



Analysis Of Sports Related Common Injuries Among National Volleyball Players

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ABSTRACT

The purpose of this study was to analyze sports related common injuries among volleyball players and to facilitate the study fifty (50) male volleyball player of senior national level 2004-2005 was selected for study. The investigations prepared a questionnaire comprising 12 statement based on a very simple pattern viz yes / no tick mark and number forms 1, 2 etc. The questionnaire pertaining to various injuries or well under various conditions & reasons was administered to the subjects randomly to collect data. Care was taken while forming the tools, experts were consulted and their suggestion incorporated. After several trial runs the questionnaire was finally prepared.

The questionnaire was distributed to 50 selected senior national level male volleyball player they completed & returned. All of them have given their frank & free responses without any hesitation and bias. Hence data collected questionnaire where asserted systematic acc to various categories. Every items of questionnaire were subjected to percent description comparison to final out responses is term various options of the answers to that item

Finding of the statistical analysis showed higher percentages response in relation to question. 42% respondents reported occurrence of injuries during their sporting carrier 86% respondents reported that their causes of injuries are not mainly due to poor fitness. 50% responses were given by the respondents that they have to undertake physiotherapy & Treatment due to seniority of the injury according to 52% respondent that sprain was the more prone injury, 38% respondents adhere that they were suffered often during regular practice session 50% respondents reported that Ankles and 42% respondents reported that should was the prominent part suffering injuries 48% responses recorded that joint related injury was very common among volley ball player. 44% responses showed at the time of injury mostly volleyball player were nervous. 34% volleyball player responses were that they have to leave the practice for one week due to the occurrence of injury.

Keywords : Common Sports Injuries

Introduction

Sports injuries occur as a result of physical activities carried out either for general recreational purpose or with more professional goals in mind. The overall sports injuries traditionally divided in to acute and chronic injuries. Acute injuries constitute about 25-40 % of all injuries in sports and physical activities.

Sports injuries occur with alarming frequency and large number of sports performance are treated each year by medical personal. Hence combative sports produce more injuries per participant than other sports. If this injuries are treated accurately and well, which they most are they do not usually give long problems.

Acute injuries seem to be becoming more serious because of the increasing intensity and demand of the more sports. Chronic or overuse injuries comprise approximately 60 70 % of all injuries in sports and physical activities, although the exact incidence is difficult to evaluate.

Sprain: Sprain may be defined a partial and complete stretch of one / more ligament around a joint which is caused by sudden finishing of bone which forms the joint.

Strain : Strain may be defined as damage of some part of unit of muscles tendon or attachment occasional by over stress (acute strain).

Contusion: Contusion is an injury caused by a blow without breaking the overlying skin it a type injury in which the soft tissues of the body get crust by a violent external force.

Abrasion : Abrasion is occurred the small or the large part of the skin is scrapped away by the frictional force. Frequently occurs among volleyball player.

Dislocation : Dislocation is refers to displacement of the articulating bones with the result that the ends of the bones forming the joint are not facing each other normally.

Fracture :Fracture is break in the continuity of the bone. A fracture may be complete and displace or just small crack in the bone.

Delimitation

1. The study was delimited to the senior national level volleyball players who participated in recently concluded senior national championship held at Gwalior, MP in the year 2010.

1. The study was further delimited to the some common injuries such as strain, sprain, contusion, abrasion, dislocation, fracture only.

Hypothesis

1. There will be very specific forms of injuries among male volleyball players.
2. Injuries among male volleyball player will be significantly limited to some specific body parts.
3. Occurrence of injures among volley ball players will be significantly high during competition period.

Significance of the study

1. Study may help to find out the type of injury prevalent in senior national level male volley ball players.
2. Study may throw light on nature of injuries, which most frequently volley ball players.
3. Study may hold to find out the various causes of injuries among volleyball players. It may also throw light on which body part is most injury prone.
4. The finding of study may help in rehabilitation and planning of exercise programme for male volleyball players.
5. The findings of the study may help to understand, how an injury causes interception in training and thereby to what extent it affects male volleyball player performance.

Procedure

For the purpose of the study 50 (Fifty) subject were selected randomly from the senior national volley ball championship 2010-2011 held in Gwalior MP. The survey method was used in conducting the study. The essential information was collected through the questionnaire which administrated individually to the volley ball male players personally by the researcher. The questionnaire was administered personally to the respondents. All the respondents were asked to answer the questionnaire. They were also requested to give their free and frank answer. The research scholar answered the respondent that the information given by them would be kept strictly confidential and utilized only for the purpose of this study.

