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An analytical study of status of joint disease in sports- persons of Maharashtra state

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Abstract

The purpose of the study is to analyze the status of joint disease in sports persons of Maharashtra state. 300 sports persons (men) were selected for this study through the quota sampling method. The subjects were divided in two groups (N=150 from each age group) one of 150 sports persons of 18 to 39 year age group and another is 150 sports persons 40 to 50 year age group. The objective of this study is to find out those sports persons who have suffered from joint disease and after the joint disease the condition/status of their body joint. Those sports persons have been selected for data collection that have represented at university level in selected fifteen games. For the data collection the standardized questionnaire was used on both age groups. After the use of suitable statistical process, it may be concluded that the 25.33% sports persons were suffered from joint disease during sports. The painful status of suffered joint is very high after the joint disease for long time.

Keywords: joint disease, joint status

Introduction

A disease is one that persists over a long period of time and generally progresses and worsens unless measures are taken to halt or reduce its progress. A chronic disease is one that is characterized by a progressive deterioration of a cell & tissue or tissues resulting in reduced (low) function ability.

Back Pain and low back pain are a general problem worldwide. The low back pain is the most frequent cause of disability and deformities in people under the age of 45 year in western country. A million people consult their general practitioner every year because of back pain and over one million visit hospital annually in the UK.

According to joints problem when we discuss human, the human skeleton consists of more than 200 bones. Each bone is attached in such a way that large varieties of coordinated movement are made possible in different parts of the body. This movement is made possible by skeletal muscles, the fact that the bones act as levers cartilage which reduces friction and ligaments which prevent dislocation and the presence of moveable joints. The site or place where two or more bones of the skeleton are attached to each other is called a joint or place of articulation.

The various kinds of bones are connected together at different parts of the skeleton by joint. The main structures which unite to form the joint are bone, cartilage, synovial membrane and ligaments.

Types of Joint

There are mainly two types of joints in human body, one is immovable joints and another is movable joints. The moveable joints are also divided in semi movable and freely movable. The name of body joints:

- Fibrous joint
- Cartilaginous joint
- Synovial joint
- Compound joint
- Ball and socket joint
- Hinge joint

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- Gliding joint
- Pivot joint

Athletes/players can be stricken with any number of physical ailments. So we need a classification system to communicate effectively about sports injury/disease and this classifications system is essential for prevention identification, and treatment of each particular problem.

All Injuries/disease and illnesses can be categorized according to the length of time, effect on body etc they take to develop. These are the two most common time related classes of injuries/disease.

- Acute occurring suddenly
- Chronic Developing or lasting over a long period.

Joints Disease

Chronic and degenerative disease, Back pain, Low back pain, Ankylosing spondylitis, Lumber disc disease, Spinal stenosis, Osteoarthritis, Primary osteoarthritis, Secondary osteoarthritis, Generalized osteoarthritis, Large joint arthritis, Superior pole osteoarthritis, Erosive osteoarthritis,

Osteoporosis, Calcium–crystal deposition disease.

Methodology

The survey type study was designed to find out those sports persons who have suffered from joint disease. For this study the 300 sports persons (men) of Maharashtra state were selected from quota sampling method (Non-probability sampling),who represented at university level in selected fifteen games (Cricket, Football, Hockey, Volley ball, Hand ball, Kho-Kho, Kabaddi, Basketball, Badminton, Boxing, Wrestling, Weight-Lifting, Gymnastics, Swimming, Judo). The age group of sports persons was divided in following two groups.

- 150 sports persons, 18 - 39 year.
- 150 sports persons, 40- 50 year.

The data was collected from sports persons through the self-developed questionnaire of joint disease. After the data collection suitable statistical process was used for finding.

Statistical Analysis and Discussion

Table 1: Showing the percentage of disease and status of joints in sports persons (Age group of below 40 year (18 – 39 year)

Total Sports Persons = 150						
S. NO	Number of suffered persons	Number of disease	Status of joint			
			Normal	Pain	Acute pain	Immoveable condition
1	33 (22%)	40	3 (7.5%)	36 (90%)	1 (2.5%)	-

According to Table No. 1, 22% sports persons have suffered from joint disease. On the basis of above table, after disease present status of Joints in sports persons is as fallows. 7.5 % is in state of normal, 90% are in painful condition, 2.5 % are still in acute pain and no players found in immovable

condition after suffered from joint disease. On the basis of above table, it can be concluded that the percentage of painful status of joints in sports persons is very high in sports persons of 18 to 39 years age group.

Table 2: Showing the percentage of disease and status of joints in sports persons (Age group of 40- 50 year)

Total Sports Persons = 150						
S. No	Number of suffered persons	Number of disease	Status of joint			
			Normal	Pain	Acute pain	Immoveable condition
1	43 (28.66%)	51	2 (3.9%)	46 (90.1%)	3 (5.9%)	-

According to Table No. 2, 28.66% sports persons have suffered from joint disease. On the basis of above table, after disease present status of Joints in sports persons is as fallows. 3.9 % is in state of normal, 90.1% are in painful condition, 5.9 % are still in acute pain and no players found in immovable

condition after suffered from joint disease. On the basis of above table, it can be concluded that the percentage of painful status of joints in sports persons is very high in sports persons of 40 to 50 years age group.

Table 3: Showing the percentage of disease and status of joints in sports persons (Age group of 18- 50 year)

Total Sports Persons = 300						
S. No	Number of suffered persons	Number of disease	Status of joint			
			Normal	Pain	Acute pain	Immoveable condition
1	76 (25.33%)	91	5 (5.4%)	83 (91.2%)	3 (3.2%)	-

According to Table No. 3, 25.33% sports persons have suffered from joint disease. On the basis of above table, after disease present status of Joints in sports persons is as fallows. 5.4 % is in state of normal, 91.2% are in painful condition, 3.2 % are still in acute pain and no players found in immovable condition after suffered from joint disease.

disease the painful status of joints is very high, normal status is less than to painful status and acute pain status is less then too normal in joint. There are none players found in immovable condition after the joint disease.

On the basis of above table, it can be concluded that the percentage of painful status of joints in sports persons is very high in sports persons of 18 to 50 years age group.

Conclusion

From the analysis of data, it may be concluded that after joint

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