Covid-19: Analyzing Sports, Sleeping, family behavior during pandemic

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Abstract

The novel Coronavirus 2019 (Covid-19) is projected to have an adverse impact on the public's daily life and family behavior. The study aims to explore the impact of Covid-19 on individual sport, sleeping, and family life and to understand how the pandemic affects people's daily routine while they were in confinement, particularly focus physical activities in Pakistan and India i.e. two cities for comparison that is Lahore and Mumbai. The study is cross-national qualitative in nature, the data was collected through a survey method using a structured questionnaire. The population for the study was the citizens of Lahore and Mumbai and the sample size was 120 people using convenience sampling techniques. The results of the study showed that respondents from both cities agreed that their sports and other related physical activities decreased during the pandemic as compare before the pandemic. The study also found that the sleeping time of the respondents was increasing during the pandemic against before pandemic, the results also confirmed that family time was increased during the pandemic as there was a lockdown in both the cities, however, which leads to stress and anxiety in the public, developing major change in the term of family behavior. The study concluded that Covid-19 negatively affects the sports, sleeping, and family behavior of the individual life.

Keywords: Sports and Covid-19, physical activities, sleeping time, family life, Covid-19, Pandemic
Introduction

The Global pandemic of COVID-19 has an impact on people's daily routines and activities. At the start of Covid-19, everyone was disturbed. Business, offices educational institutes are closed for an unprecedented time due to the unexpected spread of Covid-19. Because of the virus's rapid spread, which had caused the deaths of over a million people around the world, sports and sporting events have been canceled, postponed, or changed so that activities can take place but without viewers (Parnell et al, 2020). While this is undeniably true that sport provides one of the most significant cultural influences for many people to get through the pandemic's difficult times of lockdown and limited social engagement.

In this scenario, meeting prescribed physical activity levels is critical for obtaining the physical and psychological advantages of physical exercise as well as lowering the risk of numerous serious diseases (Chen et al., 2020). Furthermore, physical exercise can counteract the negative consequences of sleep duration and its link to all-cause death (Ekelund et al., 2016). The WHO and the American College of Sports Medicine advise doing at least 150 minutes of reasonable or 75 minutes of vigorous-intensity aerobic physical activity per week, as well as muscle-strengthening activities two or more days per week, according to current guidelines. It's also a good idea to limit your sleep quality during the day. In addition, sleep habits should be studied for analyzing the effects of physical exercise (Chennaoui et al., 2015) and, more broadly, for psychological and biological wellness. Cardio physical exercise has impacts on the metabolic, endocrine, circulatory, and immunological systems, as well as mood and circadian rhythm, which can help you sleep better. Chronic and acute sleep deprivation, on the other hand, might impair the physical performance, attentiveness, and mental exertion during physical exercise. Adults aged 18–60 years should sleep at least 7 hours every night, according to current American Academy of Sleep Medicine and Sleep Research Society standards (Watson et al., 2015).

The goal of this study is to see how COVID-19 affects people's daily routine in the whole world while they are in confinement. This study will analyze the impact of Covid-19 on sports activities sleeping and family behavior but particularly focus on physical activities in Pakistan and India i.e. two cities for comparison that is Lahore and Mumbai. The main focus of this study is a change of daily activities and also noticed how people can access sports activities in pandemic and influence on their daily routine life.

Mumbai

Mumbai's old name is Bombay. The name was changed in 1995 under the Shiv Sena Government and then the city becomes Mumbai. Mumbai is the capital city of the Maharashtra Indian state. According to the United Nations, Mumbai is India's second-most populated city and the world's seventh-most populated city, with a population of around 20 million people. After the
independence of India, the city became part of the Bombay State. But following the Samyukta Maharashtra Movement in 1960, a new state of Maharashtra was established in 1960, with Bombay as its capital. Mumbai is the country's financial, commercial, and entertainment capital. Mumbai is home to the eighth-largest number of billionaires in the world. The city is home to key financial institutions as well as the corporate headquarters of several Indian and multinational companies. It also houses some of India's most international scientific and nuclear research institutes. Bollywood and Marathi film industries are also based in the city. The business opportunities in Mumbai draw people from all over India.

This city is called the home of Indian cricket. Wankhede Stadium hosts international matches that conduct in Mumbai. On Mumbai's grounds, cricket matches may be found practically at any time. Soccer, field hockey, and kabbadi, an Indian wrestling sport, are also popular. Swimming is permitted on local beaches. Mahalaxmi Race Course hosts horse races every year. Private clubs offer golf, tennis, swimming, badminton, and squash.

