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K. DONDOLADZE, A. MIRALEYEVA

EFFECTS OF WINNING A SPORTS MATCH ON EMOTIONAL DURATION AND WORK PERFORMANCE IN ADOLESCENT SUPPORTERS DURING THE POST-COMPETITION PERIOD

¹European University, Tbilisi, Georgia

²Marat Ospanov West Kazakhstan Medical University, Aktobe, Kazakhstan

Dondoladze K. – <https://orcid.org/0000-0002-1458-8912>

Miraleyeveva A.I. – <https://orcid.org/0000-0002-3251-5645>

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Жарыстан кейінгі кезеңде спорттық матчтағы жеңістің жасөспірім жанкүйерлердің эмоцияларының ұзақтығы мен жұмысқа қабілеттілігіне әсері

Х. Дондоладзе¹, А.И. Миралеева²

¹Еуропалық Университет, Тбилиси, Грузия

²Марат Оспанов атындағы Батыс Қазақстан медицина университеті, Ақтөбе, Қазақстан

Максаты: балалардың әртүрлі жастағы топтарының эмоционалдық күйіне, жұмыс қабілетіне және мотивациясына футбол матчтарының нәтижелерінің әсерін зерттеу, әсіресе Грузияның 2024 жылғы Еуропа чемпионатына тарихи іріктеу контекстінде. Спорттың көңіл-күй мен когнитивтік қабілеттерге көп қырлы әсерін мойындай отырып, жеңістен туындайтын қуаныштың жастағы айырмашылықтарға байланысты елеулі өзгеретінін зерттейміз.

Әдістері: Грузияның Грекияға қарсы жеңісінен кейін бір аптадан соң 11-17 жас аралығындағы 40 мектеп жасындағы бала қатысқан сауалнама өткізілді. Сауалнама барысында эмоционалдық реакциялары мен олардың еңбек өнімділігіне және мотивацияға тигізетін әсері бағаланды.

Нәтижелер: 11-ден 13 жасқа дейінгі балалар өз бақыттарын 5 баллдан 5-ке бағалап отырып, ең жоғары эйфория деңгейін сезінді, ал 14-16 жастағы балалар 4,5 балл, 17-18 жастағы жастар 4,7 балл алды. Жұмыс қабілеттілігі бойынша орташа балл 3,1 құрады, 17-18 жас тобы ең жоғары рейтингке ие болды - 3,71, ал 14-16 жастағы топ ең төменгі - 2,68 балл көрсетті. Мотивация деңгейі орташа 4,1 құрады, 17-18 жастағы жастар арасында 4,4-ке жетіп, ең жоғары көрсеткішке жетті, ал 14-16 жастағы жастар арасында айтарлықтай өсім байқалған жоқ.

Қорытынды: бастауыш мектеп жасындағы балалар жеңістеріне эмоциялық тұрғыдан көбірек жауап береді, ал жоғары сынып оқушылары өмірлік төзімділікті көрсетіп, оң эмоцияларды назарды арттыру мен мотивацияны жоғарылату үшін пайдаланады. Бұл спорттағы эмоция динамикасын түсінудің маңызды екенін көрсетеді, жас жанкүйерлер мен ойыншылардың өмірлік төзімділігін, эмоциялық интеллектін және топтасуын қалай арттыруға болатынын түсінуге мүмкіндік береді. Осы қасиеттерді дамыта отырып, жастардың кешенді дамуын қолдай аламыз, нәтижесінде олардың тұлғалық өсіміне, алаңда да, одан тыс жерлерде де, ықпал ете аламыз.

Негізгі сөздер: эмоционалды жағдай, өнімділік, мотивация, жастардың дамуы, көрермендердің мінез-құлқы, спорттық психология

Effects of Winning a Sports Match on Emotional Duration and Work Performance in Adolescent Supporters During the Post-Competition Period

K. Dondoladze¹, A. Miraleyeveva²

¹European University, Tbilisi, Georgia

²Marat Ospanov West Kazakhstan Medical University, Aktobe, Kazakhstan

Purpose: This study examines the influence of football match outcomes on the



Dondoladze Khatuna
e-mail: khatuna.dondoladze003@med.tsu.edu.ge

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emotional states, work capacity, and motivation of children across different age groups, particularly in the context of Georgia's historic qualification for the European Championship in 2024. Recognizing the multifaceted impact of sports on mood and cognition, we explore how the euphoria resulting from a win can vary significantly based on age.

