

Health Protocol Application during the Corona Pandemic and its Impact on the Physical Condition of Palestinian Professional Football League Players

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Abstract

Objective: This study examined how the coronavirus pandemic health protocol affected Palestinian Professional Football League players' physical health. **Methods:** descriptive methods were employed to meet study goals. The study community comprises of 432) professional players, and 210) players registered in the Palestinian Federation's declarations for the 2020/2021 football season were randomly picked. The researchers employed a 10-paragraph physical condition scale and the 10-paragraph health protocol scale and instructions approved by the Palestinian Ministry of Health, which was sent to the Palestinian Football Federation. **Results:** The Palestinian Football League players adhered to the health protocol and its instructions, as the arithmetic average reached (3.61) on the total score, and the corona pandemic (COVID-19) had a high impact on their physical condition, with an average of (3.81). **Conclusion:** The health protocol and pandemic's effects on players' physical condition showed no significant differences based on the club's score or players' residency. Due to the corona pandemic shutdown, the researchers recommend developing special training programs to improve players' physical efficiency and reduce match pressure and increase the time between matches.

Keywords: health protocol, novel coronavirus (covid-19), physical condition

1. Introduction

The world is currently confronted with a profound catastrophe: the unrelenting COVID-19 pandemic. This persistently resistant virus has confounded scientists and medical researchers

worldwide (WHO, 2020). COVID-19 is a strain of the Coronavirus that emerged in Wuhan, China, in 2019 and was subsequently declared a pandemic by the World Health Organization in March 2020.

This global crisis has reverberated throughout numerous fields, including football. Notable tournaments including the UEFA Champions League and the American Cup came to an end. This unprecedented disruption even extended to local tournaments, reshaping the global landscape of football competitions in a manner unheard of in previous seasons. Consequently, stakeholders, including administrators, athletes, and medical personnel, have legitimate concerns about the pandemic's long-term effects, which may affect both athletic performance and health. Upon the gradual resumption of sports activities, it is necessary to make meticulous management decisions (Rafael et al., 2020).

The professional football industry is a stark illustration of an industry that has been severely impacted by these circumstances (Guerrero, 2020). Football became one of the first sports to recommence training and competition during quarantine as a result of annual investments by football clubs in professional players. However, the extended quarantine period, which was prolonged than normal seasons, posed unique difficulties. The players struggled with limited opportunities for physical and tactical training, and most importantly, the lack of actual gameplay.

In Palestine, the pandemic prompted President Mahmoud Abbas to declare a state of emergency in March 2020 (Presidential Decree No. 1/2020). The purpose of this emergency measure was to restrict movement, enforce quarantine, and limit social interactions. The Palestinian Football Federation consequently suspended the Palestinian Football League at the beginning of March, culminating in a three-month break. During this time, it was difficult for Palestinian football players to maintain their usual professional regimens, and professional model football teams did not resume training until mid-May.

The Palestinian Federation subsequently instituted a resumption plan, announcing that club training will resume on May 27, 2020. The training sessions were held at the team's stadiums. Notably, venues for the remaining three rounds of the professional league and partial professionalism were approved despite the absence of the public. The Palestinian Federation reaffirmed its dedication to resuming the league in accordance with the health protocol issued by the Palestinian Ministry of Health, with plans for collaborative seminars involving Football Federation, Ministry of Health, and club representatives.

In accordance with WHO recommendations, the Palestinian Ministry of Health disseminated a health protocol for the secure resumption of sports activities and competitions in Palestine. This protocol emphasized important preventive measures, such as physical separation, hand hygiene, respiratory hygiene, mask use, avoiding crowded gatherings, and the correct management of potentially contaminated surfaces (World Health Organization, 2020).

Daniel et al. (2020), Kilani et al. (2020), and Selenia et al. (2020) conducted studies that revealed the multifaceted effects of pandemic-induced quarantine on athletes. These effects encompass physical, physiological, psychological, and emotional dimensions and are the result of disruptions in the daily and training routines of athletes. The confinement resulted in less

physical activity, a cessation of training, and diminished physiological and neuromuscular adaptations. These effects manifested themselves differently across sports and individual profiles, negatively impacting athletic performance.

