

No-18 / page- 80-82



# Current Trends In Physical Education and Sports

Edited By  
Dr. Sagar P. Narkhede

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Published by the **DnyanPath Publication (INDIA)**

A Leading National Books Publishing House In India

The First edition published in 1st April 2022

ISBN 13 : 978-93-91331-33-7

ISO 9001 : 2015

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**Printed at Shri Gurudeo Printers, Amravati.**  
Mahatma Fule Sankul, Shegaon Naka,  
V.M.V. Road, Amravati - 444603 (Maharashtra)

**Price : ₹ 600/-**

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## Impact of Covid-19 Pandemic On Vaidarbha Kho-kho Game

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### Introduction :

For the first time in modern history, in the fall of 2020, Vaidarbhan Kho-Kho, University college Kho-Kho players arrived at the widespread uncertainty about their participation in workouts, practices, rehearsals, and competitions. The change-event was COVID-19, a crisis with global pervasiveness. Sport is a major contributor to social and economic development. The contribution sports make to the empowerment of young people, individuals and communities, as well as to health, education and physical education objectives."Since its onset, the COVID-19 pandemic has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of businesses, schools and overall social life, which have become commonplace to curtail the spread of the disease; have also disrupted many regular aspects of life, including sport and physical activity. These policy brief highlights the challenges COVID-19 has posed to both the sporting world and to physical activity and well-being, including for marginalized or vulnerable groups. The cancellation of games also impacts many social benefits of global and regional sport events, which can cement social cohesion, contribute to the social and emotional excitement of fans, as well as their identification with athletes leading to greater physical activity of individuals. The closure of education institutions around the world due to COVID-19 has also impacted the sports education sector. As the world begins to recover from COVID-19, there will be significant issues to be addressed to ensure the safety of sporting events at all levels and the well-being of sporting organizations. In the short term, these will include the adaptation of events to ensure the safety of athletes, fans and vendors, among others. Lack of access to exercise and physical activity can also have

mental health impacts, which can compound stress and anxiety that many will experience in the face of isolation from normal social life. "It's affected every sport at every level. From the postponement of events as large as the Olympics, to the cancellation of youth sports and college sports. While this Kho-Kho community has been severely impacted by the current crisis, it can also be a key contributor to solutions that contain and overcome it.

Like all the games and sports have impact COVID-19, bereavement, isolation, and fear is triggering mental health conditions or exacerbating existing ones are the problems with Kho-Kho play too. The Indigenous game Kho-Kho also has great impact over it.

Some of the tournaments cancelled due to COVID pandemic in Vidarbha (part of Maharashtra) region itself. University Inter university got postponed with same reason. So the purpose of this study to see impact and what much harm has happened on Vaidarbhan Kho-Kho players and how to come out of this situation is the main motto of this study.

**Keywords:** COVID-19, sport psychology, Questionnaire

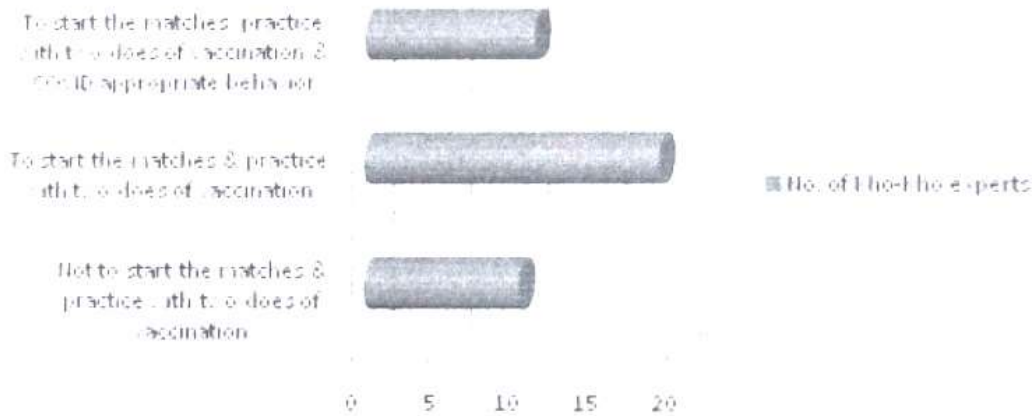
**Method:** Investigators completed all statistical analyses using Questionnaires, which were given to former players, experts actively working in the field of Kho-Kho game in Vidarbha region. All the Kho-Kho sports clubs, Kho-Kho sports academies covered in Vidarbha region. Their status and actively participating in Corona Pandemic span, with the opinion of experts, considered for this study. Questions regarding corona effect on the game and how to come out from worst situation were asked. Like since when the Kho-Kho practice, matches are stopped? Whether there is active participation of Kho-Kho players? If, match

practice stopped then, what kind of specialized exercise they were doing to remain fit for the competition? What would have been the remedy to come out of the situation?. Can players start after two vaccinations dose's. Related questions were included alongside the assessment of psychological well-being coming from the Depression Anxiety Stress Scale. In all 40 experts

from the Kho-Kho field were taken to conduct the study. After getting the questioner filled up by the Kho-Kho experts from Vidarbha region, statistically calculated and the results were drawn. And recommendation were made to solve the genuine problem of the situation arises on the Kho-Kho fraternity. Solution to the situation were tried to get through this research paper.

Opinion	No. of Kho-Kho experts
Not to start the matches & practice with two does of vaccination	10
To start the matches & practice with two does of vaccination	19
To start the matches, practice with two does of vaccination & COVID appropriate behavior	11

Graphical representation of the results of questioners



**Conclusion:** The pandemic COVID-19 has had and will continue to have very expectable effects on the Kho-Kho game as well as on the physical and mental well-being of players around the Vidarbha (part of Maharashtra) region as well as on total sports fraternity. It is notable that participants indicated “a lot has changed”. Common one-word responses to the experience surrounding this change-event were feeling sadness, disappointment, upset, frustrated, depression, and

annoyance, still they have given solution to this problem after second wave of Pandemic. Most of the experts given their views towards to start the game with proper precaution with having vaccination dose's. The following -

recommendations seek to both supports the safe re-opening of Kho-Kho events and tournaments following the pandemic, as well as to maximize the benefits that Kho-Kho and physical exercise can bring in the age of pandemic and beyond.



**Recommendations :**

- 1) Governments may provide Kho-Kho clubs, Kho-Kho sports federations and Kho-Kho organizations around the Vidarbha and other part, with guidance related to safety and protocols that would apply to future Kho-Kho events and related safe working conditions
- 2) The Kho-Kho game ecosystem, comprising of owners and players among others, need to find new and innovative solutions to mitigate the negative effects of COVID19 on the Vidarbhion Kho-Kho players and Kho-Kho clubs.
- 3) Provision of capacity development and technical cooperation services to support the development and implementation of national policies and approaches for the best use of Kho-Kho sport events

to advance participants well-being, particularly in the age of COVID-19.

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Cert. No. : DP/2022/SP3/021

Date : March 01,2022

**Saraswati Arts College, Dahihanda, Akola**

## **CERTIFICATE OF PUBLICATION**

This is to Certify

**Dr. Prashant Govindrao Gawande**

Has Published his/her chapter in the edited book on  
**Current Trends in Physical Education & Sports**  
bearing ISBN " 978-93-91331-33-7" Entitled

**Impact of Covid-19 Pandemic On Vaidarbha Kho-kho Game**

  
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Editor

Attesting National Books Publishing House, In India

**DnyanPath**  
Publications  
ISO 9001 : 2015