

Training Center in the Midst of the COVID-19 Pandemic: What is the Indonesian Papuan Elite Athletes' Happiness Like?

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ABSTRACT : This study aims to reveal the differences in the happiness of Papua elite athletes during training center based on gender and sports classification. There are four sports in this study, namely softball, tarung derajat, archery, and climbing. The sample is 42 Papua elite athletes (21 males, 21 females) whose average age is 21.48 ± 4.54 . The athletes' satisfaction was measured using the Satisfaction with Life Scale (SWLS) consisting of five statements. The data collection was conducted online with the Google form. The result shows (1) the level of satisfaction of Papua elite athletes in the training center during the crisis is in the "slightly dissatisfied" category; (2) there is no significant difference in satisfaction between male and female athletes, and all athletes were reported in the same "slightly dissatisfied" category; (3) there is a significant difference in the level of satisfaction based on sports classification, and softball had the highest score compared to other groups, and climbing had the lowest score with "dissatisfied" category.

KEYWORDS : *COVID-19 Pandemic, physical condition, satisfaction*

I. INTRODUCTION

In December 2019, precisely in Wuhan City, Hubei Province, China, the world was shocked by the emergence of a virus that attacks the respiratory tract, and by the World Health Organization (WHO) this virus is called coronavirus disease 2019 (COVID-19) (Chakraborty & Maity, 2020). In a short time, this virus has infected humans, so in January 30, 2020, WHO issued a warning that COVID-19 was the world health emergency and it was expected that all countries paid a serious attention to the emergence of the virus (Harapan et al., 2020). Not long later, on March 11, 2020, WHO officially announced the COVID-19 pandemic (Djalante et al., 2020). The COVID-19 pandemic has changed all aspects of human life. The economy eroded sharply, unemployment increased, tourism decreased drastically, manufacturers stopped production, and other negative impacts (Nicola et al., 2020). Unfortunately, the sports world is no exception; it is not exempted from the impact of the COVID-19 pandemic (Mehrsafar et al., 2020). It was reported that investment in the world of sports declined sharply as a result of this (Clarkson et al., 2020).

In addition to the above, the COVID-19 pandemic also has a psychological impact, i.e. people are afraid or anxious to travel (Cao et al., 2020). You can imagine what it would be like when a sporting event was held and there were no spectators because people were worried that they would contract COVID-19 if they came to the stadium. That is the fact, and when the competition is resumed, health protocols must be enforced, one of which is the limitation of the number of spectators. Under these conditions, PON (National Sports Week) XX, which was planned to be held in 2020, had to be postponed until 2021.

Four years before the COVID-19 pandemic occurred, the Decree of the Minister of Youth and Sports No. 0110 of 2014 was issued, which became a new history for the Province of Papua because it was designated as the host for the organizers of PON XX 2020 for the first time (Putra & Ita, 2019). The National Sports Week (PON), which was first held in 1948 in Solo (Lutan, 2005), is the biggest national sporting event (Putra, 2021). Therefore, it is not surprising that all elements of the society in Papua welcome it because it has been trusted to hold the most prestigious sporting event nationally.

Athletes, coaches, the main board of sports branches, the Indonesian National Sports Committee (KONI) of Papua, and local governments in Papua make their best to prepare for PON XX. Although it is undeniable that there are shortcomings here and there, the spirit of succeeding PON XX in Papua continues to resonate. That burning spirit, coupled with setting a minimum target of being in the top five (Dongoran et al., 2020) because being the host is the best moment to achieve optimal performance. To accomplish this target, a training center (TC) program is encouraged as early as possible so that the set targets can be achieved. But unfortunately, in the midst of the spirit of intensive training in the TC program, the COVID-19 pandemic emerged, so that many aspects of the TC program for elite Papuan athletes underwent changes. The changes include training schedules, exercise procedures, living environment during TC, uses of masks during practice,

and other technical aspects. Even so, elite Papuan athletes continue to undergo a training program because PON XX will definitely be held even though the implementation has been postponed by the Indonesian government in 2021.