**Lahore**

Lahore is the capital of Punjab province, Pakistan, and the second-largest city of Pakistan, as well as the world's 26th largest city. It is the largest city in the Punjab province and a historic cultural center, as well as one of Pakistan's most socially liberal, progressive, and multicultural cities. Lahore has a significant cultural effect on Pakistan. It is the most important center of Pakistan's publishing business, and it is also the most important center of the country's literary scene. The city is also a major educational hub in Pakistan, with several of the country's top universities headquartered there. In past, Lahore is also the home of Pakistan's film industry but currently, the most of production house is working in Karachi. Lahore is a prominent center for Qawali music. The Capital City, the famous Badshahi and Wazir Khan Mosques, as well as various traditional and historical buildings, are all located in the city, which attracts a large portion of Pakistan's tourist economy.

Lahore also has many sports clubs, national or international stadiums. People go to Lahore for making a career in sports whether he/she has an interest in Cricket, Hockey, Football, Polo, Golf, Squash, Skating Swimming, and Rugby, etc. That is why people who’re from Lahore taking part in physical activities at least once a week.

**Covid-19 and Sports**

When Covid-19 came into the world, the spread of Covid-19 is too fast. Most people are died due to Covid-19. It has resulted in the cancellation of sporting events around the world in a year when many big events like the Olympics, Euro 2020, and Copa America are scheduled.

The two world sports events, IPL and PSL also start in India and Pakistan. The PSL starts on 20 Feb 2020 in National Stadium Karachi, Pakistan. At this time, the Covid-19 scenario is not bad. That is why PCB allows to Play. But due to the rapid spread of Covid-19, the Sindh government
discussed with all stakeholders and Pakistan Cricket Board and announces to continue matches without crowd from 12 to 17 March and Pakistan govt. also appreciate this decision. It was an attempt to control the spread of Covid-19. But unfortunately, few players were infected with Covid-19, and that cause PCB to postpone the HBL PSL. After few months the event complete in November 2020.

Also, the same situation happened in India. The Indian premier league starts in Mumbai on 29 March. But due to the unexpected rapid spread of Covid-19 in India, this league was postponed on April 15, 2020. The Covid-19 situation in India is not in control. Even after few times, India faces a shortage of Oxygen cylinders. No bed is available in hospitals. In India, the Dead ratio of people and infected No of Covid-19 people had increased day by day. Then BCCI takes the decision and shifted IPL in UAE and then IPL was completed in UAE from 19 September 2020 to 10 November 2020.

**Research Objective**

The main objective of the study is to investigate the impact of Covid-19 on the physical activities of Indians and Pakistani and daily life routines. While other objectives are:

- To understand publics sports activities before and after Covid-19 of Lahore and Mumbai.
- To examine sleeping behavior and family time during Covid-19 of Lahore and Mumbai residence.
- To investigate individual lifestyle during Covid-19 of Lahore and Mumbai.

**Literature Review**

Previously, sports large gatherings have been featured and supplied successfully (McCloskey et al, 2014), even when the WHO announced International Public Health Emergencies (McCloskey et al, 2020). During the H1N1 influenza pandemic, two mega-sport events (the 2010 Winter Olympics in Vancouver and the 2010 FIFA World Cup in South Africa) were organized. But in the Covid-19 pandemic, no one can do any complete successful event as they have done in past. Sports organizers take some hard steps and start sports events without the crowd. These methods can be regarded as recommendations, and they should be applied as soon as possible to help slow the spread of an outbreak until medicine or vaccine becomes available (Ebrahim et al, 2020). Given the probability of transmission through crowd density, any large gatherings should be limited (Russell et al, 2016). But the No of Covid-19 cases had been increased day by day.

The players were also infected with Covid-19. It will take some time for COVID-19's impact on sporting mega-events to be felt. While the scientific base on infectious illness transmission during sporting mega-events is still growing (Memish et al, 2019). Players travel from one to another country for playing matches also help to led causes of Covid-19. Travel is one of the most significant aspects of the spread of disease (Tian et al, 2020).
Various governments have implemented strategies such as physical isolation and "staying at home" to control the spread and consequences of the COVID-19 pandemic. Due to this situation Gym, Parks, Clubs and Outing places were also closed. As a result of the disease, the "lockdown," high levels of uncertainty about the future, and financial insecurity, people all over the world are experiencing increased stress, worry, and depression. In confinement, people do not have any other activities to do. Psychoactive substances, such as video gaming and watching pornography, are widely used to decrease stress and anxiety, as well as to boost low mood (Kiraly, Marc et al, 2020). People can divert attention during confinement in the home by doing home exercises. In general, it is commonly accepted that people of all levels should aim to exercise as much as they can at home, without modifying their workout routine, if they are in good health. (Chen P et al, 2020). But people go for addictive activities like gambling, video gaming, watching TV series, using social media, watching pornography, or surfing the internet may help people to deal with stressful challenges and negative thoughts. (Blasi et al, 2019)

