



Literature Review: Does Covid-19 Affect Physical Conditions, Exercise Patterns, Nutrition and Psychological Athletes?

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Abstract

Covid-19 affects various aspects of life, including sports and everything in it, including athletes. Physical conditions, training patterns/programs, nutrition, and psychological athletes are required to be well maintained even though there are obstacles during the covid-19 pandemic. This study aims to provide an overview of physical conditions, exercise patterns, nutrition/eating patterns, and the psychology of athletes during the pandemic based on the results of the analysis of published articles. The method used in this research is literature study or literature review. A literature study is a research design used in collecting data sources related to a topic. Data collection for the literature study was carried out using a database search tool to search for literature sources regarding physical conditions, training patterns and programs, nutrition/eating patterns, and psychological athletes during the COVID-19 pandemic. The results of the data set that match the criteria to be conveyed in this study are five articles in each sub-discussion, including reports that have been published nationally and internationally. The results of the literature review analysis are expected to be used as studies or information that can be used as a theoretical basis for further research in the attention of athletes, especially in physical conditions, training patterns program nutrition diet and psychology of athletes during the covid-19 pandemic.



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INTRODUCTION

Covid-19 is a pandemic that affects all parts of the world. (Rizky A et al., 2020) The Covid pandemic has affected several sectors to break the distribution chain, carrying out all activities that are not as usual. He continued, it was revealed that this change had a significant impact on every sector. According to several literature studies, the sports sector has significantly impacted the changes implemented and explained that there was a change in the pattern of exercise that existed during the pandemic due to restrictions on activities to break the chain of the spread of COVID-19. The pandemic also has a significant impact on sports on a global scale, including the cancellation of various sporting events, including professional sports leagues in different parts of the world. These championships affect athletes' training patterns (Rahayuni, 2020).

In athletes, the impact of these changes has a significant influence on both psychological, physical, and other conditions. In line with this opinion, (Putu, Adi, Agung, Perdana, & Adiat-, 2021) explained that this change in sports patterns affects athletes in carrying out sports activities that are not as usual. Changes in athletes' training patterns affect the physical and psychological conditions because they have to adapt to continue doing maximum sports during the COVID-19 pandemic (Khoirul Fatihin, Siantoro, & Muhammad, 2021). (Rasyid & Kusnanik, 2021) revealed that with the lockdown, all activities are limited so that all levels of society feel the impact. Schools and universities carry out teaching and learning processes using online media. Even athletes are also forced to practice at home. This affects athletes who also must practice and maintain a good training pattern.

Talking about athletes who must adapt to the conditions of the covid pandemic but must be able to maximize training to maintain a lifestyle for the success of the championship. (Sari, 2020) explained that changes and an urge to continue to exercise affect athletes' psychological and physical condition. (Divina et al., 2020) explained that during the Covid-19 pandemic, female athletes from the Petrokimia Gresik volleyball club had to do training from home (TFH). Unfortunately, this prolonged TFH has caused athletes to experience a decrease in motivation and target training and uncontrolled training programs provided whether or not they are implemented by athletes because they are not directly supervised. (Puspitasari & Rizky, 2021) said that during the current pandemic, athletes cannot train optimally. Limited and not optimal exercise makes the athlete's physical fitness problem questionable. In addition, because of the government's recommendation to stay at home, the nutritional status of the athletes could not be controlled.

In addition to psychology, other factors affect the athlete's physical condition, namely the intake of food and nutrition obtained during the COVID-19 pandemic. (Harvianto, Wire, & Sakti, 2021) revealed that it is essential for an athlete to pay attention to his nutritional intake, especially the balance between nutritional information and energy expenditure, both in the phases before, during, and after a match or sport. Because energy will affect the athlete's performance, maximum athlete performance will support him to achieve the best performance. Especially with the current Covid-19 outbreak, it is also essential to prevent the spread of COVID-19. Candra & Sahab (2021) said that the COVID-19 pandemic had significantly impacted various sectors, one of which is the sports sector. The activity of the

athlete who was initially very high became reduced. It also impacts their nutritional status, which affects the activity level of athletes.

Based on the explanation that has been put forward regarding the condition of the COVID-19 pandemic, which affects several sectors, including the sports sector. This article will discuss the physical situation of athletes during the COVID-19 pandemic. The physical conditions that will be presented include the pattern of exercise applied, the nutrition that must be met, and the athlete's psychological state during the COVID-19 pandemic. This study aims to find out how the physical condition of athletes during the COVID-19 pandemic was. The study results are expected to refer to the components of physical conditions that should be applied during the Covid-19 pandemic. This article has a pretty good novelty because it discusses the details of the athlete's physical condition during the covid-19 pandemic, which will then be concluded to examine the athlete's physical condition components.