The occurrence of the COVID-19 pandemic and the postponement of PON XX implementation to 2021 are believed to have a psychological impact on athletes. This is reinforced by the evidence that the COVID-19 pandemic has been reported to have a negative psychological impact on athletes worldwide, such as feeling lonely and stressed (Gorczyński & Aron, 2020), excessive anxiety (Cao et al., 2020), and even depression (Schinke, Papaioannou, Maher, et al., 2020). The emergence of these negative psychological conditions indicates that athletes do not experience positive feelings such as happiness. In fact, "happiness" is one of the effective ways to avoid COVID-19 so that the immune system in the body is maintained (Layard, 2005), and of course by maintaining a healthy lifestyle, such as consuming nutritious food and drinking healthy drink, and exercising regularly.

The construct of happiness which is often understood as a good emotional state (feeling) has been the object of discussion by writers, religious scholars, and philosophers for centuries (Layard, 2005;Fuad, 2015). However, everyone has a different perception of happiness (Rakhmat, 2008). For example, if five people are asked the question "What is happiness?" the answers could be different from one another. The study on happiness began to develop in 1967 when Wilson reviewed "happiness" which was then continued by Diener in the 1980s and then in the 1990s was issued a handbook that specifically discusses the construct of happiness. Since then, the dimension of happiness has been widely discussed by experts in psychology, especially positive psychology (Diener et al., 2002).

Although it has developed, this construct has not been widely associated with the sports context. In fact, there is scientific evidence showing that happy people tend to have a stronger immune system and are more resistant to stress (excessive anxiety) (Layard, 2005) and happiness has an effect on athletes' performance on the field and on their achievements (Calleja-gonzález et al., 2018;Goswami & Sarkar, 2016). Other evidence shows that the happiness level of winning athletes is actually higher when compared to losers, when measured before the match or competition starts (Savardelavar & Arvin, 2012). That is why, the 2016 ultra-marathon world champion, Kaci Lickteig, once said, "If I run happy, I run well".

Happiness has positive emotional indicators such as joy and serenity (Carr, 2004). When the feeling of joy and calm resides in the athletes, they tend to enjoy the match so that they can display their best performance. That is why, it is not uncommon for coaches to ask their athletes to enjoy every match they live in. The question then is "Why was this done?" Being able to enjoy a match on the field is a manifestation of a happy psychological state (positive or right side) and the absence of anxiety (negative or left side) in athletes. When athletes are happy, they will be able to show their best game.

In Indonesia, the research on happiness is not new. Generally, in measuring the construct of happiness, researchers use the research instruments from foreign countries and then they translate them into the Indonesian language (see: Rahmawati et al., 2017;Amalia, 2016; Afiatin et al., 2016;Akhtar, 2019), although there are also people who develop their own instrument (e.g.,Anggoro & Widhiarso, 2010;Sofia, 2018)). The authors can see that there are differences in the diction used in calling the construct of "happiness". Some use the term "happiness" (Fuad, 2015;Afiatin et al., 2016), while others call it "satisfaction" (misal: Fuad, 2015;Afiatin et al., 2016). In this context, the authors see that the use of these two terms is only a form of researchers' preference.

The authors argue that when "happiness" resides in a person, then at the same time that person finds "satisfaction" in his life. It is hard to accept the logic of someone feeling "happy" but at the same time feeling "unsatisfied". Therefore, we view choosing the concept of "happiness" or "satisfaction" as a preference. On that basis, we will use the two terms interchangeably. In Indonesia, the construct of "happiness" has often been studied, but unfortunately, none of the studies has been conducted in the context of sports or athletes. In fact, these dimensions are believed to contribute to the athlete's performance on the field (Calleja-gonzález et al., 2018;Goswami & Sarkar, 2016).

