

# Regularly Facing Problems by Sports Athletes

Robert Neil\*

Department of Exercise and Health Sciences, University of the West of Scotland, Technology Ave, Blantyre, Glasgow G72 0LH, UK

## Abstract

The rate of technological changes is another difficulty the sports sector faces. Through social media, many fans keep up with their favourite teams, which puts pressure on organisations to regularly update their Facebook and Twitter accounts. Similarly, venues must maintain the tempo. For fans who want to stay connected throughout the game, the lack of wifi can be a significant turnoff. Fans won't simply follow teams online or attend games in person if they can't attract them with current technology and aren't proactive with social media.

**Keywords:** Athletes • Coronavirus • Anxiety • Depression

## Introduction

Most individuals are unaware of the time commitment required to excel at the professional level of sports. Frequently, your schedule is not your own. Although using a pencil is advised, keeping a daily planner is useful. Using a pen would simply make things more frustrating because things change so quickly. You don't always have the choice of going or not when it comes time to travel in order to compete. No matter what is going on in your personal life, if you have a commitment, you must keep it. Your time is not your own even when you are not travelling. It is jam-packed with training, rest, gatherings, public appearances, and press conferences.

The overemphasis on negative tales involving athletes will always be a problem for the sports industry. For whatever reason, news outlets (like TMZ) are now more likely to be the first to report on the most recent scandal. These depressing headlines are in great demand. For instance, the recent criticism of Dallas Cowboys running back Ezekiel Elliot for removing a woman's blouse in public hurts not only the Cowboys but also the NFL as a whole. On a related issue, the NFL has come under fire for conducting little study on head injuries, particularly concussions. The sports industry will always face difficulties as a result of these damaging reports.

## Description

When you are a professional athlete, many of people approach you and ask to be buddies. They believe that because you have a sizable financial account, you will not mind paying for some of their material comforts. However, the "friends" leave when you start saying "no" or if, regrettably, the money disappears. When times get tough, many sportsmen were shocked to learn who their true buddies were. When you could afford to be hospitable with your earnings, the individuals who were calling and hanging out with you every day dispersed like bugs when the light shone on them.

Without a doubt, participating in sports will inevitably result in injuries. Both professional sportsmen and weekend worrywarts are perfectly aware that when they push themselves to the maximum during a game, they run the danger of getting hurt. Even though they are aware that they could become hurt while

**\*Address for Correspondence:** Robert Neil, Department of Exercise and Health Sciences, University of the West of Scotland, Technology Ave, Blantyre, Glasgow G72 0LH, UK, E-mail: robertn@gmail.com

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practising for or participating in a competition, they continue to pursue what they love. For athletes, participating in sports is what makes their lives the happiest they can possibly be. They are equipped to handle any difficulties that may arise. Sports injuries can happen to anyone who participates in strenuous physical activity. They can affect anyone; elite athletes are not the only ones who get them [1-6].

## Conclusion

Female athletes who experience pressure to maintain a specific body type or weight may overexert themselves or develop eating disorders in an effort to reduce calorie intake. The disease known as amenorrhea is brought on by excessive exercise, which increases the need for rest. She also experiences a loss in overall energy, total body fat, and oestrogen levels. The urge to overtrain excessively in order to obtain a particular body image may be experienced by both male and female athletes. The ability of the human body to adjust to physical stress is extremely strong. Stress refers to more than just bodily harm. It can also refer to an activity that strengthens and improves the functionality of bones, muscles, tendons, and ligaments. This process, commonly referred to as "remodelling," involves both the destruction and accumulation of tissue.

## Conflicts of Interest

None.

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