METHODS

This research is a type of literature review, which means reviewing the results of previous studies that reveal the physical condition of athletes, including the training patterns of the nutritional and psychological status of athletes during the COVID-19 pandemic. Discussions about the physical condition of athletes are felt to be very necessary because athletes are required to be able to maintain their best performance even during the Covid-19 pandemic so that the achievements achieved can be maximized. Furthermore, literature review research is included in qualitative descriptive analysis. The data obtained is based on

search results based on the 2020-2022 time range. The analysis was carried out using the PRISMA model. In the search for data collected through Google with search keywords regarding the physical condition of athletes during the Covid-19 pandemic. The data findings have been limited to include physical conditions, exercise patterns, nutritional and psychological status of athletes which are shown in the results of the study. The data in this study were obtained through documents from previous studies, which were collected by collecting and analyzing scientific journal file documents that had been published in Sinta 1-5 and International.

RESULT

The data collection carried out resulted in information from several research articles that discussed athletes' physical, nutritional, and psychological conditions during the COVID-19 pandemic. The data collection carried out is a collection of articles spanning the last three years, from 2020 to 2022. The first discussion will reveal athletes' physical condition, training program, nutrition, and psychological condition during the covid-19 pandemic. The first discussion will present the physical condition of athletes during the COVID-19 pandemic.

Physical Condition of Athletes During the Covid-19 Pandemic

In the initial discussion in the literature review, this article will present data and journal documents, including the author, year, title, and method used in table 1 below. At the same time, the results will be included in the discussion regarding the condition of athletes during the covid-19 pandemic can be seen in Table 1. below this:

Name/year	Title	Method	Findings	Journal
I Gusti Putu Ngurah Santika, Anak Agung Octa Perdana, I Putu Gede Adiatmika (2021)	Analysis of Athletes Physical Conditions During the Covid 19 Pandemic	Quantitative	There are changes that affect the psychology and training patterns of athletes during the COVID-19 pandemic.	Journal of Physical Education, Health and Sport
Edgar Alarcón Javier Hall-López (2021)	Physical activity in university student athletes, prior and in confinement due to pandemic associated with COVID-19	Experiment	Conditions and activities of athletes during the pandemic decreased, this was because athletes were still adapting to new habits.	ederación Española de Asociaciones de Docentes de Educación Física (FEADEF)
Raven Mariyam Essa Alblooshi, Dawood Hasan Syed, Khaled Khalifa Dougman, Hashel Al Tunaiji, Luciana Aparecida Campos and Ovidiu Constantiu Baltatu (2021)	Health and Well-Being of Athletes During the Coronavirus Pandemic: A Scoping Review	Quantitative	Need for proactive engagement with professional athletes, coaches, coaches, and sports boards to facilitate understanding and awareness raising, optimizing the training process during the COVID-19 pandemic	Frontiers Public Health
Maryoto Subekti, I Gusti Putu Ngurah Adi Santika (2021)	Hubungan Indeks Massa Tubuh (IMT) dan Kadar Lemak Tubuh Terhadap Kebugaran Fisik Atlet Kabaddi di Masa Pandemi Covid-19	Quantitative	Disruption of the athlete's physical condition due to changes in training patterns during the covid-19 pandemic	Prosiding Seminar Nasional IPTEK Olahraga
M. Adib Khakiki, Heri Wahyudi (2021)	Analisis Kondisi Fisik Atlet Putra Muay Thai Tuban Di Era Pandemi Covid-19	Quantitative	A decrease in the physical condition of athletes due to changing training patterns during the Covid-19 pandemic	Jurnal Kesehatan Olahraga