The existence of the COVID-19 pandemic makes the condition of athletes' happiness questionable because several studies have reported that athletes experience loneliness, anxiety, stress, and even depression (Gorczyński & Aron, 2020;Cao et al., 2020;Schinke et al., 2020). The emergence of this phenomenon, according to Evans et al (2020) needs to be addressed by conducting investigations (research) on the impact of the COVID-19 pandemic on sports people such as athletes, coaches, supporters, and the wider community. Based on this opinion, it is interesting to study the happiness of athletes who are undergoing training camps. In this context, the relevant question posed is: Does the training center in the midst of the COVID-19 pandemic that implements the COVID-19 pandemic health protocol have an effect on the athlete's psychological condition (happiness)? On that basis, the study was conducted with the aim of revealing the differences in the happiness of Papuan elite athletes who are undergoing training camps in the midst of the COVID-19 pandemic based on gender and sport.

II. MATERIAL AND METHODS

Participants

The sampling of sports used the purposive random sampling technique. The criteria used include (1) that the sport is included as one of the contested sports in PON XX, (2) that the sport represents the four characteristics of sports, namely games, martial arts, accuracy, and measurability. Based on these criteria, four sports were obtained, namely softball (games), *tarung derajat* (martial arts), archery (accuracy), and rock climbing (measurability). The results of distributing the Google form link to elite Papuan Indonesian athletes in the four sports found 42 athletes who filled out (21 males, 21 females) with an average age of 21.48 years \pm 4.54.

Instrument

The construct of happiness or life satisfaction was measured by using the Satisfaction with Life Scale (SWLS) developed by Diener et al (1985). SWLS was developed specifically to measure a person's general assessment of the happiness of his life and the five items in the SWLS are the property of a good measuring instrument in revealing a person's general happiness (Pavot & Diener, 1993). For this reason, this measuring instrument has been widely used by researchers and translated into various languages.

SWLS has been translated into Indonesian (Afiatin et al., 2016) so we no longer need to carry out the language adaptation process. The SWLS consists of five statements with seven alternative answers using a Likert scale ranging from strongly disagree (score 1) to strongly agree (score 7) (Diener et al., 1985; Pavot & Diener, 1993). In the Indonesian version, SWLS has the validity value of .553 - .686 with the reliability value of .828 (Akhtar, 2019). By Afiatin et al (2016) the alternative answers were modified and simplified into four, namely "very appropriate" to "very inappropriate". Simplifying alternative answers is done to make it easier for respondents to choose and determine the suitability of statements with what they feel or experience. Even so, in this study, the instrument is used moderately, not four or seven, but five alternative answer choices are used, so that the simplification still has a middle (neutral) value according to the original version.

Procedure

To achieve the aims of the research, the researchers applied the quantitative approach with the survey method (Thomas et al., 2015; Fraenkel et al., 2012). This research was carried out during the COVID-19 pandemic so that the health protocol was implemented by the Indonesian government. To comply with the government's appeal and to minimize the spread of COVID-19, the data collection was carried out online. The researcher entered the measuring instrument (SWLS) used into the Google form and then the link obtained was distributed via WhatsApp (WA) to the coach who was carrying out PON training center and then the link was forwarded to the athletes.

Analysis

The data analysis used the descriptive analysis of the data which include the average score, standard deviation, minimum score, maximum score, and percentage. In addition, to test the significance, the difference test (t-test) and one-way analysis of variance (one-way ANOVA) were used. The accepted significance level is p-value < .05 (5%). All of the analyses were performed using the IBM SPSS Program Version 26.

III. RESULTS

The results of this descriptive study show that the average score of happiness of male Papuan Indonesian elite athletes was $15.52 \pm .501$, with the lowest score being 11 and the highest being 22. For female athletes, the average score was $15.71 \pm .578$, with the lowest score being 11 and the highest being 21. The results of the research based on sports show that the average score of happiness of softball athletes was 16.54 ± 2.76 , with the lowest score being 12 and the highest being 22. In the fighting sport, the average score of happiness was 16.00 ± 1.36 , with the lowest score being 14 and the highest being 18. In rock climbing, the average score of happiness was 13.29 ± 2.05 , with the lowest score being 11 and the highest being 16. In archery, the average score of happiness was 15.73 ± 2.12 , with the lowest score being 11 and the highest being 19.