Methods: A survey involving 40 school-aged children (11-17 years old) was conducted a week after Georgia's victory against Greece, measuring emotional responses and their subsequent effects on work performance and motivation.

Results: Children aged 11 to 13 experienced the highest levels of euphoria, rating their happiness at 5 out of 5, while those aged 14 to 16 reported a score of 4.5 and 17 to 18-year-olds scored 4.7. In terms of work capacity, the average score was 3.1, with the 17-18 age group showing the highest rating at 3.71 and the 14-16 group the lowest at 2.68. Motivation levels averaged 4.1, peaking at 4.4 among 17-18-year-olds, whereas the 14-16-year-olds displayed no significant increase.

Conclusion: The findings reveal that younger children are more emotionally responsive to victories, while older adolescents demonstrate greater resilience and utilize positive emotions to enhance their focus and motivation. This underscores the importance of understanding emotional dynamics in sports, providing insights into how to foster resilience, emotional intelligence, and community among young fans and players. By cultivating these qualities, we can support the holistic development of youth, ultimately contributing to their growth as individuals both on and off the field.

Keywords: Emotional state, work capacity, motivation, youth development, spectator behavior, sports psychology

Влияние победы в спортивном матче на продолжительность эмоций и работоспособность подростков-болельщиков в после соревновательный период

Х. Дондоладзе¹, А.И. Миралеева²

Европейский Университет, Тбилиси, Грузия

Западно-Казахстанский медицинский университет имени Марата Оспанова, Актобе, Казахстан

Цель. Изучить влияние результатов футбольных матчей на эмоциональное состояние, работоспособность и мотивацию детей разных возрастных групп, особенно в контексте исторического отбора сборной команды Грузии на чемпионат Европы 2024 года. Признавая многогранное влияние спорта на настроение и когнитивные способности, мы исследуем, как эйфория от победы может существенно варьироваться в зависимости от возраста.

Методы: через неделю после победы сборной команды Грузии над Грецией был проведен опрос с участием 40 детей школьного возраста (11-17 лет), в ходе которого оценивались эмоциональные реакции и их последующее влияние на производительность труда и мотивацию.

Результаты. Дети в возрасте от 11 до 13 лет испытывали наивысший уровень эйфории, оценивая свое счастье на 5 баллов из 5, в то время как дети в возрасте от 14 до 16 лет набрали 4,5 балла, а подростки в возрасте от 17 до 18 лет – 4,7. Что касается работоспособности, средний балл составил 3,1, при этом средний балл, возрастная группа 17-18 лет показала самый высокий рейтинг – 3,71, а группа 14-16 лет – самый низкий – 2,68. Уровень мотивации в среднем составил 4,1, достигнув максимума в 4,4 среди 17-18-летних, в то время как у 14-16-летних не наблюдалось существенного повышения.

Выводы. Дети младшего школьного возраста более эмоционально реагируют на победы, в то время как старшие подростки демонстрируют большую жизнестойкость и используют положительные эмоции для повышения концентрации внимания и мотивации. Это подчеркивает важность понимания эмоциональной динамики в спорте, позволяя понять, как повысить жизнестойкость, эмоциональный интеллект и сплоченность юных болельщиков и игроков. Развивая эти качества, мы можем поддерживать целостное развитие молодежи, в конечном счете способствуя ее личностному росту как на поле, так и за его пределами.

