



ISSN: 2456-0057  
IJPNPE 2017; 2(1): 193-195  
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www.journalofsports.com  
Received: 01-11-2016  
Accepted: 02-12-2016

**Sandeep U**  
Department of P.G Studies and  
Research in Physical Education  
and Sports, Mangalore  
University, Mangalagangothri,  
Karnataka, India

**Haridas Kuloor**  
Assistant Director Department  
of P.G. Studies and Research in  
Physical Education and Sports,  
Mangalore University,  
Mangalagangothri, Mangalore,  
Karnataka, India

## A comparative study on common injuries among the Greco roman and free style wrestlers among university wrestlers

**Sandeep U and Haridas Kuloor**

### Abstract

The purpose of the study was to compare on common injuries among the wrestler Greco roman and free style wrestlers. The game are involves rapid and forceful movement of the body as a whole with tremendous physical stamina and quick reflexes inevitably cause for common injuries. The researcher as selected free style and Greco-Roman wrestlers for the study sample, Total 50 wrestlers will be selected as subject, 25 wrestlers from both styles will be selected as subject at random. As per the wrestlers response freestyle wrestling proved to be more injurious than Greco Roman style of wrestling among the University wrestlers. Hence the researcher has taken up a study to find out injuries would take place during training and competition time in wrestler Greco roman and free style wrestler events among the players. The questionnaire administered consisting of questions related to common injuries (skin injuries, muscle injuries, bone injuries and joint injuries). The results of this study indicate that injuries are very common among the wrestler Greco roman and free style wrestlers. It may be happen because wrestling is most aggressive and heavy body contact game, Most of the injuries were accrued with contact with the player. It was concluded that players and coaches should be made more aware of the importance of protective equipment in helping to prevent injury or re-injury and effective emergency care of injuries by using rest, ice, compression and elevation.

**Keywords:** Wrestlers, skin injuries, muscle injuries, bone injuries and joint injuries

### Introduction

A social and pedagogical process constituting an organic part of general upbringing. Physical education is intended to strengthen one's health and harmoniously develop the body. It improves one's physical attributes and skills; helps develop and perfect motor skills necessary in everyday life and work, and eventually leads to physical perfection. The basic methods of physical education are physical exercises (specially selected natural movements and series of movements; for example, those used in gymnastics and track and field), various sports, and hardening of the body (using healthful natural forces, such as sun, air, and water). Also important are the observance of healthful habits at work and in daily life and the mastering of special knowledge and skills for exercising, hardening the body, and maintaining personal and public hygiene. The goals, content, organization, and methods of physical education, which are conditioned by socioeconomic structure, reflect class ideology. In slaveholding society, for example, in the countries of the Far East, ancient Greece and Rome, and the states of Transcaucasia and Central Asia, physical education became a state system for training the youth of the ruling class for civil and military service. It was taught at home, as well as in state educational institutions and the army; it was, for example, an important part of upbringing in Sparta.

### Wrestling

Wrestling is a combat sport which confronts two male competitors who try to gain control over their opponent through the use of throws, locks, leg trips, and clinching techniques.

### Free style

Where wrestler holds all the parts of the body and uses his legs also.

### Correspondence

**Sandeep U**  
Department of P.G Studies and  
Research in Physical Education  
and Sports, Mangalore  
University, Mangalagangothri,  
Karnataka, India

### Greco Roman

Greco roman wrestling bouts where holds below the waist and the use of the legs are not allowed. This style of wrestling forbids holds below the waist which is the major difference from freestyle wrestling

The term sports injury, in the broadcast sense, refers to the kinds of injuries that most commonly occur during sports or exercise. There has been a constant struggle by the sports physicians, coaches and sports scientist to prevent sports injuries.

### Common injuries

In general common injuries means any damage or violation of the person, character, feelings, rights, property, or interests of an individual that which injuries, or occasions, wrong, loss, damage, deterrent harm hurt loss mischief wrong evils his health was impaired by a severe injury slender is in injury to the character.