The results of the difference test (Table 2) based on gender show a t-value of .249 with p-value = .805 ($P > .05$). These results show that there is no difference in the level of happiness in elite Papuan athletes, between female and male athletes. For the results of the difference test in terms of the type of sport, the F-value was 3.257, with p-value = 0.032 ($P < .05$). These results indicate that there is a significant difference in the level of happiness of Papuan elite athletes of different sports.

Table 1. Descriptive statistics (n=42)

Variables	n	M	SD	SE	Min	Max
Sex						
Male	21	15.52	2.294	.501	11	22
Female	21	15.71	2.648	.578	11	21
Total	42	15.62	2.449	.378	11	22

Sport						
Softball	13	16.54	2.757	.765	12	22
Tarung derajat	7	16.00	1.633	.617	14	18
Climbing	7	13.29	2.059	.778	11	16
Archery	15	15.73	2.120	.547	11	19
Total	42	15.62	2.449	.378	11	22

Annotation: M: Mean; SD: Standar deviation; SE: Standard error; Min: Lowest score; Max: Highest score

Table 2. Result of Test of Differences based on sex and sports

Variable	T	F	p-value	Category
Sex	.249		.805	Not significant
Sports		3.257	.032	Significant

IV. DISCUSSION

The results of the first difference test show that there is no significant difference in the level of happiness between male and female athletes. Viewed from the difference in the average score between male and female athletes, it is found that the difference is very small, which is only .19. Therefore, it is reasonable if the results of the significance test show that there is no significant difference. In addition, with reference to the norm conversion of the level of happiness made by Pavot and Diener (1993) based on gender, both male and female, the level of happiness is on the same criteria, namely "somewhat unhappy". Therefore, these results further strengthen the statistical findings that there is no significant difference.

The finding which shows that the psychological condition (happiness) of Papuan athletes who are in TC is in the "somewhat unhappy" criterion raises the question: "Why do athletes feel somewhat unhappy? Aren't all their needs and wants during their participation in the TC program provided and fulfilled by the Papuan provincial government through KONI Papua?" The existence of the COVID-19 pandemic has significantly changed the world of sports today and athletes are no exception (Parnell et al., 2020). These conditions affect the psychological aspects of athletes, i.e. they experience stress, anxiety, depression, insomnia, anger, and even fear (Parnell et al., 2020). Therefore, it is recommended that a mental coach or sports psychologist provide intensive assistance to athletes so that their psychological condition (mental health) does not experience significant problems because the psychological aspect is a crucial dimension that affects the athlete's career until retirement (Henriksen et al., 2019; Schinke, 2020)

However, the result of this study differs from that of the research conducted by Fronso et al (2020), which reports that there are differences in psychological conditions (stress) between male and female athletes. Female athletes experience a higher negative emotional state (stress) than male athletes. Although the dimensions measured are related to the psychological aspects of athletes, there are differences between the study of Fronso et al (2020) and that of the authors. Carr (2004) and Layard (2005) explain that "happiness" is a positive emotional state that exists in humans. Contrary to that, "stress" is a negative emotional state that occurs in a person. On that basis, although the constructs measured are both related to the psychological aspects of athletes, they are very different and are at two opposite poles.

Another finding of this study shows that there is a significant difference in the level of happiness in athletes based on the type of sport. Viewed from the average score of each sport, the softball athletes have the highest score ($M = 16.54 \pm 2.76$), followed by the tarung derajat athletes ($M = 16.00 \pm 1.36$), and archery athletes ($M = 16.00 \pm 1.36$). = 15.73 ± 2.12), while rock climbing athletes have the lowest happiness level score ($M = 13.29 \pm 2.05$). Based on the average score, it can be seen that athletes of softball, fighting, and archery have the same level of happiness criterion, namely "somewhat unhappy". Different things occurred to rock climbing athletes who are in the "unhappy" category. In other words, based on the average score, there is no single sport whose athletes are at the "very happy" level of happiness. In addition, viewed from the overall average score obtained, it can be seen that the happiness level score is in the "somewhat unhappy" category. In addition, viewed from the highest score obtained, it can be seen that the softball sport athletes have the highest score and they are included in the "happy" category.