Ключевые слова: эмоциональное состояние, работоспособность, мотивация, развитие молодежи, поведение зрителей, спортивная психология

Introduction

It is known that mood can influence cognitive

functions, leading to both improvements and declines in mental or physical performances [1]. Sports activities, both

direct participation and support, affect mood, cognitive functions, and even decision-making processes [2]. Spectators' behavior attracts the attention of psychologists. For example, the behavior of spectators during the match and the effects of game outcomes on food Cravings and eating behavior have been studied, that is, it is different according to losses and wins [3].

Participation in spectator sports is driven by personal and psychological factors, while external influences involve product and contextual elements. Individual depth of perception is crucial, with external incentives, social influences, and urban context acting as moderating factors. Understanding these perceptions and emotions is essential for fostering greater engagement [4].

Psychologists try to measure the emotional responses of sports fans during events, capturing feelings like happiness, anger, sadness, and excitement related to their team's performance. This analysis helps teams and marketers understand fan engagement and loyalty, allowing for tailored strategies and enhanced experiences.

According to «Statista,» football is the world's most popular sport, with an annual audience of 4 billion and 250 million active players competing in local and international championships globally. Football is the most popular sport in Europe, and it is not surprising that the European Championship, which is held every 4 years and where all European countries participate, receives a lot of attention [5]. Winning the European Championship is the most difficult, and at the same time, going to the tournament is also prestigious for small nations like Georgia.

Until 2024, Georgia had never qualified for a major tournament like the European Championship, so it's no surprise that the recent draw against Greece was particularly tense. During this historic match, Georgian fans went through a rollercoaster of emotions.

From the first half to the penalty shootout, Georgian fans remained steadfast despite the tension. This challenging match showcased their unwavering support for the players until the final whistle. Many underestimate the impact of fans in football; they are often referred to as the «twelfth player» for good reason, as the cheers of the crowd positively influence the psychology of the home team.

Football, being the most popular sport worldwide, is deeply intertwined with a wide range of emotions experienced by fans. For instance, supporters typically express overwhelming joy and excitement when their favorite team secures a victory. Conversely, during high-stakes moments like a penalty shootout, fans often feel intense stress and nervousness, fully invested in the outcome of each kick. Additionally, when a team fails to capitalize on a promising attack, fans may experience feelings of frustration and dissatisfaction. This emotional connection highlights how integral football is not only to entertainment but also to the psychological landscape of its supporters [6-7].

For many, watching football serves as a valuable way to relieve stress. Additionally, it fosters friendships among individuals who share a common passion for the

sport, whether through a favorite team or player. Watching matches together, often at friends' homes, helps people bond as they share in the excitement and emotions of the game. Football is not just about the 22 players on the field; it is a powerful medium for connection. The communal experience of supporting a team creates lasting relationships and strengthens social ties, making the sport a significant part of many people's lives [8-9].

Football not only unites people globally, but it also provides a platform for large companies to promote their brands and advertise their products. A prime example is the strong association between beer and snacks, such as chips, with the sport. This connection is reinforced through advertising and cultural reputation, making these products synonymous with the football experience [3].

Emotions play a crucial role in shaping our motivation, particularly in our dedication to hard work. Positive feelings like enthusiasm, passion, and determination serve as powerful motivators, driving us to push forward and tackle challenges with energy. These emotions infuse our efforts with a sense of purpose and achievement, reinforcing our resilience in the face of obstacles. When we cultivate positive emotions, we enhance our ability to persist and thrive, transforming challenges into opportunities for growth and success. This connection between emotion and motivation is essential for achieving our goals and maintaining a strong work ethic.

On the other hand, negative emotions such as stress, anxiety, and frustration can weaken our motivation, leading to feelings of demotivation and impairing our task performance. It's essential to identify and address these emotions, using effective strategies to manage them and sustain our focus and drive. By cultivating positivity and emotional resilience, we can more adeptly overcome challenges and ultimately reach our goals through consistent effort and determination.

Our study aimed to explore the influence of positive emotions on work capacity and motivation, specifically investigating how the joy of winning a football match affects work capacity, attention, concentration, and motivation immediately afterward in adolescent fans.

