronavirus will remain on the agenda as a part of our lives, athletes are advised to support each other by cooperating with sports clubs, ministry of health, sports federations and coaches in order to protect themselves physically from coronavirus as well as psychologically fight the coronavirus, and it should not be forgotten that to be united in the fight against the global epidemic.

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