In addition, the pandemic had negative effects on the sports world, including both professional and amateur athletes. These effects extended to both individual and team competitions, effecting the athletes' physical, functional, psychological, and social well-being. As a result of pandemic-induced restrictions, elite athletes in particular were confronted with formidable obstacles that had considerable effects on their physical, psychological, and social health. The pandemic had far-reaching effects on lifestyle, mental health, nutrition, and sleep patterns, which negatively impacted overall health and athletic performance.

Research conducted by Donmez et al. (2022) among Turkish professional football teams via an online survey highlighted the negative effects of the pandemic. It documented a decline in physical activity, a decline in physical condition, and poor mental health among professional athletes as a result of restrictions and health measures. This study highlighted the negative relationship between physical activity levels, mental states, and health outcomes as a consequence of lifestyle changes induced by the pandemic.

A study by Dimitric et al. (2021) on professional football players in Croatia yielded comparable results. It was reported that the physical performance of first-class football players decreased significantly after the closure, which was exacerbated by the hectic schedule and health measures implemented upon resumption.

Given the alarming effects of the COVID-19 quarantine on football around the globe, particularly the disparities in players' physical abilities after a prolonged lack of training, there is a compelling need to investigate and comprehend these effects in depth. This study seeks to evaluate the implementation of health protocols and investigate the effects of the COVID-19 pandemic on the physical condition of Palestinian Professional Football League players.

This research holds paramount importance as it conducts a thorough investigation into the repercussions of the pandemic on both Palestinian society and the athletic sphere, with a specific focus on football. It assesses the impact across various facets, encompassing physical, psychological, and social dimensions. Furthermore, it delves into the readiness of individuals to adapt and cope with the stressors and anxieties associated with the risk of contracting COVID-19. These changes have left an indelible mark on the lives of athletes and their commitment to training programs, with a clear goal in mind, all while adhering to preventive measures and health protocols outlined by the Palestinian Football Federation in alignment with directives from the Palestinian Ministry of Health and the World Health Organization.

As Bandura suggested and Al-Shanawani (2020) reiterated, individuals respond differently to stressful situations, and their self-efficacy plays a pivotal role in determining how they perceive and manage stress. This study aims to understand the interplay between these factors in the context of Palestinian Professional Football League players.

Specifically, this study seeks to achieve the following objectives:

1. Evaluate the degree to which health protocols have been implemented during the COVID-19 pandemic for Palestinian Professional Football League players.
2. Assess the extent of the impact of the COVID-19 pandemic on the physical condition of Palestinian Professional Football League players.
3. Examine potential variations in the application of health protocols during the COVID-19 pandemic among players, considering variables such as club grade and place of residence.
4. Investigate potential differences in the impact of the COVID-19 pandemic on the physical condition of Palestinian Professional Football League players based on variables like club grade and place of residence.

To address these objectives, the study addresses the following research questions:

1. To what extent have health protocols been implemented during the COVID-19 pandemic for Palestinian Professional Football League players?
2. How significantly has the COVID-19 pandemic impacted the physical condition of Palestinian Professional Football League players?
3. Are there statistically significant differences (at $\alpha \leq 0.05$) in the implementation of health protocols during the COVID-19 pandemic among Palestinian Professional Football League players based on variables such as club grade and place of residence?
4. Are there statistically significant differences (at $\alpha \leq 0.05$) in the impact of the COVID-19 pandemic on the physical condition of Palestinian Professional Football League players depending on variables like club grade and place of residence?

2. Methods

The descriptive method was used in its survey form due to its convenience and the study nature.

2.1 Study Community

The study community consists of 24 teams and represented all the Palestinian Professional Football League players registered according to the official statements of the Palestinian Football Federation for the 2020/2021 football season, numbering (432) players.

2.2 Study Sample

The study sample was selected randomly and there were 210 professional players, 48.6% from the original study Community. Table (1) shows the description of the sample members.

