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## A study of common sports injuries among volleyball players

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### Abstract

The purpose of the study was to know about the prevention, causes and types of injuries among volleyball players. The study was delimited to the 60 male Volleyball players of Delhi NCR region aged between 16 to 35 years participated at in Local, district, Zonal, state level. For this purpose the investigator used the self made questionnaire consisting 23 questions for yielding authentic information. A questionnaire comprising of various statements was developed on prevention, types, treatment, causes and rehabilitation of common injuries in Volleyball. The information's obtained through the administration of the questionnaire to the subjects were compiled and analyzed by using percentage method to find out the results. The study reflects that most of the players started playing Volleyball at the age group of 11-15 years & above. Majority of the players first time participated in the Local level competition. An overview of the data shows that majority of players do warming up before starting actual play to prevent injury. A significant percent of the players got soft tissue injuries in the game of Volleyball. An overview of the data shows that more than 52% players got the injuries in lower extremity. The study reflects that maximum number of the players got ankle joint injury in the game of Volleyball. Data shows that the shoulder injury was the common injury in the upper extremity. An overview of the data shows that lower back injury was more common in middle part of the body. An overview of the data shows that ground/surface is the common exogenous cause of the injury. An overview of the data shows that over load is the main endogenous cause of the injury. A significant percent of the players got injured in the cold environmental condition. Majority of the players commonly used first aid as the treatment after getting injury. Very less percent of the players were admitted to the hospital on account of injury. Majority of the players were gone for rehabilitation after treatment of injury. Majority of the players were in the state of relaxation after rehabilitation. Majority of the players gave the suggestions do warming up and cooling down before starting actual play to prevent the injuries in the game of Volleyball.

**Keywords:** fracture, dislocation, tendinitis and sprain

### Introduction

In recent years, increasing numbers of people of all ages have been heeding their health professionals' advice to get active for all of the health benefits exercise has to offer. But for some people particularly those who overdo or who don't properly train or warm up-these benefits can come at a price, sports injuries. Fortunately, most sports injuries can be treated effectively, and most people who suffer injuries can return to a satisfying level of physical activity after an injury. Even better, many sports injuries can be prevented if people take the proper precautions. Sports injury, in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm up and stretching. Although virtually any part of your body can be injured during sports or exercise, the term is usually reserved for injuries that involve the musculoskeletal system, which includes the muscles, bones, and associated tissues like cartilage, Traumatic brain and spinal cord injuries, (relatively rare during sports or exercise) and bruises. Common sports injuries in volleyball are: Sprains and Strains, Knee Injuries, Lateral View of the Knee, Compartment Syndrome, Shin Splints, Achilles Tendon Injuries, Fractures, Dislocations, Rotator Cuff Tendinopathy. Supra scapular Neuropathy, Hand Injuries, Patella Tendinitis (Jumpers Knee), Ankle Sprain, Back Injuries.

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## Methodology

**Selection of the Subject:** For the purpose of the study 60 male volleyball players aged from 16 to 35 years from Delhi NCR were selected as a subject for the study.

**Selection of Variables:** On the basis of the review of the related literature, expert opinion in the field of physical education, sports medicine, social science and scholar's own understanding sports injuries among volleyball players was selected as a variable for the study.

**Selection of Tools Employed:** A self-constructed and developed questionnaire was established to study take the opinion of the volleyball players.

### Designing the Questionnaire

The questionnaire was framed and constructed by inviting the initial pool of items from various sources relevant to the study. Such sources included literature review, views of available experts, comments and suggestions by commoners and general observations made during the personal and professional interactions by the investigator during the preparatory stages of study. Additional items were continued to be pooled into the draft in the process of framing and reframing of statements. Out of the collected items in pool, the questionnaire was constructed in consultation with the advisors, experts and the professional colleagues.

### Construction of the Questionnaire

**Establishing Content Validity:** The content validity was established by administering the following steps:

Initial writing the questionnaire was constructed in relation to specific objectives of the study. A pool of items for questionnaire was created based on reference from literature review and professional expertise from areas of sports management, sports medicine, psychology, sociology, physical education and sports.

**Focus Group Review:** Each statement framed was thoroughly evaluated by group of experts in the field of sports medicine, sports psychology, sports sociology and physical education. Try Out After having formulated the questionnaire in an organized manner, the next step was implemented for 'Trial Run' of the draft questionnaire. The purpose of the trial run, was to assess whether the meaning of all statements given in the questionnaire was clear and adequate to obtain the desired information.

**Rewriting:** On the basis of the received suggestions and information laid down by the respondents of the trial run, necessary changes were made in the construction of questionnaire and it was finally formulated consisting of 23 questions

**Second Trial Run:** After making amendments according to the suggestions received, the second draft was prepared after thorough analysis and reviews. Desired changes were brought in the questionnaire followed by its second run on the 30 subjects. At this stage, an average time of 10 minutes was recorded for duly fill-in the questionnaire

**Final Writing:** On the basis of the suggestions received 23 questions were drafted. The questionnaire was considered to be having content validity and was all set to be tested for consistency of the tool. It was essential that the subjects

should understand the question for which it was intended. Therefore, on the basis of the received suggestions minor amendments were made in the final copy of questionnaire.

### Data Collection and Administration of the Questionnaire:

Questionnaire was personally discussed with the subjects. The objectives of the study were briefed, clear and short instructions were given regarding the procedure of filling the questionnaire. Prior appointment was taken from the subjects according to their availability of time. They were requested to immediately tick the response that comes into their mind at first thought.

### Statistical Procedure

Keeping in view the objectives of the study, the data was collected by questionnaire for the purpose of the study. This information was tabulated item wise in the form of frequencies (responses), converted into percentage.

### Analysis of the Data and Findings of the Study

Taking in to consideration the limitation of the present study the following conclusion was drawn:

The study reflects that most of the players started playing Volleyball at the age group of 11-15 years & above.

Majority of the players first time participated in the Local level competition.

An overview of the data shows that majority of players do warming up before starting actual play to prevent injury.

A significant percent of the players got soft tissue injuries in the game of Volleyball.

An overview of the data shows that more than 52% players got the injuries in lower extremity.

The study reflects that maximum number of the players got ankle joint injury in the game of Volleyball.

An overview of the data shows that the shoulder injury was the common injury in the upper extremity.

An overview of the data shows that lower back injury was more common in middle part of the body.

An overview of the data shows that ground/surface is the common exogenous cause of the injury.

An overview of the data shows that over load is the main endogenous cause of the injury.

A significant percent of the players got injured in the cold environmental condition.

Majority of the players commonly used first aid as the treatment after getting injury. Very less percent of the players were admitted to the hospital on account of injury.

Majority of the players were gone for rehabilitation after treatment of injury.

Majority of the players were in the state of relaxation after rehabilitation.

Majority of the players gave the suggestions do warming up and cooling down before starting actual play to prevent the injuries in the game of Volleyball.

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