The results of this study indicate that although almost all of the athletes' needs are met (e.g: food, drink, housing, pocket money, and others), the COVID-19 pandemic makes them feel not very happy. This argument is supported by Mukhtar (2020) who states that the COVID-19 pandemic has a negative impact and one of them is related to the psychological (mental) aspect. Prior to the pandemic, athletes could train freely without any health protocols to follow. However, with the advent of COVID-19, all the previously practiced habits changed drastically. Examples of such changes include: the fact that athletes train together but they must maintain a physical distance, a closed training area or an area isolated from the public, interaction and

communication between athletes that is not as free as before, the use a mask when practicing and in daily activities, restrictions on visiting and leaving the TC. All of these are small examples of changes that have occurred due to the COVID-19 pandemic. It is not surprising that these changes in conditions have a psychological impact on athletes.

Indeed, it is not only athletes in Papua who experience unpleasant (unhappy) conditions due to the COVID-19 pandemic, athletes in Italy also experience the same thing. Fronso et al (2020) who studied 1,132 Italian athletes reported that athletes experienced increased stress and psychobiosocial disorders. When the psychological condition was compared between the time before the COVID-19 pandemic and that after the COVID-19 pandemic it showed a significant increase and difference.

Likewise, Torales et al (2020) mention that the COVID-19 pandemic has affected many aspects, including stress, anxiety, depression, insomnia, anger, and fear. In addition, the COVID-19 pandemic has made athletes worry about the future of their careers as contracts are reviewed and their welfare is unclear (Clarkson et al., 2020). Another sad condition due to the pandemic is that championships and competitions, at both national and international levels, have been postponed (Fronso et al., 2020;Clarkson et al., 2020). Although the athletes have prepared themselves by training hard in the TC program and the hosts have gone to great lengths to prepare various preparations to make the event a success, the COVID-19 has forced all sporting events to be cancelled. For example, the 2020 Olympics which were originally going to be held in Japan had to be postponed until 2021 due to the COVID-19 pandemic (Gallego et al., 2020). Prestigious football leagues in the world could not be run and had to be postponed (Tovar, 2020;Corsini et al., 2020).. This means that the condition of sports competitions in the world is affected by the COVID-19 pandemic (Mohr et al., 2020). The same thing happened to PON XX in Papua Indonesia; the government postponed its implementation to 2021. By looking at the conditions and facts above, it is natural for athletes to feel unhappy. Even though this study has shown how the level of happiness of elite Papuan Indonesian athletes who are undergoing TC programs in the midst of the COVID-19 pandemic, it has many limitations. At least the psychic dimension measured in athletes is one of them. In addition, the comparison variables are also limited, that is only based on gender and four sports.

Considering the findings and the limitations of this study, the researchers put forward several recommendations as follows: (1) further related studies should add other measured psychological dimensions such as anxiety, stress, spirituality, self-efficacy and the like so that the impact of the COVID-19 pandemic on athletes' conditions can be assessed more deeply and comprehensively; (2) other related studies should involve more research subjects, both quantitatively and categories, for example, athletes and non-athletes, individual and team sports athletes, as well as body contact and non-body contact athletes.

V. CONCLUSION

Based on the findings of the research, three conclusions are drawn as follows: (1) elite Papuan athletes who are undergoing TC programs in the midst of the COVID-19 pandemic have a level of happiness in the "somewhat unhappy" category; (2) there is no significant difference in the level of happiness between male athletes and female athletes, all of them being in the same category, namely "somewhat unhappy" category; (3) there is a significant difference in the level of happiness based on sports, and softball has the highest score compared to the others, while rock climbing has the lowest average score with the "unhappy" category.

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