Table 1 above displays the author's name, year, title, method, and journal that publishes articles about the physical condition of athletes during the covid-19 pandemic (Putu, Adi, Agung, & Perdana, 2021). Based on the physical condition examination, the results showed that the average physical condition of athletes consisting of

cardiovascular endurance was 34 ml/kg/mt (less), right-hand muscle strength was 46.7 kg (suitable), left-hand muscle strength was 38.7 kg (moderate), shoulder muscle tensile strength is 15.7 kg (very low), shoulder muscle thrust is 26.0 kg (medium), back muscle strength is 60.3 kilograms (less), leg muscle strength is 154.6 kg (moderate), leg muscle explosive power 48 cm (less), arm

muscle endurance 53 x/minute (medium), body balance 38 seconds (good), body speed 4.80 seconds (less), reaction speed to light stimuli 1,394 seconds (less), the rate of reaction to sound stimulation is 1.193 seconds (less), body agility is 15.02 seconds (less), body flexibility is 20.60 cm (tiny), and body fat content is 21% (somewhat high). Based on these results, of the 15 components outside of body fat levels, two physical parts are at a shallow level, seven physical details are at a low level, four members are at a moderate level, and two physical components are at a reasonable level. He continued explaining that this physical condition had decreased compared to before the COVID-19 pandemic. Meza & Lofez (2021) said that if the needs and activities of athletes during the pandemic dropped, this was due to athletes still adapting to new habits, university athletes doing physical activities at home during confinement by COVID-19, aligning time in the learning process carried out from home only. . (Haan et al., 2021) describe the need for proactive engagement with professional athletes, coaches, coaches, and sports boards to facilitate understanding and awareness-raising, process optimization, and consistent delivery of training and psychosocial assistance and occupational therapy programs that maintain health and well-being. the well-being of athletes while minimizing work stress during the pandemic. (Subekti & Santika, 2021) explained that if it is related to the disruption of the athlete's training program due to the COVID-19 pandemic, we are worried about the athlete's physical condition, especially physical fitness. Khaki (2021) Average Push Up Strength 35 in the Fairly Good category, Pull-Ups on average 11 in the Fairly Good variety, and Sight Up Strength an average of 40. One in the Good category;

b) The speed with which the 50-meter run test was conducted on average was 8.32 in the pretty good class; the average 100-meter run was 15.1 with the poor category, the 200-meter run on average was 41.2 with the type is quite good, the average 400-meter run is 1.95 with the class is quite good; c) Agility has an average score of 16.42 by showing the Illinois Agility Run test in a pretty good category; d) Endurance has an average value of 39.17 with a pretty good variety. Based on the analysis of published article data, the physical condition of athletes during the COVID-19 pandemic has decreased. Several factors affect it because athletes do not do training centers or exercises at home, so the results are not optimal, such as exercises that coaches and other coaching staff supervise. Next, after knowing the physical condition, other discussions will present the athlete's training pattern during the COVID-19 pandemic.

Athletes' exercise patterns during the covid-19 pandemic.

In this subsection, the discussion on the literature review, this article will present data and journal documents including the author, year, title, and the method used will be presented in table 1 below. At the same time, the results will be included in a discussion of the athlete's training patterns and programs that affect the athlete's condition. Athletes during the covid-19 pandemic can be seen in table 2 below:

Name/Year	Title	Method	Findings	Journal
Hanum Prihati Ningsih, Tutur Jatmiko (2021)	Identifikasi Kondisi Fisik Terhadap Atlet Gulat Putra Surabaya Wrestling Club Pada Masa Pandemi Covid-19	Experiment	athletes' physical exercise patterns during the pandemic are carried out from home. He continued, it was revealed that the training program carried out at home was conveyed to the coach every time	Jurnal Prestasi Olahraga
Leonardo V. Andreato, PhD, Danilo R. Coimbra, PhD, and Alexandro Andrade, PhD (2021)	Challenges to Athletes During the Home Confinement Caused by the COVID-19 Pandemic	Experiment	COVID-19 pandemic affected training patterns and routines to maintain the physical condition of athletes in preparing for competitions.	Strength and Conditioning Journal
Purwanto Purwanto, Ria Lumintuarso, Erick Burhaein (2021)	Impact of Running Techniques through the Sprint Ability in Athletes during the COVID-19 Pandemic	Experiment	These changes cause serious damage to the quality and quantity of training, with the further distance athletes from their daily training reality, the coaches are also unable to maximize the reach for athletes in carrying out the given training program correctly.	International Journal of Human Movement and Sports Sciences
Antonius Tri Wibowo, Syafitri Arfian Purilawa (2021)	Tri Asna Sar, Fani Tim PON Rugby DIY pada masa Covid-19	Experiment	The importance of physical fitness is the main focus of coaches in preparing athletes to excel.	Jurnal Pengabdian Kepada Masyarakat
Michael Mutz , Johannes Müller and Anne K. Reimers (2021)	Use of Digital Media for Home-Based Sports Activities during the COVID-19 Pandemic: Results from the German SPOVID Survey	Experiment	Health authorities recommend digital tools for home-based exercise and exercise routines to stay active and healthy during the COVID-19 pandemic.	Int. J. Environ. Res. Public Health

Table 2 above displays the author's name, year, title, method, and journal that publishes articles about exercise patterns affecting the physical condition of athletes during the covid-19 pandemic. (Ningsih & Jatmiko, 2021) said that athletes' physical exercise patterns were carried out from home during the pandemic.