Quarantine was imposed to stop the spread of community. But it also causes a weak immune system of the human body. Because stay at home and physical inactivity during quarantine and social isolation can reduce organ systems ability to resist viral infection and increase the risk of damage to the immune, respiratory, cardiovascular, musculoskeletal, and nervous systems. (Wood et al, 2020) Because people were inactive in physical activities during confinement. They are inactive during confinement because maybe they spent a lot of time in outdoor activities. (Lesser et al, 2020)

**Methodology**

This study is qualitative type. For this study, a survey was conducted to analyze the change that comes human daily routine due to COVID-19. The survey form will be designed through “Google Form”. The form was shared with that person who lives in Mumbai, India, and Lahore, Pakistan. There will not be any other restriction regarding his gender and occupation. The questionnaire format is consisting of 12 questions. The questionnaire is in two parts. The first is on demographic data and the second is on daily routine activity. The study between two cities of two different countries, the sample size of the study is 120. The 60 participants were from Lahore and 60 from Mumbai. The form will be distributed among the city mentioned above via online platforms. The participant can easily access through their digital gadgets (smartphones, laptops, and computers). Most people use Social media in Asia. According to the report of MENA region, 70.2% of people use the internet and 51% are using social sites (Arafat, S et al-2020).

**Result**

The survey was conducted on 21 June 2021 and analyzed the collected data. The total no of responses is 120 from selected cities to analyze the change of daily routine.
Table 1: Demographic Data

<table>
<thead>
<tr>
<th>No of Responses</th>
<th>City</th>
<th>Age &lt;18</th>
<th>18-25</th>
<th>25-40</th>
<th>&gt;40</th>
<th>Sex M</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lahore</td>
<td>13</td>
<td>26</td>
<td>15</td>
<td>6</td>
<td>41%</td>
<td>59%</td>
</tr>
<tr>
<td>2</td>
<td>Mumbai</td>
<td>15</td>
<td>31</td>
<td>10</td>
<td>4</td>
<td>34.5%</td>
<td>61.5%</td>
</tr>
</tbody>
</table>

About table 1, the received are 60 responses from Lahore and 60 from Mumbai. The figure shows mostly females taking participate in the survey. But according to my opinion, most men interest in the sport. But the data of the demographic table is completely different. Maybe males are interested in sports activities but do not like to participate in the survey. Most respondents are females. That show females are more interested to participate rather than male.

Different behaviors such as sleeping hours, physical activities, and family quality time, have been significantly impacted during COVID-19. Some people feel a positive lifestyle change and some feel a negative change in lifestyle.

Table 2: Physical activities behavior

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Less than 1 hour/day</td>
<td>34.4%</td>
<td>24.8%</td>
<td>48.6%</td>
<td>35.7%</td>
</tr>
<tr>
<td>1-2 hour/day</td>
<td>20%</td>
<td>15.2%</td>
<td>24.7%</td>
<td>23.8%</td>
</tr>
<tr>
<td>2-3 hour/day</td>
<td>14.4%</td>
<td>12%</td>
<td>8.2%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Above than 3 hour/day</td>
<td>4%</td>
<td>3.2%</td>
<td>8.2%</td>
<td>8.3%</td>
</tr>
<tr>
<td>None</td>
<td>27.2%</td>
<td>44.8%</td>
<td>10.3%</td>
<td>19.4%</td>
</tr>
</tbody>
</table>

According to the table 2, In Lahore, most physical activities are in lockdown and most people stop physical activities in Mumbai. That difference in both cities may be due to his Covid-19 scenario. From the data of table 1, a big change in Lahore’s people's life, most people start the exercise. On but another side, the data of the table 1, data show that the ratio of people, whose do physical activities in Mumbai, is decreased. But when asked to people: “why the leave physical activities”. They said the lockdown and stressful conditions of Covid-19 forced us to leave exercise.