Table 1. Distribution of the study sample according to the study variables. (N= 210)

Variable		Frequency	Percentage %
Club Score	Professionals	104	49.5
	Partially professional	106	50.5
	Total	210	100
place of residence	City	107	51
	Village	71	33.8

	Camp	32	15.2
	Total	210	100

2.3 Study Areas

The study was limited to:

Human area: the players of Professional Football teams.

Time area: the football season 2020/2021, the study scale was applied in the time period between 1/2/2021 to 3/15/2021.

Spatial area: Palestine.

2.4 Study Application Procedures

The researchers conducted the study according to the following steps:

- Refer to educational literature, review previous studies, and review specialized scientific sources and books.
- Design the study scale in accordance with the community and sample of the study and ensure its honesty and consistency.
- To conduct a survey of the study community represented by football players in the Palestinian professional league by referring to the data and records in the Palestinian Football Federation.
- Obtain official approvals from the Palestinian Football Federation to conduct the study.
- Approval from the Scientific Research Ethics Committee of Kadoorie University as an official educational institution in Palestine.
- Use of heads and administrators of football clubs to help distribute the scale to the sample through the websites and WhatsApp groups of their clubs to circulate it to the players of their teams.
- Scale was prepared electronically through the google forms program and sent electronically to the official websites of the clubs to direct it to the largest possible number of the study community represented by professional football players.
- It took a full month to distribute the scale electronically, so the largest study community could participate.
- Researchers received 275 responses on the scale, and the number of correct and completed responses on the scale was 210.
- The data was collected and tabulated.
- Use the Statistical Program SPSS for data analysis and extraction of results.

2.5 Scientific Parameters

Validity of the Questionnaire:

The researchers designed the study scale and then divided it into a group of arbitrators and experts specialized in the field of football from coaches, experts in the sport, and academics with PhDs, in order to clear an opinion on the suitability of the paragraphs for the field of physical condition. Also, choose the appropriate paragraphs, and delete the inappropriate ones. The opinions of the arbitrators and experts represented the validity of the content of the study tool, and the modifications referred to by 75% of the arbitrators or more were taken into account. After making the modifications, the researchers built the scale in its final form, consisting of 10 paragraphs representing the field of physical condition, and 10 paragraphs representing the basic instructions of the health protocol according to the instructions of the Palestinian Ministry of Health and within the specifications and instructions of the World Health Organization related to the return to resume competitions and special football tournaments.

2.6 Methods for Obtaining Results

The response scale on the paragraph's questionnaire consisted of five responses:

- I agree very much and have (5) points.
- Agree with a large degree and have four points.
- Agree with a moderate degree and have three points.
- Agree with a small degree and have two points.
- Agree with a very small degree and have one point.

Referring to the study of Zakarneh et al. (2020), and Al-Taloul (2017), the following criterion was adopted to interpret the results:

Table 2. Estimation of grades factor

Sr. No.	Value	Level
1	If the average value of the phrase ranged between (1-1.80)	very low
2	If the average value of the phrase ranged between (1.81-2.60)	low
3	If the average value of the phrase ranged between (2.61-3.40)	Average
4	If the average value of the phrase ranged between (3.41-4.20)	high
5	If the average value of the phrase ranged between (4.21-5)	very high

2.7 Stability of the Questionnaire

The researchers calculated the stability of the study instrument by the internal consistency method, by calculating the equation of Cronbach Alpha stability, and the results are shown in Table (3).

Table 3. Results of Cronbach's constant coefficient Alpha

Scale	Number of paragraphs	Alpha value
Total score for the two-scale paragraph	20	0.86

Table (3) shows that the total stability coefficient of the questionnaire reached 0.86 and this is an acceptable coefficient that meets the study objectives.

2.7 Study Variables

This study included the following variables:

Independent variables: Club score: it has two qualities (professional and partial professional).

Place of residence: it has three names (City, Village, camp).

Dependent variables: the degree of response on the scale of the health protocol and physical condition of professional football players.

2.8 Statistical Processors

After collection the data and entered into the computer, then processed using the SPSS program by the next statistical processors:

1. Arithmetic averages (SMA), standard deviations (SD), and percentages.
2. T-test results of two independent groups for the significance of differences between variables.
3. The Cronbach Alpha equation is used to verify the validity and stability of the study scale.
4. Results of one-way analysis of variance for the significance of differences using the Scheffe test for post-comparisons.

