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A study of common injuries of national level Kho-Kho male players of Haryana

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Abstract

The purpose of the study was to assess the common injuries of national level Kho-Kho male players of Haryana. Total 30 national level male Kho-Kho players were selected by purposive random sampling. The variables for the proposed study were: Types of common injuries, Specific sports injuries, Types of specific sports injuries, Ranking of common injuries, Ranking of specific injuries, Ranking of injuries in different parts of the body, Suggestions for prevention of the injuries. The statistical technique used was percentage Method. The study concluded that Negative attitude, lack of warm-up and fatigue was the major cause of common injuries. The wrist in upper extremity was responded as most injured part while sitting and standing with strain and contusion during making oval while running, in case of men respondents. The men subjects were reported that the knee injury in lower extremity with hamstring pull during chasing and abrasion during running, were reported most common injuries. The external factors were reported major cause of injury with collision due to surface, overload, malnutrition and non standardized play field. The knowledge of rules and their implementation, correct execution of skills and warm-up were identified as best means for prevention, icing and application of heat were used as management and physiotherapy was most rehabilitation major for mild, moderate and severe injuries.

Keywords: Common injuries, negative attitude, upper extremity, lower extremity

Introduction

Sports is an activity that is governed by a set of rules or customs and often engaged in competitively sports commonly refer to activities where the physical capabilities of the competitor are the sole primary determiner of the outcome. Kho-Kho is an Indian game. It is popular in whole of the India. It is originated at Poona Gymkhana in Maharashtra. Kho-Kho has played very important role at various places in School National, Inter-varsity, Junior National and Senior National Competitions. Kho-Kho is a team game of speed, stamina, endurance, strength and skill. Although it is a team event, individual fitness plays a vital role in the success of the team.

Even though injuries in all sports are increasing (in spite of technological advances in safety equipment, appropriate emphasis on proper physical conditioning and attention to the rules) the variables that serve to protect or pre-dispose sports participants to injury in a given sport remain to be better defined. The axiological determinants are both complex and multiple and include: type of sports, experience, equipment used, level of competitive involvement, coaching technique and physical playing conditions. These components interact with the individual's physical characteristics e.g. Size, strength, speed, agility, co-ordination, physical fitness and flexibility, personality characteristics such as degree of consciousness, tough-mindedness, over-protectiveness and sensitivity. Injuries caused by participation in various games and sports are more common today since more people are involved in all types of sports e.g. Motor sports, hand-gliding, trekking with children.

These are so many causes of sports injuries. Failure in techniques, faulty sports equipments, poor physical fitness, inadequate warm-up and psychological factors were identified as the causes of sports injuries. Prevention of sports injuries must be a priority for everyone involved in kho-kho, particularly coaches, officials, administrators and sports medicine personnel. The team physician should be available during practice sessions and be present at games, alert for injuries. He should be well versed in the proper care of major injuries, such as those to the

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head, eyes, neck and significant musculoskeletal injuries. Proper aids, such as backboards and splints, must be available – there should be no hesitation if a player needs to be carried from the field on a stretcher. Every player should understand that leaving the field on a stretcher is not a sign of weakness. The team physician must never let anyone pressure him into allowing a player who has not fully recovered from an illness or an injury to play.

Objectives of the study

To assess the nature of common injuries, specific injuries, prevalence of injuries in upper extremity and in lower extremity of kho-kho male players.

Research methodology

In the study the following research methodology is used

For the purpose of the present study, a total number of 30 male subjects were selected by using purposive sampling method. The study was conducted on male Kho-Kho players who participated at any one of the national level Kho-Kho championships such as: Senior National, Junior National, National Games, Open National, Federation Cup, National School Games and All India Inter-varsity etc., from the year 2011 to 2014 (Three years).

Variables

The following variables have been identified for the study

1. Types of common injuries.
2. Specific sports injuries.
3. Types of specific sports injuries.
4. Ranking of common injuries.
5. Ranking of specific injuries.
6. Ranking of injuries in different parts of the body.
7. Suggestions for prevention of the injuries.

Data collection

The study entirely based on primary data. The primary data was collected through structured questionnaires duly filled by male kho-kho players.

Statistical techniques

For analyzing and discussing about the results of the present study, the percentage method was applied to find-out the desired result. Data was also analysed, interpreted and evaluated with required statistical tools like tabulation and graphical presentation.

Results and Discussion

For the purpose of data collection, questionnaire was designed to extract the required information related to the nature of present study and delimitations. The questionnaire was initially drafted to compile the requisite queries under 6 main categories namely:

1. Information Related to Training/Participation
2. Attribution towards Causes of Common Injuries,
3. Injuries Related to Upper Extremity,
4. Injuries Related to Lower Extremity,
5. Factors Responsible for Injury and
6. Prevention, Management and Rehabilitation.

