

A SURVEY STUDY OF COMMON SPORTS INJURIES AMONG COLLEGE LEVEL MEN FOOTBALL PLAYERS

HARIS RAHMAN E

M.PHIL. SCHOLAR

DEPARTMENT OF PHYSICAL EDUCATION

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

CHENNAI, TAMILNADU, INDIA

ABSTRACT

Sports injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. There are two kinds of sports injuries: acute and chronic. An injury that occurs suddenly, such as a sprained ankle caused by an awkward landing, is known as an acute injury. Football is currently one of the most popular sports and more than millions of people participate in the sport at all levels of the competition. The present study on survey of incidence causes and management of sports injuries among college level football players. The study provides background in formations of the common sports injuries among college level football players.

Keywords: Football, Injury

INTRODUCTION

Regular participation in sport and exercise can sometimes have a detrimental effect on health in the form of injury. The effects that such injuries have on an individual's health can be relatively minor, with only a short period of rest needed, or more profound resulting in athletes having to retire from their careers. Sport- and exercise-related injuries do not just affect elite performers, but are a significant problem at every level of participation. Around a third of all emergency consultations are directly linked to sport and exercise. Although participation in any form of activity carries a risk of injury the overall health benefit of activity far outweighs this risk.

Part of body can be injured during sports or exercise, the term is usually reserved for injuries that involve the musculoskeletal system, which include the muscle, bone, and associated with tissue like cartilage. Regular participation in sport and exercise can sometimes have a detrimental effect on health in the form of injury. The effects that such injuries have on an individual's health can be relatively minor, with only a short period of rest needed, or more profound resulting in athletes having to retire from their careers. Sport- and exercise-related injuries do not just affect elite performers, but are a significant problem at every level of

participation. Around a third of all emergency consultations are directly linked to sport and exercise. Although participation in any form of activity carries a risk of injury the overall health benefit of activity far outweighs this risk. Games and sports can also results in injuries some minor, some serious, and still others resulting in lifelong medical problems...Some of the common sports injuries are sprain ,strain ,fracture ,dislocation, abrasion, and contusion. More injuries reported in contact sports, but the most serious injuries are happened in individual sports. Some sports injuries results from accident; other are due to poor training practices, improper equipment, lack of conditioning, or insufficient warming up and stretching.

Statement of the problem

The purpose of the study is to find out most post common injury among college level football players in Kerala.

Hypothesis

It is hypothesized that there should be a significant difference between the injuries in all anatomical regions. Compare to other injuries ankle injury is more common in college level football players.

METHODOLOGY

Selection of Subjects

The study was conducted on 100 boys football players. All the subject were involved in their daily training program and were participating inter-college level, national level, and state level competitions. The subjects belonged to different parts of Kerala and their age ranged 18-23 years.

Questionnaire Development

The survey type research depends to a large extent on the questionnaire being employed. Keeping this in mind, the research scholar made all possible effort to prepare a well-planned questionnaire to seek as best information as possible. A standardized questionnaire took from sports injury survey journals of University of Delaware. The questionnaire was later reviewed by experts. The questionnaire for the study consisted of ten questions.

Collection of data

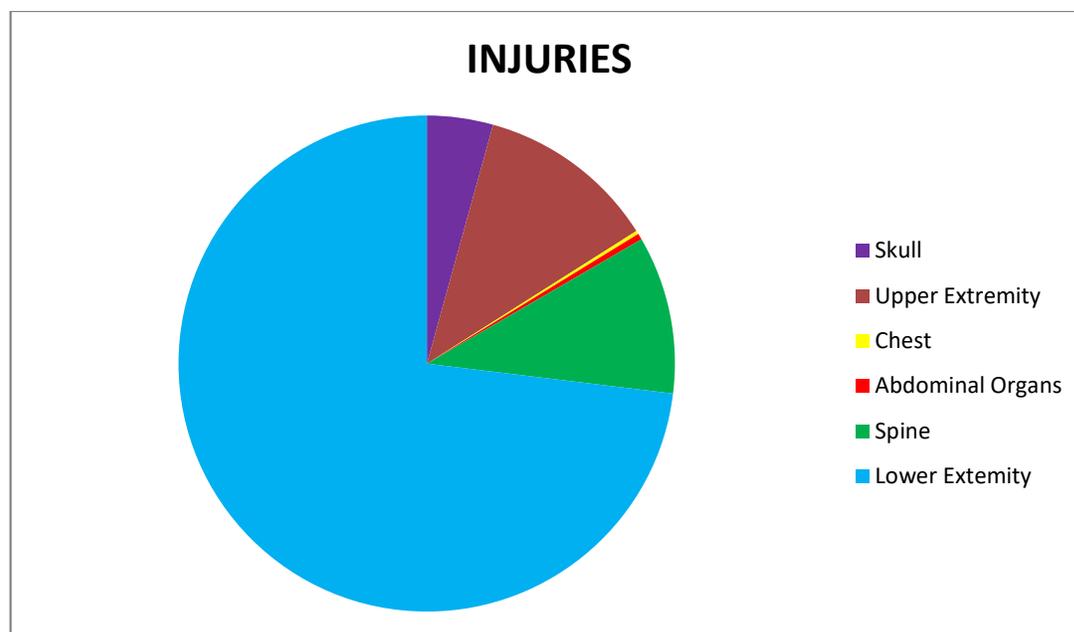
The data were collected through a well framed questionnaire seeking as much information as possible regarding the incidence of injuries, the causes, the treatment they received and other related aspects. The information so obtained from the questionnaire and the interviews were carefully noted down, classified on the basis of injury type, anatomical areas locations are analyzed.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

THE AVERAGE PERCENTAGE CHANCE OF UPPER EXTREMITY AND LOWER EXTREMITY INJURIES

Anatomical region	Percentage of injury
Skull	4.30 %
Upper extremity	11.73%
Chest	0.2
Abdominal organs	0.4
Spine	10.30%
Lower extremity	73.07%

THE AVERAGE PERCENTAGE CHANCE OF UPPER EXTREMITY AND LOWER EXTREMITY INJURIES



DISCUSSION OF FINDINGS

The result of the survey indicated that higher incidence of injury was found in lower extremity (73.07 %). So during the conditioning we must focus more on lower extremities. The players should recommend making use of different protective ware for reducing the risk of lower extremity injuries.

CONCLUSIONS

The purpose of the study was to survey the post seasonal common sports injuries among college level football players in Kerala. All the players were involved in their daily training program and were participated in various state and national level championships. For the purpose of study, survey of common injuries to the different anatomical regions such as skull, upper extremity, chest, spine and lower extremities were done. The percentage analysis was employed to analyze the incidence of common injuries on the different anatomical regions and regarding the causes and treatment following injuries. As compare to another anatomical regions lower extremity injuries are more common in college level football players. So that the hypothesis of the study was accepted.

REFERENCE

- ✓ Jesse c. de lee(1992) conducted a study of “Incidence of injury in Texas high school football”.
- ✓ Yed and nelson (1990) conducted a study on “sports injuries in adolescents ball games; soccer, handball and basketball”.
- ✓ Stuart et al. (2002) Studied Injuries in Youth Football
- ✓ Kotsiopoulos & Dimitrios (2010) Studied injuries in basketball