3. Data Analysis

First: Analysis of the first question: What is the extent of applying the health protocol during the Corona pandemic (COVID-19) for the Palestinian Professional Football League players?

To answer this question, the researchers used the arithmetic averages, standard deviations and the relative importance of each paragraph and each field, and the overall degree of the level of application of the health protocol to the players of the Palestinian Professional Football League, this is done by dividing the average response by the maximum response score multiplied by one hundred, and the results of Table (4) show this.

Table 4. Arithmetic averages, standard deviations, and the relative importance of applying the protocol to the players of the Palestinian Professional Football League in descending order (N=210).

Paragraph No.	Paragraphs of the health protocol	SMA	S. D.	Relative importance %	Response Level	Rank
1	Players adhere to the health and preventive measures recommended by the Ministry of Health and the corona pandemic Sport Federation.	4.25	0.89	80	very high	1
2	The club is committed to providing a competent medical staff (doctor) to supervise the state of health of the coaching staff and players and apply the protocol.	4.17	1.01	83.4	high	2

3	The club is committed to taking swabs for all its members 72 hours before the match date and ensures that the federation is informed about any individual infected with the virus.	4.02	1.17	80.4	high	3
5	Each training session is followed up with a temperature and respiratory examination by the team's medical staff	3.64	1.29	72.8	high	4
7	The coaching staff and players are obliged to wear a medical mask inside the club facilities with temperature measurements for each individual	3.64	1.17	72.8	high	5
10	The team applies the health protocol when traveling for the match by following the physical distancing inside the bus	3.51	1.19	70.2	high	6
9	The team adheres to the health protocol in terms of hand washing, sterilization of training equipment, non-contact of the face with hands, and the use of napkins once.	3.44	1.32	68.8	high	7
4	Physical distancing standards of 1.5 meters are observed during training as much as possible	3.43	1.29	68.6	high	8
6	The technical staff is committed to dividing the players into groups during the training, each group not exceeding 6 players, to adhere to the rules of the health protocol	3.24	1.27	64.8	Average	9
8	Players are obligated not to shake hands or kiss and celebrate by hugging or gathering when a goal is scored.	3.06	1.33	61.2	Average	10
The overall score for the protocol application level		3.61	0.89	72.2	high	

It is clear from the results of Table (4) that the level of application of the health protocol for the players of the Palestinian Professional Football League came with a high degree at the overall level, the arithmetic average reached (3.61) with relative importance (72.2%), where the values of the arithmetic average of the paragraphs ranged between (3.06 – 4.25), where the paragraph (players adhere to the health and preventive measures recommended by the Ministry of Health and the Sports Federation for the corona pandemic) came in first place with an arithmetic average (4.25) and relative importance (80%). In the last place, a paragraph (players are obliged not to shake hands, hug, celebrate with hugs, or gather when scoring a goal) with an arithmetic average (3.06) and relative importance (61.2%).

Second: the analysis of the second question, which reads: How much does the corona pandemic affect the impact of the corona pandemic (COVID-19) on the physical condition of the players of the Palestinian Professional Football League?

To answer the question, the researchers extracted the arithmetic averages, standard deviations, relative importance%, rank for each paragraph, and the total score for the field. Table (5) shows this.

Table 5. Arithmetic averages, standard deviations, and relative importance of the extent of the impact of the corona pandemic (COVID-19) on the physical condition of the players of the Palestinian Professional Football League in descending order (N=210)