He continued, it was revealed that the training program carried out at home was submitted to the coach every time. Even though it was carried out according to the directions, the results obtained affected physical conditions and were less than optimal during the COVID-19 pandemic. (Andreato, Coimbra, & Andrade, 2020) They explained that the COVID-19 pandemic affected training

patterns and routines to maintain athletes' physical condition in preparing for competitions. These changes cause severe damage to the quality and quantity of training; with athletes being further away from their daily training reality, coaches cannot maximize the reach for athletes to implement the given training program correctly. (Purwanto, Lumintuarso, & Burhaein, 2021) The exercise that athletes can apply during the COVID-19 pandemic at home is to run 100 meters. He continued it was revealed that this exercise could increase the athlete's Vo2Max, and this exercise program is the lightest to apply and can be done at any time during the athlete's training at home. (Wibowo, Sari, & Purilawa, 2020) The importance of physical fitness is coaches' primary focus in preparing athletes to excel. To improve physical fitness, the DIY PON Rugby team carried out an exercise program at home due to the impact of Covid-19. Even though during the Covid-19 pandemic, athletes practiced alone at home, each athlete still received a gymnastics program to maintain and maintain their immunity. When they returned to regular training, they did not experience a decline. Health authorities recommend digital tools for home-based exercise and exercise routines to stay active and healthy during the COVID-19 pandemic. This study investigates the prevalence, duration, most popular activities, and social selectivity of digital home sports and their contribution to overall exercise activity levels during the pandemic (Mutz, Müller, & Reimers, 2021). Despite the decline. Based on an analysis of published article data, exercise patterns that affect the physical condition of athletes during the COVID-19 pandemic have changed in the application of training into home exercises that are given an exercise program and supervised through media connected to technology that athletes continue to exercise from

home. Several factors influence it because athletes do not carry out training centers or exercises at home so that the results are not optimal, such as exercises that coaches and other training staff supervise. Next, after the training pattern or training program, the discussion will present nutrition or the athlete's diet during the COVID-19 pandemic.

Nutrition and Diet of Athletes During the Covid-19 Pandemic

In this subsection, the discussion on the literature review, this article will present data and journal documents including the author, year, title, and the method used will be presented in table 3 below. At the same time, the results will be included in the discussion of nutrition and athlete's diet that affects the athlete's condition. During the COVID-19 pandemic, it can be seen in Table 3 below:

Name/year	Title	Method	Findings	Journal
Georgina Louise Buckley, Linden Elizabeth Hall , Annie-Claude M. Lassemillante and Regina Belski (2021)	Disordered eating & body image of current and former athletes in a pandemic; a convergent mixed methods study - What can we learn from COVID-19 to support athletes through transitions?	Quantitative	Quantitative analysis showed that eating disorders occur mainly in the form of body preoccupation, inhibitory food control, fear of changes in body composition and binge eating. Nutrient intake is needed by every human being to meet their survival in the COVID-19 pandemic	Journal of Eating Disorders
Novita Dewi, Neni Memunah , Ronasari Mahaji Putri (2021)	Gambaran Asupan Nutrisi Di Masa Pandemi Pada Mahasiswa	Quantitative	Proper nutrition results in the fulfillment of nutrients so that they can fight the COVID-19 virus but in fact during the Covid-19 pandemic the nutritional status and individual nutrition cannot be maintained	Care:Jurnal Ilmiah Ilmu Kesehatan
Novita Dewi , Neni Memunah, Ronasari Mahajiputri (2021)	Konsumsi Nutrisi Dengan Status Gizi Di Masa Pandemi	Quantitative	Nutritional status parameters of consuming food. The food consumed is metabolized in the body partly used for energy, but if the body has enough, then the storage mechanism can be carried out in the muscles, liver, adipose tissue and other organs. During the Covid-19 pandemic	Jurnal Ilmiah Ilmu Kesehatan
Amel Tayech Mohamed Arbi Mejri, Issam Makhoulouf, Ameni Mathlouthi, David G. Behm and Anis Chaouachi (2020)	Second Wave of COVID-19 Global Pandemic and Athletes' Confinement: Recommendations to Better Manage and Optimize the Modified Lifestyle	Quantitative	The importance of nutrition, and the effects of sleep disturbances on the health and lifestyle modification of athletes during this worldwide pandemic	Int. J. Environ. Res. Public Health

