

Introduction

During pandemic condition, Hong Kong Scholarship athletes took part in a closed campus training environment to minimize the possibility of infection and maximize the effectiveness in training and competition compliance. In early 2023, Hong Kong society gradually entered the post-pandemic period, while athletes, similar to general public, also gradually resume normal training and competition settings with less protective measures including those for campus and hostel setting. Different campus arrangement may affect athletes' psychological well-being including sleeping quality (HKSI, 2021), this study aims at exploring it and suggests service insight.

Methodology

Measurement:

5-item Athlete Sleep Screening Questionnaire (ASSQ) was conducted among Hong Kong Sports Institute scholarship athletes in both first quarter of 2022 (pandemic period) and first quarter of 2023 (post-pandemic period) within annual medical screening program. Those 5 items capture five areas of sleeping quality including sleep duration, perceived satisfaction, duration of getting asleep, stability, and medication intake. The internal consistency of ASSQ was reported in previous study (HKSI, 2022).

Participants:

There were 731 scholarship athletes in 2022 intake and 855 athletes in 2023 intake.

Data Analysis:

The survey used paper questionnaires. After the data were inputted and sorted. Analysis (i.e., ANOVA) was conducted using IBM SPSS Statistics version 22.0.

Results

Findings showed that athletes seems to sleep similarly between two years. The Overall score in 2023 is slightly lower than that in 2022, but not significantly difference. In other words, athletes may have slept better 2023, but not in big difference. Among all five items/sub-scales, only time to get asleep showed significant difference. Athletes are falling asleep quicker in 2023 compared with 2022 ($T = 9.912$, $p < .05$). In other words, it takes them closer to 15 minutes to fall asleep than before.

Conclusion

As professional athletes, it seems like Hong Kong scholarship athletes have been managing their sleep quite well during pandemic and after pandemic period. In other words, scholarship athletes are flexible enough to adjust themselves to both closed campus and normal settings. It may also be because athletes have learned and adjusted themselves in 2022 when pandemic has hit the society for more than year. By the way their sleeping data was collected the first time, they have stayed and trained in closed campus for some months and got used to it. Sport Psychology practitioners are learning from such finding of comparison. Practitioners can consider that to further facilitate athletes' sleeping quality, actual length of sleeping (i.e., extra nap, early onset), perceived satisfactory, stability (i.e., sleeping environment) instead of ability or effectiveness of falling asleep would be the target, because the last part has been improving already. Together with overall mental well-being, SPC will continue monitor and find ways to improve scholarship athletes' sleep quality.

	ASSQ1 M ± SD	ASSQ2 M ± SD	ASSQ3 M ± SD	ASSQ4 M ± SD	ASSQ5 M ± SD	ASSQ M ± SD
HKSI 2023 (N = 855)	2.19 ± 1.02	1.46 ± 0.97	0.52 ± 0.75	0.74 ± 0.79	0.06 ± 0.35	4.94 ± 2.55
HKSI 2022 (N = 731)	2.08 ± 1.05	1.5 ± 0.98	0.72 ± 0.83	0.8 ± 0.8	0.06 ± 0.34	5.17 ± 2.62
	0.026	0.104	9.912*	0.398	0.23	0.076

Table 1 Comparison of 2023 and 2022 ASSQ for Hong Kong Sports Institute athletes

Reference

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