### The Limitations of Study

For collection of data questioner method was used. The response obtained which is going to be adapted was treated as correct and genuine. The questioner which is going to be adapted was constructed by the research scholar, which is limited to his knowledge.

### The Delimitation of Study

The study was delimited to 50 wrestlers, who represented University and all India level of competition. The questioner method is adapted for collection of data is itself delimitation of this study.

### Significance of Study

- This study helps to know the most common injuries among free style and Greco roman wrestlers.
- This study may reveal the difference in according of injuries among the free style and Greco roman wrestlers.
- This result may help the physical education teacher and coaches to know the common injuries which will occur in free style and Greco roman wrestlers.

### Methodology

The purpose of the study is to find out the common injuries in freestyle and Greco Roman style of wrestling among the University wrestlers. For this, I have taken Mangalore University and Karnataka University for study and I have used questionnaire method to collect information. The collection of data helped me to find out that injuries are more common in freestyle wrestling than Greco Roman Wrestling. I personally met wrestlers from different colleges and also interviewed the physical education teachers to collect data. This data was tabulated and analysed according to the wrestlers, coaches and teachers response.

In this study I have selected free style and Greco-Roman wrestlers for the study sample. Total 50 wrestlers will be selected as subject, 25 wrestlers from both styles will be selected as subject at random. As per the wrestlers response freestyle wrestling proved to be more injurious than Greco Roman style of wrestling among the University wrestlers.

### Statistical Analyzis

The data received from 50 respondents wrestling players was analyzed with percentile technique and collected data was entered in computer with the help of data entry operator for the purpose of analysis through percentage, each variable

observed has been clearly depicted in the respondents table which is supported by suitable graphical representation.

### Analysis, Interpretation of Data and Discussion

This chapter deals with the analysis and interpretation of data that was collected from the respondents through questionnaire. The collected data was coded and tabulated using statistical measures. The data has been analysed and interpreted accordingly to the objective of the study. This chapter includes following tables and charts.

**Table 1:** Shows the Skin Injuries among Free Style and Greco Roman Wrestlers

SL NO	NAME OF THE BODY PARTS	Free style	Greco roman style
1	Head	13.07%	18.28%
2	Face	25.49%	20.43%
3	Neck	-	-
4	Shoulder	9.80%	9.68%
5	Arm	-	-
6	Palm	-	-
7	Chest	-	-
8	Upper back	-	11.83%
9	Abdominals	-	-
10	Lower back	-	13.98%
11	Hip	-	-
12	Thigh	-	-
13	Leg	9.15%	11.83%
14	Foot	5.23%	6.45%

Above table shows that out of 153 respondents 13.07% percentages of them had head injuries. 25.49% percentages of them had face injuries. 9.80% percentages of them had shoulder injuries. 9.15% percentages of them had leg injuries. 5.23% percentages of them had foot injuries. And 37.25% percentages of Mangalore University and Karnataka University Freestyle wrestlers did not have any skin injuries.

**Table 2:** Shows the Muscle Injuries among Free Style and Greco Roman Wrestlers

Sl No	Name Of The Body Parts	Free	Greco
1	Deltoid	10.08%	13.37%
2	Biceps Brachili	8.47%	8.92%
3	Triceps Brachili	2.82%	5.94%
4	Brachioradialis	-	2.48%
5	Trapezius	4.84%	5.45%
6	Latissimusdorsi	3.63%	6.93%
7	Pectoralis Major	8.47%	7.43%
8	Rectus abdominus	8.87%	6.44%
9	Gluties	2.02%	2.97%
10	Hamstrings	3.23%	3.96%
11	Quadriceps	4.44%	3.47%
12	Calf	2.82%	3.96%

Above table shows that out of 248 respondents 10.08% percentage of them had Deltoid injuries. 8.47% percentage of them had Biceps Brachili injuries. 2.82% percentage of them had Triceps Brachili injuries. 4.84% percentage of them had Trapezius injuries. 3.63% percentage of them had Latissimus dorsi injuries. 8.47% percentage of them had Pectoralis Major Injuries. 8.87% percentage of them had Rectus abdominus injuries.