Paragraph No.	Paragraphs of the physical condition	SMA	S. D.	Relative importance %	Response Level	Rank
6	The pressure of matches due to the pandemic has led to an increased exposure of players to various injuries.	4.30	0.95	86	very high	1
3	The frequent interruption of training affected the players' physical efficiency in light of the pandemic.	4.17	0.93	83.4	high	2
7	Frequent lockdowns and quarantines lead to a lack of movement of players and an increase in their weight, which negatively affected their physical abilities.	4.13	0.85	82.6	high	3
5	Players make an extra effort to keep fit during home quarantine.	4.06	0.93	81.2	high	4
1	The corona pandemic affects the physical fitness of players negatively	3.78	1.14	75.6	high	5
4	Players feel tired and under great stress during matches during corona pandemic.	3.75	1.07	75	high	6
2	Players ' performance abilities in matches decreased significantly during the pandemic.	3.75	1.06	75	high	7
10	The general physical and technical level and the team's results decreased in light of the corona pandemic	3.64	1.04	72.8	high	8
9	Players are absent from Team training frequently in during corona pandemic	3.42	1.21	68.4	high	9
8	The lack of advice and guidance from the coach regarding food and individual training had a negative impact on the fitness of the players.	3.39	1.17	67.8	Average	10
The overall score for the protocol application level		3.81	0.66	76.2	high	

It is clear from the results of Table (5) that the level of impact of the corona pandemic (COVID-19) on the physical condition of the players of the Palestinian Professional Football League was high at the overall level, with the arithmetic average reaching (3.81) with relative importance (76.2%), where the values of the arithmetic averages of the paragraphs ranged between (3.39 - 4.30), where it came In first place paragraph (the pressure of matches due to the pandemic led to an increase in the exposure of players to various injuries) with an arithmetic average (4.30) and relative importance (86%), In the last place is a paragraph (lack of advice and guidance by the coach regarding food and individual training had a negative impact on the fitness of the players) with an arithmetic average (3.39) and relative importance (67.8%).

Third: the analysis of the second question: Are there statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the extent of applying the health protocol during the Corona

pandemic (COVID-19) for the Palestinian Professional Football League players due to the (club score, place of residence) variable?

To answer this question, the researchers used the arithmetic averages and standard deviations of the level of application of the protocol for the players of the Palestinian Professional Football League, and the analysis of ANOVA to determine differences depending on variables (club grade, place of residence). The results of Tables (7) and (6) show this.

Table 6. Arithmetic averages and standard deviations of the level of application of the protocol for the players of the Palestinian Professional Football League according to variables (club grade, place of residence) (N=210)

No.	independent variables	levels of intermediate variables	Frequency (N)	SMA	S.D.
1	Club Score	Professionals	104	3.52	0.89
		Partially professional	106	3.69	0.88
Total			210	3.61	0.89
2	place of residence	City	107	3.59	0.89
		Village	71	3.65	0.87
		Camp	32	3.56	0.92
Total			210	3.61	0.89

It is clear from Table (6) that there are apparent differences between the averages of the paragraphs of the protocol application scale for the players of the Palestinian Professional Football League depending on variables (club grade, place of residence), to determine whether the differences are statistically significant at the level of significance ($\alpha \leq 0.05$), (One Way ANOVA) analysis was applied, and Table No. 7 shows that:

Table 7. Results of one-way ANOVA analysis of the significance of differences in the level of application of the protocol for the players of the Palestinian Professional Football League according to variables (club grade, place of residence) (N=210)

Filed number	Protocol application	variation source	Sum of squares of deviation	freedom of degree	Squares average	p value	significant*
1	Club Score	between groups	1.626	1	1.626	2.061	0.153
		within groups	164.119	208	0.789		
		Total	165.74	209			
2	place of residence	between groups	2170.	2	0.109	0.136	0.873
		within groups	165.527	207	0.800		
		Total	165.745	209			

*Statistical significance at ($\alpha \leq 0.05$). The tabular (p) value is (2.70).

It is clear from Table (7) that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages at the level of protocol application among the players of the Palestinian Professional Football League, depending on the variables of the club's score and the place of residence, based on the calculated value (p), which amounted to (2.061), with a significance level of (0.153), where this value is not a statistical significance. The

calculated value of (p) for the variable of the place of residence was (0.136) with a significance level of (0.873), this means that the (p)-values calculated for the protocol application were less than the tabular(p) -which is (2.70) this shows that there are no statistically significant differences.

Fourth: the analysis of the fourth question, which reads: Are there any significant differences at the significance level ($\alpha \leq 0.05$) in the Impact of the corona pandemic (COVID-19) on the physical condition of the players of the Palestinian Professional Football League due to (club score, place of residence) variables?