Methods

The survey was conducted a week after Georgia's historic victory in the final qualifying match for the European Championship, which marked the nation's first-ever trip to the tournament. This momentous win was celebrated as a national event, generating widespread excitement and joy among people of all ages, from children to adults. To capture this shared enthusiasm, the research involved 40 school-aged children, aged 11 to 17.

We prepared the questions tailored to the age of the research group, and respondents completed them via Google Forms. The first question asked participants to indicate their age, which was categorized into the following intervals: 11-13, 14-16, 17 and 18. 18-year-old persons were excluded from this group, therefore the results of the study were based on the questionnaire filled in by persons under the age of 18 (that is, 7 of the 47 persons participating in the study were excluded, therefore

40 participants remained in the study). Each respondent selected the option that applied to them. Additionally, participants could choose where they watched the match, either «on TV» or «at the stadium.»

For the question “During which period did you worry the most?”, respondents could choose from the following options:

- During the first half
- During the second half
- During the penalty shootout
- During extra time

To evaluate the duration of post-match euphoria, respondents were presented with the question, “After the match, how long did you experience feelings of euphoria (characterized by positive emotions and great joy)?” The available response options included:

- Only that evening
- Until the next morning
- The following day as well
- On the third day, too
- For more than three days

This question aimed to gather insights into how long the positive emotions persisted after the match, providing a clearer understanding of the impact of such experiences on overall well-being.

To investigate the impact of euphoria on work capacity, the reporter conducted a subjective evaluation and selected one of the following responses regarding how euphoria affected their ability to work and study afterward:

- It prevented me from working and studying the next day.
- It had no effect on my ability to work and study the following day.
- It hindered my work and study efforts for the entire week.

This assessment aimed to capture the extent to which feelings of euphoria influenced daily productivity and academic performance in the days following the event.

On the second day after the match, to assess the energy changes associated with euphoria, respondents were asked to select one of the following statements:

- The next day, I felt a surge of energy compared to other days.
- The next day, I felt less energy compared to other days.
- The next day, I did not notice any change in my energy levels.

This question aimed to explore how the euphoric experience influenced energy levels in the days following the event.

Respondents were asked to use a ranking scale to evaluate and rate several specific reactions related to their experience of the match and its aftermath. The items for ranking included:

- The level of joy experienced on match night
- The level of joy felt on the morning following the match
- The level of joy during the second day after the match
- Any difficulties encountered while trying to sleep on match day

- The ability to work effectively on the second day after the match
- The attention and concentration levels experienced on the second day following the match
- The motivation felt on the second day after the match

In this section of the survey, participants were instructed to rank each of these items from 1 to 5, where a ranking of 1 indicated the least significant or impactful indicator, while a ranking of 5 represented the greatest significance. This methodology aimed to provide valuable insights into how various factors influenced their emotional and functional state in the days following the match, enabling a deeper understanding of the overall experience.

Participants were provided with a questionnaire designed to gauge their emotional responses following the match between Georgia and Greece. The questionnaire asked them to describe their emotional state and, in certain instances, rate their feelings on a scale from 1 to 5. This approach allowed for a nuanced understanding of their emotional experiences. The process of completing the questionnaire was crafted to be engaging and enjoyable, ensuring that responses remained anonymous to encourage honesty. Once collected, the data was subjected to statistical analysis to draw meaningful conclusions about the emotional impact of this historic football match.

Results

Children aged 11 to 13 rated their level of euphoria on match night at a perfect 5 on a scale of 1 to 5. Meanwhile, those aged 14 to 16 scored their euphoria at 4.5, while the 17 to 18 age group rated theirs at 4.7, with a statistical significance of $p < 0.05$ (see Fig. 1).