Table 3 above displays the author's name, year, title, method, and journal that publishes articles regarding athletes' nutritional status and diet during the covid-19 pandemic. (Buckley, Hall, Lassemillante, & Belski, 2021) describe the spike in eating disorders in current and former athletes due to COVID-19. There

were significant differences between men and women. Still, interestingly, there were no differences between groups of individual vs. team sports, type of sports category (endurance, anti-gravity, ball sports, strength, technical, and aesthetic), or level of competition (club, country). Section, national, or) international).

Quantitative analysis showed that eating disorders occur mainly in body preoccupation, inhibitory food control, fear of changes in body composition, and binge eating. Every human being needs nutrient intake to meet their survival. Proper nutrition results in the fulfillment of nutrients to fight the COVID-19 virus. Still, in fact, during the Covid-19 pandemic, the nutritional and nutritional status of individuals cannot be maintained, or individuals are unable to stem the desire to eat foods that do not support physical activity (Dewi, Munah, & Mahajiputri, 2021). (Tayech et al., 2020) said that the importance of nutrition and the effects of sleep disturbances on athletes' health and lifestyle modification during this worldwide pandemic. Thus, this review provides general guidelines for managing their lifestyle modification better and optimally maintaining their physical and mental fitness concerning the actions taken during the proposed second wave of this COVID-19 confinement period (Dewi, Maemunah, & Putri, 2020). Nutritional status parameters of consuming food. The food consumed is metabolized in the body parts used for energy. Still, if the body has enough, then the storage mechanism can be carried out in the muscles, adipose tissue, and other body organs. During the COVID-19 pandemic, athletes must be in good physical condition from maximum biological activity and movement. However, in the field, the nutritional status of athletes during the COVID-19 pandemic has changed and is not controlled. Based on the analysis results of published articles regarding nutrition and diet during the pandemic, there have been changes. Decreased control of athletes on nutritional intake and diet, causing physical activity and physical condition to fall as well. Athletes are required to pay attention to diet to support the pattern of

exercise that will be undertaken so that it is adequately maintained to support success in the competition. Athletes are also required to live a healthy lifestyle that is appropriate during the COVID-19 pandemic. During the COVID-19 pandemic, athletes are expected to maintain nutrition and diet to maintain fitness and avoid transmission of COVID-19. The following discussion is about the psychology of athletes during the COVID-19 pandemic.

Psychological Athletes During the Covid-19 Pandemic

In this subsection, the discussion on the literature review, this article will present data and journal documents including the author, year, title, and the method used will be presented in table 4 below. At the same time, the results will be included in the psychological discussion of athletes that affect the athlete's condition during the pandemic. Covid-19 can be seen in Table 4 below:

Name/year	Title	Method	Findings	Journal
Ardelia Marsha, Fransisca Januarumi Mahaendra Wijaya (2021)	Analisis Tingkat Kecemasan Berlatih Di Masa Pandemi Covid 19 Pada Atlet Rugby Kalimantan Timur	Quantitative	The occurrence of changes in exercise patterns and others in athletes during the covid-19 pandemic affects the psychology of athletes	Jurnal Prestasi Olahraga
Clifford C. Uroh, and Celina M. Adewunm (2021)	Psychological Impact of the COVID-19 Pandemic on Athletes	Quantitative	individual sports athletes experience high psychological stress as a result of the lockdown in the COVID-19 pandemic.	Sport and Active Living
Selenia di Fronso , Sergio Costa , Cristina Montesano , Francesco Di Gruttola , Edoardo Giorgio Ciofi , Luana Morgilli , Claudio Robazza & Maurizio Bertollo	The effects of COVID-19 pandemic on perceived stress and psychobiosocial states in Italian athletes	Quantitative	the occurrence of stress felt by athletes so that it does not encourage them to be able to do exercise optimally	International Journal of Sport and Exercise Psychology
Febriana Nurisma Umami, Ratna Candra Dewi (2021)	Motivasi Atlet Tenis Lapangan Pelti Kota Kediri Dalam Mengikuti Latihan Dan Berprestasi Selama Pandemi Covid 19	Quantitative	Postponement of sporting events ranging from city level to even international. The postponement of sporting events itself aims to prevent transmission from the covid 19 pandemic. This of course causes losses for event organizers and athletes	Jurnal Kesehatan Olahraga
Natalia B. Stambulova , Robert J. Schinke , David Lavallee & Paul Wylleman (2020)	The COVID-19 pandemic and Olympic/Paralympic athletes' developmental challenges and possibilities in times of a global crisis-transition	Quantitative	That C-19 created a very difficult situation for Olympians/Paralympians to survive the postponement of the Tokyo Olympics and Paralympics and the remaining uncertainty about whether the Olympics would be held in 2022.	International Journal of Sport and Exercise Psychology