To answer this question, the researchers used the arithmetic averages and standard deviations of the level of impact of the corona pandemic on the physical condition of the players of the Palestinian Professional Football League, and the (One Way ANOVA) analysis to determine the differences depending on variables (club score, place of residence) and the results of Tables (8), (9) and (10).

Table 8. Arithmetic averages and standard deviations of the level of impact of the corona pandemic on the physical condition of the players of the Palestinian Professional Football League according to variables (club grade, place of residence) (N=210)

No.	Independent variables	Dependent variables	levels of intermediate variables	Frequency (N)	SMA	S.D.
1	Physical condition of field	Club Score	Professionals	104	3.76	0.62
			Partially professional	106	3.85	0.71
		Total		210	3.81	0.66
		place of residence	City	104	3.79	0.60
			Village	70	3.74	0.73
			Camp	32	4.00	0.69
		Total		206	3.81	0.66
2	Overall level of pandemic impact	Club Score	Professionals	104	3.47	0.57
			Partially professional	106	3.55	0.69
		Total		210	3.81	0.66
		place of residence	City	104	3.48	0.59
			Village	70	3.51	0.67
			Camp	32	3.63	0.69
		Total		210	3.81	0.66

It is clear from Table No. (8) that there are apparent differences between the averages in the paragraphs on the impact of the Corona pandemic on the physical condition of the players of the Palestinian Professional Football League, according to the variables (club score, place of residence). To determine whether the differences are statistically significant at the level of significance ($\alpha \leq 0.05$), (One-way ANOVA) analysis was applied, and Tables (9) and (10) show that:

First: Club score:

Table 9. Results of one-way ANOVA analysis of the significance of differences in the level of impact of the corona pandemic on the physical condition of the players of the Palestinian Professional Football League according to the variable (club grade) (N=210)

Filed number	Protocol application	variation source	Sum of squares of deviation	freedom degree	Squares average	p-value	significant*
1	Physical condition field	between groups	0.457	1	0.457	1.022	0.313

2	Overall level of pandemic impact	within groups	91.183	208	0.447	0.778	0.379
		Total	91.640	209			
		between groups	3160.	1	0.316		
		within groups	82.810	208	0.406		
		Total	83.126	209			

*Statistical significance at ($\alpha \leq 0.05$). The tabular (p) -value is (2.70).

It is clear from Table (9) that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages in the level of impact of the corona pandemic on the physical side of the players of the Palestinian Professional Football League depending on the variable (club grade), This is based on the calculated value (p), which amounted to (1.022, 0.778) respectively, and with a level of significance (0.313, 0.379), respectively, where this value is not a significance statistically. This means that the calculated (p) values of the pandemic impact were lower than the tabular(p) which is (2.70), this indicates that there are no differences statistically.

Second: Place of residence

Table 10. Results of one-way ANOVA analysis of the significance of differences in the level of impact of the corona pandemic on the physical side of the players of the Palestinian Professional Football League according to the variable (place of residence) (N=210)

Filed number	Protocol application	variation source	Sum of squares of deviation	freedom degree	Squares average	p-value	significant*
1	Physical condition field	between groups	1.477	2	7380.	1.662	0.192
		within groups	90.163	207	0.444		
		Total	91.640	2			
2	Overall level of pandemic impact	between groups	0.594	203	0.297	0.730	0.483
		within groups	82.532	205	0.407		
		Total	83.126	2			

*Statistical significance at ($\alpha \leq 0.05$). The tabular (p) -value is (2.70)

It is clear from Table (10) that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages in the level of impact of the corona pandemic on the physical condition of the players of the Palestinian Professional Football League depending on the variable (place of residence), this is based on the calculated value (p), which amounted to (1.662, 0.730) respectively, and with a level of significance (0.192, 0.483), respectively, where this value is not statistically significant. This means that the (p) -values calculated for the impact of the pandemic were lower than the tabular p-value (2.70), this shows that there are no statistically significant differences.