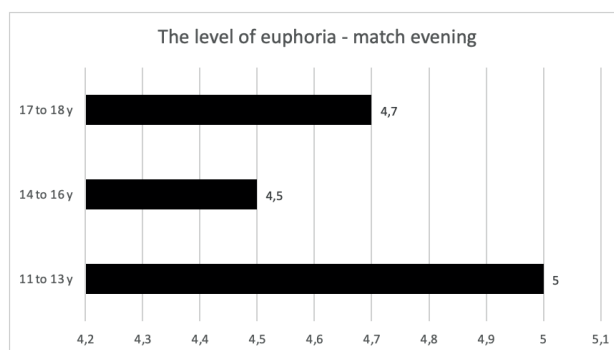


Figure 1. Level of Happiness on the Night of the Match Victory

Regarding the ability to work the day after the match, participants subjectively rated it on a scale of 1 to 5, resulting in an average score of 3.1. However, significant variations were observed across different age groups. For instance, among the 17 to 18-year-olds, the ability to work was rated the highest at 3.71, while the lowest rating was 2.68 ($p < 0.05$) for the 14 to 16-year-olds. Children aged 11 to 13 had an average score of 3.45 (see Fig. 2).

Based on subjective reports, motivation levels on the day after the match averaged 4.1. The highest motivation was observed among the 17 to 18-year-olds, who scored 4.4 points, while the 14 to 16-year-olds reported the lowest motivation (see Fig. 3).

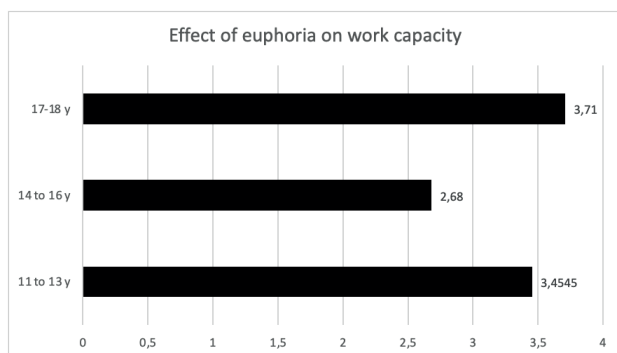


Figure 2. Impact of Match Victory Euphoria on Work Capacity the Following Day

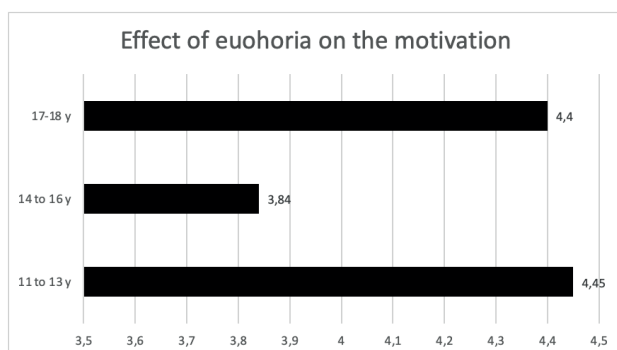


Figure 3. Influence of Match Victory Euphoria on Motivation the Following Day

Discussion

Football is an active and dynamic sport that captivates millions of people around the world. Whether a person plays on the field or cheers from the sidelines as a spectator, the outcomes of competitions can significantly influence their emotions and behaviors. The excitement and tension that come with each match create an atmosphere charged with feelings that can have lasting effects. Our research delves into how the euphoria generated by winning a football match uniquely affects the emotional states, work capacity, and motivation of children across different age groups.

The findings from our study reveal some interesting patterns regarding emotional responses to victory. Children aged 11 to 13 emerge as the most exuberant winners, experiencing the highest levels of happiness following a football match. This age group appears particularly vulnerable to positive emotions, suggesting that they have a heightened capacity for joy and excitement. Their immediate reactions to winning are often intense and can significantly enhance their overall sense of well-being. In contrast, children aged 14 to 16 display a greater degree of emotional stability. This group tends to approach the euphoria associated with winning with a more measured perspective, demonstrating a level of resilience that allows them to manage their emotions effectively. As a result, they are relatively resistant to the highs and lows that can accompany match outcomes, reflecting a maturity in how they process emotional experiences.