Due to the COVID-19 pandemic People of all ages have been limited in their physical activities. In or outdoor sports and social facilities, such as gyms, swimming pools, and parks, are closed in many countries. Children use the Internet for education and social interaction and social networking for business, entertainment, and online shopping is also now part of daily family routines. (Shahidi, Jennifer, et al, 2020).
Due to Covid-19, the sleeping time also increases. In a pandemic, people are not allowed to go outside from home. Everyone is isolated at home. So the daily routine is not be followed by anyone. That causes increased sleeping time.

<table>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Less than 7 hour/day</td>
<td>24.5%</td>
<td>19.3%</td>
<td>21.6%</td>
<td>11.2%</td>
</tr>
<tr>
<td>7-10 hour/day</td>
<td>25.6%</td>
<td>22.5%</td>
<td>42.4%</td>
<td>20%</td>
</tr>
<tr>
<td>10-12 hour/day</td>
<td>30.6%</td>
<td>31.4%</td>
<td>20%</td>
<td>45.6%</td>
</tr>
<tr>
<td>Above than 12 hour/day</td>
<td>19.3%</td>
<td>26.8%</td>
<td>16%</td>
<td>23.2%</td>
</tr>
</tbody>
</table>

Table 3: Sleeping behavior

With the reference of table.3, people increase their sleeping time in Lahore and Mumbai. Because the confinement, people bound to stay at home. The condition of covid-19 is different in both cities and most of people start exercise during covid-19 in Lahore but still people increased his sleeping time. It may be happened because the online module. People do not need to go outside for job or study purpose. Because educational institute working with online module and Government or private offices reduce their staff and implement the Government slogan that s work from home. That may be the cause to increased sleeping time in Lahore. In Mumbai, the Government was imposed strict lockdown. That caused to increased sleeping hour and reduces the percentage of exercise people. According to the study of Gupta, Sandeep et al (2020), Lockdown had an impact on my sleep schedule. There was a shift in bedtime, a delay in sleep beginning, a reduction in nighttime sleep duration, and an increase in daytime resting.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Less than 1 hour/day</td>
<td>25.1%</td>
<td>17.5%</td>
<td>39.4%</td>
<td>34%</td>
</tr>
<tr>
<td>1-2 hour/day</td>
<td>38.1%</td>
<td>43.1%</td>
<td>37.6%</td>
<td>39.4%</td>
</tr>
<tr>
<td>2-3 hour/day</td>
<td>18.1%</td>
<td>23.1%</td>
<td>10.2%</td>
<td>11.9%</td>
</tr>
<tr>
<td>Above than 3 hour/day</td>
<td>11.8%</td>
<td>13.1%</td>
<td>7.3%</td>
<td>10.2%</td>
</tr>
<tr>
<td>None</td>
<td>6.9%</td>
<td>3.2%</td>
<td>5.5%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

Table 4: Family spent time behavior

According Table.4 people have change your daily routine due to Covid-19. In both cities, the daily routine change. People start to spend time with family. Due to pandemic, Pakistani and Indian government-imposed lockdown. Due to the order of government, Organization allows
their employees to work from home. Outing places were closed. That why the spend time with family in increase. In Pakistan, some companies grow in confinement, people feel easy to work from home and energetic. Because spent time with family help you to reduce depression and provide peace of mind. According to Prime, H et al (2020) Life in the family and at work does not interchange. People can spend time with our families at home while still getting work done and performing well professionally. But in India, situation is totally different. Companies gone in lose. People cannot allow to outside from home. That cause to increase family spent time in India. But people do not feel easy. They were more depressed at this time (Butt et al., 2021).

**Conclusion**

This study conclude with that Covid-19 disturbed every aspect of life. People bound to stay at home. Confinement were remained important for those people whose affect with Covid-19. Using mask were announced compulsory in whole world. The study concluded that the people of Lahore and Mumbai have a significant change in daily routine activities. People were stay in home and unconnected with outdoor activities that cause to increase the use of internet, sleeping time and family hour and decreased the time of participation in physical and sports activities. But the change in positive or negative that depend on Covid-19 country condition. Because the people of Lahore start exercise in pandemic. But in Mumbai people decreased the participation in sport activity and increased the sleeping time. Also we noted people of Lahore is happy when they stay at home, but resident of citizen feel depressed when they stay at home. The study also concluded that people increased the use of internet and spent time with family. Overall, this study concluded that condition of Covid-19 is critical in India than Pakistan, that cause the resident of Mumbai were more depressed rather than Lahore’s people. The study noticed the people of these two cities looked dejected and uneasy.

**Reference**