The study was conducted on common sports injuries which may occurred during different phase of the training and competition of Kho-Kho male players. The sports injury is a very common phenomenon which may be due to various reasons and of various kinds. The nature of injury depends

upon various aspects like: i.) Phase of training, ii.) Length of Training iii) Level of Participation iv) Nature of Sports, v) Level of Physical and Mental fitness vi) Training Load and Adaptation vii.) Physique of the Players viii) Causes of Injuries ix) Repetition of Injuries during Competition x) Use of Preventive Measures xi) Process of Injury Management and Rehabilitation xii) Knowledge about various Injuries and Causes xiii) Occurrence of Injuries during Specific Climate xiv) Phase or Condition etc.

Table 1: Composite status of specific body part of upper extremity, where the injury often occurred

S. No	Particulars	Men	
		No. of Responses	%
1.)	Shoulder	08	26.7
2.)	Elbow	04	13.3
3.)	Wrist	13	43.3
4.)	Hand	05	16.7
Grand Total:		30	100.0

Table1 exhibits the composite status of the body part on which injury of tenly occurs in upper extremity. The maximum number of responses were reported on wrist in case of males by (13) no. of responses out of 30 total subjects.

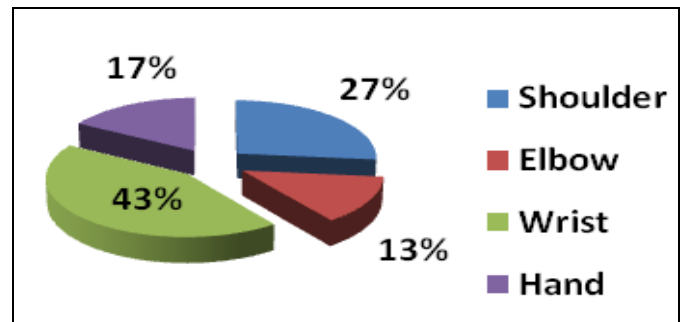


Fig 1: Men

Table 2: Composite status of the type of injury occurred in upper extremity, players have experienced in kho-kho

S. No	Particulars	Men
		No. Of Responses
1.)	Strain	11
2.)	Sprain	10
3.)	Contusion	02
4.)	Abrasion	08
5.)	Fracture	07
6.)	Wrist Injury	06
7.)	Any other, please specify	-

Table 2 depicts comparative status of the type of injury occurred in upper extremity, players have experienced in kho-kho during chasing. It may be observed that in women respondents, strain is most commonly experienced injury and among men respondents, strain and sprain both are most commonly experienced injuries.

Table 3: Composite status of injury offently occurs on specific body part in lower extremity

S. No	Particulars	Men	
		No. of Responses	%
1.)	Hip	05	16.7
2.)	Knee	12	40.0
3.)	Ankle	09	30.0
4.)	Foot	04	13.3
Grand Total:			100.0

Table 3 represents the composite status of the specific body part of lower intensity where injury often occurs. 46.7% females respondents stated that injury often occur on knee and 40% male respondents responded for the same which were highest no. of responses by both men and women respondents. Only 1 women respondent responded for hip while 5 male respondents responded for hip. It may observe that highest no. of men and women respondents had experienced knee injury.

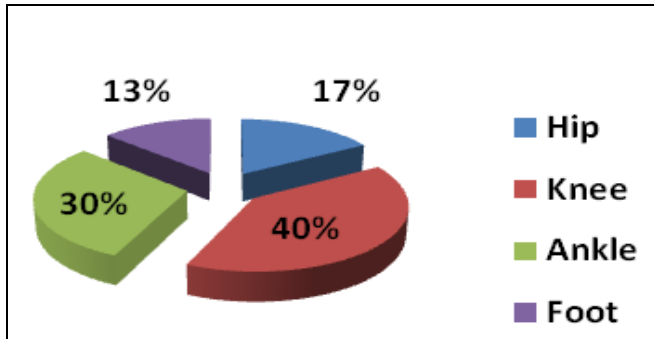


Fig 2: Men

Conclusions

1. The training/participation component indicated that even having a systematic and long experience of training; the players were having common injuries due to higher training load in compare to their adaptation level.
2. The negative attitude, lack of warm up and fatigue were identified as the major cause of common injuries among men categories selected subjects.
3. The wrist in upper extremity was responded as most injured part while sitting and standing with strain and contusion during making oval while running, in case of men respondents.
4. The men subjects were reported that the knee injury in lower extremity with hamstring pull during chasing and abrasion during running, were reported most common injuries.
5. The external factors were reported major cause of injury with collision due to surface, overload, malnutrition and non standardized play field.
6. The knowledge of rules and their implementation, correct execution of skills and warm-up were identified as best means for prevention, icing and application of heat were used as management and physiotherapy was most rehabilitation major for mild, moderate and severe injuries.

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