When we examine work capacity, a similar trend

emerges among the 14 to 16-year-olds. This group shows the least impact from the match results on their ability to work and concentrate the day after a game. Their ability to maintain focus appears to be largely unaffected by the euphoria of victory, indicating that they may possess coping mechanisms that help them compartmentalize their emotions. Conversely, among the 17 to 18 age group, there is a noticeable increase in work capacity following a win. This suggests that older adolescents may utilize the positive emotions generated by a match victory to enhance their productivity and focus, transforming the excitement of the game into motivation for their tasks.

In terms of motivation levels, our study highlights significant differences across age groups. High motivation scores were observed in both the 11 to 13 and 17 to 18 age categories. Participants in these groups reported increased motivation on the second day after the match compared to other days, indicating that the joy of winning can lead to a surge in enthusiasm for other activities. However, the 14 to 16-year-olds did not experience a similar boost in motivation linked to the euphoria from the match. This lack of response suggests that their emotional reactions to winning may be more subdued, demonstrating a key distinction in how motivation is affected by external events among different developmental stages.

Overall, our study underscores the varying impacts of match outcomes on children of different ages. While younger children revel in the joy and excitement of winning, older adolescents exhibit a more complex and sophisticated response, leveraging positive emotions to boost their work capacity and motivation. Understanding these dynamics is crucial for creating supportive environments that harness the positive effects of sports on youth development.

By recognizing and addressing the emotional responses elicited by sporting events, we can better support children and adolescents in navigating their feelings and channeling their enthusiasm into productive outcomes.

Football offers numerous benefits for children's emotional and social development. Winning can elicit intense joy, particularly among younger players, fostering resilience and enhancing emotional intelligence as they learn to navigate their feelings. Victories can boost motivation, encouraging children and adolescents to engage enthusiastically in other activities, which can enhance their focus and productivity. Additionally, the sport promotes social connections, helping children build friendships and teamwork skills within a supportive community. The physical activity involved also contributes to overall health and well-being, further enriching their developmental experiences.

Despite its benefits, football can also present challenges for young players. Emotional volatility is common, especially in younger children, who may struggle with intense highs and lows tied to match outcomes, potentially affecting their behavior and mood. The competitive nature of the sport can create pressure to win, leading to stress and anxiety, particularly among those who struggle with losing. Furthermore, the focus on football may detract

from academic responsibilities and other interests, while a reliance on external validation from match results can hinder the development of intrinsic motivation. Overall, balancing these emotional responses is essential for healthy growth.

By fostering this understanding, we can effectively promote resilience, enhance emotional intelligence, and cultivate a strong sense of community among both young fans and players. Encouraging resilience helps children and adolescents learn how to bounce back from setbacks, enabling them to face challenges with confidence and determination. Developing emotional intelligence allows them to better understand and manage their own emotions, as well as empathize with others, which is crucial in both sports and everyday life.

Moreover, fostering a sense of community brings young people together, creating supportive networks where they can share experiences, celebrate successes, and navigate difficulties together. This collective spirit not only strengthens their bonds but also enriches their engagement with the sport. Ultimately, these elements work in harmony to contribute to the holistic growth and development of young individuals, equipping them with essential life skills that extend far beyond the realm of football. Through such initiatives, we lay the groundwork for a healthier, more connected, and emotionally aware generation.

We have not found data in the literature on such a study in adolescents in Georgia. The disadvantages of the study can be considered a small sample limited to one team, which does not allow extrapolating the study data to all adolescents.

Conclusion

Although football stands as the most popular sport globally, captivating audiences of all ages—including children and adolescents—it is essential to recognize that the euphoria stemming from match outcomes can significantly alter performance and motivation levels in varying ways across different age groups. Our research highlights this intriguing phenomenon, revealing that while the excitement of a victory can inspire joy and enthusiasm, its effects are not uniform among all participants.

For younger children, the thrill of winning a football match can lead to heightened emotions and a remarkable boost in motivation. This age group often experiences intense joy, which can translate into increased energy and focus in various activities. Their engagement with the sport fosters a sense of belonging and community, reinforcing positive emotional responses that can enhance their overall well-being.

Authorship

Conceptualization, writing, data collection and analysis –Dondoladze K.,

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Conflict of interest

The authors confirm that there is no conflict of interest

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