2.02% percentage of them had Gluteus injuries. 3.23% percentage of them had Hamstrings injuries. 4.44% percentage of them had Quadriceps injuries. 2.82% percentage of them had Calf injuries. And 40.32% percentage

of Mangalore University and Karnataka University Free style wrestlers did not have any muscle injuries.

**Table 3:** shows The Bone Injuries among Free Style and Greco Roman Wrestlers

SI No	Name Of The Body Parts	Free	Greco
1	Cranial	-	-
2	Facial	-	-
3	Clavicle	3.45%	7.02%
4	Ribcage	-	-
5	Vertebral Column	-	-
6	Shoulder Griddle	18.97%	22.81%
7	Upper Extremities	18.97%	14.04%
8	Pelvic Griddle	-	-
9	Lower Extremities	15.52%	28.07%

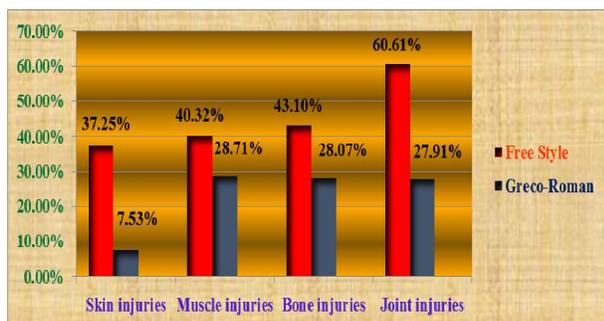
Above table shows that out of 58 respondents 3.45% percentage of them had Clavicle injuries. 18.97% percentage of them had Shoulder Griddle injuries. 18.97% percentage of them had Upper Extremities injuries. 15.52% percentage of them had Lower Extremities injuries. And 43.10% percentage of Mangalore University and Karnataka University Free style wrestlers did not have any bone injuries.

**Table 4:** Shows the Joint Injuries among Free Style and Greco Roman Wrestlers

SI No	Name Of The Body Parts	Free	Greco
1	Neck	-	-
2	Shoulder	7.27%	13.95%
3	Elbow	3.64%	12.40%
4	Wrist	-	1.55%
5	Fingers Of Hand	8.48%	13.18%
6	Palm And Fingers	-	4.65%
7	Hip	-	-
8	Knee	11.52%	13.18%
9	Ankle	3.64%	8.53%
10	Fingers Of Foot	4.85%	4.65%

Above table shows that out of 165 respondents 7.27% percentage of them had Shoulder injuries. 3.64% percentage of them had Elbow injuries. 8.48% percentage of them had Fingers of Hand injuries. 11.52% percentage of them had Knee injuries. 3.64% percentage of them had Ankle injuries. 4.85% percentage of them had Fingers of foot injuries. And 60.61% percentage of Mangalore University and Karnataka University Free style wrestlers did not have any joint injuries.

**Chart Showing Different Types of Wrestling Injuries in Free Style and Greco Roman Wrestling**



Above the chart shows that out of 50 respondents 37.25% & 7.53% percentage of them had Skin injuries. 40.32% & 28.71% percentage of them had Muscle injuries. 43.10% & 28.07% percentage of them had Bone injuries. And 60.61% &

27.91% percentage of them had Joint injuries. So from the above chart it is clear that majority of respondents (those are 60.61% Joint injuries in free style and 28.71% Muscle injuries in Greco-Roman) had injuries.

**Result**

- Majority of the Free Style wrestlers had Joint injuries.
- Majority of the Greco-Roman wrestlers had Muscle injuries.
- By the outcome of this research hypothesis which was hypothesised by the researcher has proved as null Hypothesis.
- That is because usually freestyle wrestling involves quick movements and attacks on major parts of the body (upper and lower body) whereas in the Greco Roman wrestling only the upper body (above waist) is involved.

**Conclusion:** Nil

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