



The Effect of the COVID-19 Pandemic on the Mental Health of Division III Athletes

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Introduction:

- The COVID-19 pandemic has caused increased stress for all people around the world, especially athletes.
- Increased stress levels have been shown to increase injury risk.
 - Detraining can increase injury risk
 - Increased stress causes increased muscle tension and decreased coordination
- Due to the recent emergence of the coronavirus, there is little research done on the impacts of COVID-19.

Research Question/Objective:

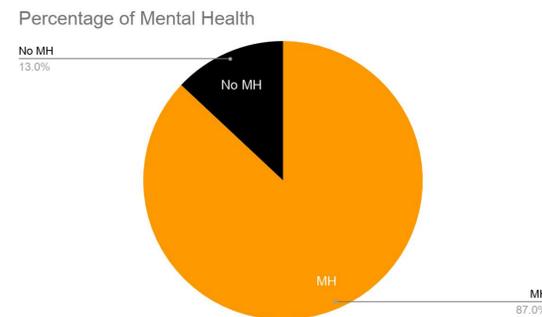
- **What effect did the COVID-19 pandemic have on the mental health of Division III athletes?**
- Compare Male and Female Athletes
- Compare sports whose seasons were impacted by the lockdown (basketball & lacrosse) and sports whose seasons were completed as normal (soccer)

Methods:

- A convenience sample was utilized with men's and women's soccer, basketball and lacrosse teams.
- A google form survey was emailed to the athletes.
- All responses remained anonymous and participation was voluntary.
- Survey was a modified version of Isabella Q. Liu's survey regarding COVID-19 and mental health.
- The survey consisted of multiple choice questions regarding athlete's mental health status related to the pandemic and its effects on sports participation.

Results:

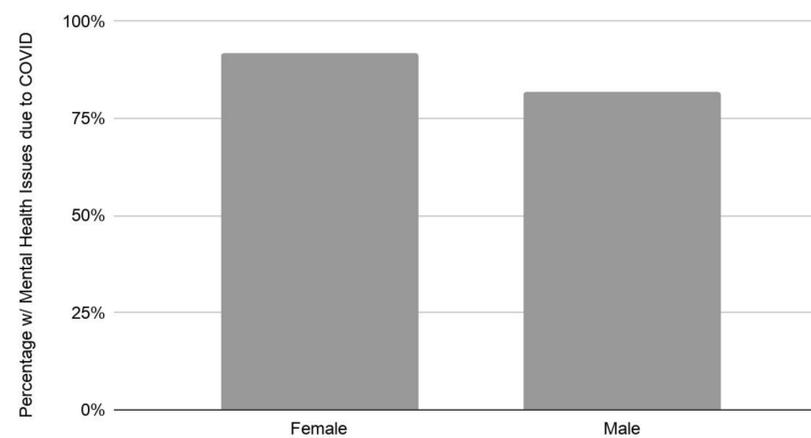
- 96 out of 110 respondents (87%) reported feeling isolated or disconnected during the pandemic.



Male vs. Female

- 50 out of 54 Female athletes (92%)
- 46 out of 56 Male athletes (82%)

Impact of Gender on COVID Mental Health Issues



Statistical Analysis:

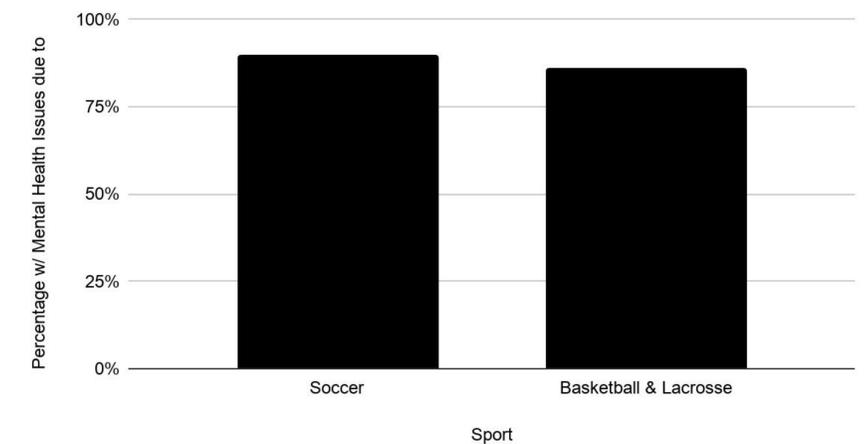
- Data was analyzed using a Breslow - Day Test
- Data was analyzed using a Chi - Square Test
- No significant difference using a variety of p-values

Results:

Soccer vs. Basketball & Lacrosse

- 36 out of 40 Soccer athletes (90%)
- 60 out of 70 Basketball and Lacrosse athletes (86%)

Impact of Sport on COVID Mental Health Issues



Conclusion:

There was no statistically significant difference between the proportions of soccer players with mental health issues and mental health issues of athletes playing other sports. Additionally, there was no statistically significant difference between genders. However, results indicate that there is universal mental health issues among athletes during the pandemic.

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