Table 1 : Percentage of responses of male volleyball players on injuries for three items of questionnaire

| S.No. | Statement | Response in percent | |
|-------|--|---------------------|-----|
| | | Yes | No |
| 1 | Did you suffer from any Form of injury during 2010-2011 sessions | 42% | 58% |
| 2 | Do you think causes of your injury are mainly poor fitness? | 14% | 86% |
| 3 | Do you undertake physiotherapy for treatment and rehabilitation. | 50% | 50% |

Table 2 : Percentage of responses in relation to frequency of injury

| S.No. | Statement | Responses in percent | | |
|-------|--|----------------------|-------------------|----------------------|
| | | Number of zero times | Up to three Times | More than three time |
| 4 | How many times did you get injured during competition | 34% | 58% | 8% |
| 5 | How many times did you get injured during regular practice time? | 36% | 56% | 8% |

Table 3 : Percentage of Response in Relation to Types Location of Injury

| S.No. | Statement | Response in Percent | | | | |
|-------|--|---------------------|----------|--------|--------|-----------|
| | | Dislocation | Fracture | Sprain | Strain | Contusion |
| 6 | Did you suffer any injury from the following nature during current session | 14% | 6% | 52% | 28% | 10% |

| S.No. | Statement | Response in Percent | | | |
|-------|--|---------------------|-----------------|---------------------|-------------|
| | | During competition | During practice | Defect of Equipment | By opponent |
| 7 | Under what situation you suffer injury | 34% | 38% | 2% | 26% |

| S.No. | Statement | Response in Percent | | | | |
|-------|---|---------------------|-------|----------|--------|-------|
| | | Head | Neck | Shoulder | Finger | Wrist |
| 8 | Mention the body part Which suffered most | 0% | 0% | 42% | 34% | 14% |
| | | Back | Elbow | Thigh | Knee | Ankle |
| | | 24% | 6% | 6% | 32% | 50% |

Table 4 : Percentage of Responses in Relation of Course Nature and Training Break

| S.No. | Statement | Responses in percent | | |
|-------|----------------------------------|----------------------|--------------|---------------|
| | | Muscle related | Bone related | Joint related |
| 9 | What kind of injury you suffered | 42% | 12% | 48% |

| S.No. | Statement | Response in Percent | | | | |
|-------|---|---------------------|----------|-------------|-------------------|-------|
| | | Onetime | Two time | Three times | More than 3 times | Never |
| 10 | How many times you were seriously/ critically injured | 40% | 24% | 10% | 6% | 30% |

| S.No. | Statement | Response in Percent | | | | | |
|-------|--|---------------------|---------|-----------|-------|---------|---------|
| | | Depressed | Excited | Confident | Relax | Fearful | Nervous |
| 11 | What was your state of mind when injured | 20% | 6% | 4% | 16% | 10% | 44% |

| S.No. | Statement | Response in Percent | | | | |
|-------|---|---------------------|----------|------------|-----------|-----------|
| | | One week | Two week | Three week | Four week | One month |
| 12 | How many days practice session you lose because of injuries | 34% | 20% | 2% | 4% | 32% |

Discussion Of Findings

The finding of the study in relation to injuries among male volleyball player revealed many facts about occurrence frequency types course etc.

The finding showed only 42% off volleyball player had suffered from same kind of injuries in their span of sporting carrier. This clearly implies that injuries are very much part of volleyball. This finding is obvious since volleyball is explosive very coordinated game.

A significant percentage 86% reported course of injury are not mainly poor fitness only 14% reported courses of injury as mainly poor fitness.

Further the study is also revealed suffered during practice and majority percentage reported more than once care of injury. This makes once injured volleyball player prone to injury again. The finding revealed highest because of strain & sprain.

Further it also finals that 50% volley ball player have suffered from ankle injuries while 42% from shoulder injuries, 34% from fingers.

Finding shows that 42% of the selected player suffered from muscle related injuries 48% of them are joint related.

Injury affected volleyball player not only physically but also psychologically onset faces are nervousness, depression, fear, excitement etc. majority of responses indicate the dispersion frequently observe among volley ball after affected by injury.

Discussion Of Hypothesis

1. There will be very specific form of injuries among volleyball players is rejected. Since every form of injuries was observed among volleyball.
2. The hypothesis that injury will be limited to specific body part is accepted. Since the finding showed injuries confined to Ankle, shoulder, finger, knee & back.

Conclusion

1. Occurrence of sport related injuries among volleyball player was very often.
2. Joint related injuries were most common injury among volleyball player.
3. The most frequently injury among volleyball player was sprain & strain.
4. Injury caused mostly during practice.
5. Nervousness and Depression may be one of the causes of the injury among volleyball player.
6. Ankle & shoulder was the most prominent part suffered from injuries among volleyball player.
7. Injury was the most prominent factor-causing break in training among volleyball player.

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