4. Discussion

The health protocol for the players of the Palestinian Professional Football League came with a high degree at the overall level. The researchers attribute this result to the level of care and high commitment shown by the players in following the utmost care and caution and implementing the instructions contained in the health protocol from the transmission of infection among the players, especially the commitment not to hug and shake hands with each other when scoring goals to prevent the disease, as they are professional athletes. This is what the Palestinian Ministry of Health confirmed through its health protocol for the safe return to resume sports activities and competitions in Palestine, provided that all the sports system adheres to it, based on the recommendations of the World Health Organization by following public safety procedures and instructions to prevent COVID-19, which advertised prevention methods consisted of "maintaining a meter-wide distance between people, constant hand hygiene and sterilization, respiratory hygiene and adherence to wearing a medical mask, and avoiding direct contact".

The level of impact of the corona pandemic (COVID-19) on the physical condition of the players of the Palestinian Professional Football League was high at the overall level. The researchers attribute this result to the pressure of the games on the players as a result of the long lockout period, and in order to end the league, the factor was the most prominent reason, according to the players, to reach the lack and weakness of their physical condition and fatigue. Also as a result of the players not getting enough time for regular training due to the measures imposed by the pandemic on them. This is confirmed by the study of both (Dönmez, at, el. 2022) and (Dimitric, at el., 2021) where the physical performance of first-class football players significantly decreased in matches after the lockdown due to the pandemic, as the busy schedule after the resumption of competitions and the health measures Imposed on them most likely led to such a negative impact on the players.

There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages at the level of protocol application among the players of the Palestinian Professional Football League, depending on the variables of the club's score and the place of residence. The researchers attribute the commitment of all professional players during the competitions to the instructions contained in the health protocol, regardless of their place of residence and the degree of their clubs, and this indicates the great keenness of everyone to resume the games without the occurrence of obstacles that may be caused by violation of the health protocol.

There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages in the level of impact of the corona pandemic on the physical side of the players of the Palestinian Professional Football League depending on the variable (club grade).

There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the overall grade averages in the level of impact of the corona pandemic on the physical condition of the players of the Palestinian Professional Football League depending on the variable (place of residence). The researchers attribute this result to the general effects caused by the pandemic on all members of society and walks of life and affected wide professions and sectors, including the sports sector and European, international, and local leagues, also the conditions, procedures,

and health restrictions related to the health protocol adopted and implemented by the football federations of the world, including the Palestinian federation, were similar on all corners of the game and its components. This result agreed with a study (Musleh and Hijazi, 2021), which indicated that the pandemic has left and continues to have many reflections and effects on the behaviors and lives of individuals, and their impact on emotional, health and social behaviors was high regardless of gender or residence, some studies have also concluded that psychological and behavioral responses to the pandemic outbreak crisis have been significant.

5. Conclusions

In light of the results of the study and its discussion, the researchers conclude the following:

1. There is a great commitment and keenness among all professional players in the Palestinian Football League to follow the health protocol and health procedures to face the corona pandemic during the resumption of matches after the break.
2. The pressure of competitions, the congestion of the schedule, frequent interruptions, and irregularities in training negatively affected the physical efficiency of the players.
3. All professional players adhered to the application of the health protocol and its instructions regardless of the grade of the club or their place of residence.
4. All players were physically negatively affected as a result of the restrictions imposed by the pandemic, regardless of where they live, and their performance efficiency decreased during competitions, whether professional players or partial professionalism.

6. Recommendations

According to the objectives and results of the study, the researchers recommend the following:

1. Needing to be guided by special training programs adapted to the conditions caused by the pandemic in terms of restrictions and procedures during training and competitions.
2. Setting up special training programs to raise the physical efficiency of players as a result of a pause for a period of time due to the shutdown caused by the corona pandemic.
3. Needing to work to reduce the pressure of matches and increase the time period between each match and another, and increase the medium-intensity training doses.
4. Needing to take the advice and guidance of trainers regarding the nature of food and individual home exercises to maintain physical fitness.
5. Necessity of conducting a sports strategy by the federation to face any crises or emergency situations that it may face in the future.

Conflict of interest

No potential conflict of interest relevant to this article was reported.

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