Table 4 above shows the author's name, year, title, method, and journal that publishes articles about the psychology experienced by athletes during the COVID-19 pandemic (Marsha & Wijaya, 2021), changes in training patterns, and

others that occur in athletes during the COVID-19 pandemic affecting athletes. Athlete psychology. This is felt because athletes are required to adapt to new habits and are still required to always be prime for the championship. He explained that

athletes' main factor of anxiety was the fear of being exposed to this dangerous virus. Hence, athletes were not optimal in preparing things to maintain physical condition. (Uroh & Adewunmi, 2021) revealed that individual sports athletes experience high psychological pressure due to the lockdown in the COVID-19 pandemic. (in Fronso et al., 2020) explained that the stress felt by athletes did not encourage them to exercise optimally. It was further revealed that elite/expert athletes reported lower perceived stress and higher functional psychosocial status scores than novice athletes. From a practical point of view, training and behavioral health during a pandemic crisis should be introduced as a standard practice for health and well-being. Applying particular health protocols for women and novice athletes should be encouraging.

Postponement of sporting events ranging from city level to even international. The postponement of sporting events aims to prevent transmission of the COVID-19 pandemic. This, of course, causes losses for event organizers and athletes. Athletes are lacking in measuring the abilities and skills acquired during training and influencing the motivation and enthusiasm of athletes in competing (Umami F.N and Dewi R.C, 2021). (Stambulova, Schinke, Lavalley, & Wylleman, 2020) explains that Covid-19 creates a challenging situation for Olympians/Paralympians to survive the postponement of the Tokyo Olympics and Paralympics and the remaining uncertainty about whether the Olympics will be held in 2021. This commentary focuses on the challenges and possibilities of the current Olympic/Paralympic candidates, meaning athletes who have met the requirements or are still in the qualification/selection process to participate in Tokyo 2020. He continued if

the postponement affects the psychology of athletes to survive and maintain their abilities during the pandemic with the current situation. Less cloudy in doing exercise. The level of stress and motivation for this fear causes psychological problems that athletes and coaches must handle. Based on the discussion presented above through the analysis of published articles about the psychology of athletes during a very influential pandemic. When viewed from the postponement of matches, restrictions on doing activities outside and the existence of a lockdown cause athletes to be psychologically disturbed where they are still required to give all their abilities to support excellent physical condition despite the postponement of the race. Other psychological aspects that affect athletes are motivation, self-confidence, and mental readiness, which significantly affect athletes during the COVID-19 pandemic.

CONCLUSION

Based on the results of discussion analysis derived from articles that have been published in journals, it can be concluded that the athlete's physical condition has changed, namely the decline during the covid-19 pandemic. The decrease was felt because athletes had to carry out activities from home related to training patterns and programs that were implemented remotely due to any activity restrictions to break the spread of COVID-19. The training program must adjust the conditions so that the athlete's physical condition remains in top condition. In addition to training patterns and nutritional training programs, athletes must pay attention to the diet because during the pandemic; athletes are required to maintain a prime body condition to avoid and still be able to carry out an exercise program even from home. He

continued, explaining that athletes must adapt to a healthy lifestyle during the pandemic so that athlete activities are adequately maintained. The COVID-19 pandemic has also affected athletes' psychology. Psychologically, this is related to the postponement of the race and the athlete's fear of being infected, the motivation to train, and the anxiety of the athlete not being able to maintain the excellent body condition required by the coach. The COVID-19 pandemic affects athletes in these four aspects, so it is necessary to present data like this so that each solution can be given so that athletes remain in their best condition during the covid-19 pandemic and are ready to face matches at any time without fear of not being in excellent physical condition to compete. race success

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