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A survey of common soccer injuries among inter-university soccer players

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Abstract

The purpose of the study was to find out a survey of common soccer injuries among Inter-University soccer players. The subjects for the purpose of the study were selected from the West Zone and All India Inter-University football championship held at Margao, Goa, 1999-2000. The total respondents of the study were 80 (Inter-University Football players). The survey method was used in conducting the study. The research scholar framed and prepared the questionnaire in consultation with many experts. The percentage was calculated for each response to the data for the purpose of the present study. The findings showed that 41.25% of soccer players have been training between the ranges of 6-8 years in their career, about 30% of the players were having 3-5 years of training experience, 20% and 8.75% of soccer players have been training 9-11 years and 12 years and above in their soccer career, 53.75% soccer players were having injury and 43.25% were free from injury when the data was collected, 93.75% of soccer players had injury in one or other type, 62.5% of soccer players were having injuries on the joints, 31.25% on the muscles, that 56.25% of soccer players had injuries by collision, 18.75% by over exhaustion and 25% by any other way/kind.

Keywords: Soccer injuries, therapeutic facilities, soccer coaching, survey method, soccer football players, joints, muscles, collision, over exhaustion

Introduction

Soccer has become a very popular game in the world. Almost all the nations play the game both for enjoyment and competition. Modern soccer is very fast by its nature and it demands high level of special fitness. The spectators and players enjoy the game of soccer with great amount of merriment. It is a game of constant action and requires continuous adaptation to the changing situation by the team as well as the individual players. Although it is a team game, there is an ample room for players to display their brilliancy through individual performance with the ball as well as through team play, involving technical and tactical knowledge. It is a game that sends people from all over the world into frenzy, creates national and international heroes too like Pele, the Great of Brazil, Diego Maradona of Argentina, Zico of Brazil, Platini of France and the like.

Sports injury occurs as a result of physical activities carried out either for general recreational purposes or with more professional goals in mind. They may be caused by accidents or by over-use and they do not necessarily differ from injuries sustained in non-sporting activities.

Most sports injuries are minor and would not prevent the average athlete from continuing his daily work, but as many people become more seriously committed to sporting activities, continuing daily work is no longer the only consideration. The injury must be treated effectively so that leisure can also be resumed at the earliest opportunity.

Those athletes who participate at championship level require not only correct diagnosis of their injuries, but also early treatment with complete healing so that they can continue to produce good performances within the shortest possible absence from their sporting activity. Even the more casual enthusiast, upon whom demands are not so great, may suffer both physically and psychologically as a result of minor injuries and may be prevented from perusing the sport which usually contributes significantly to his sense of well being and to the quality of life. Progress in diagnosis and treatment is rapid in the field of sports medicine can be seen. At the same time, for every injury a careful and planned rehabilitation is essential after an injury.

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Statement of the Problem

The purpose of the study was to find out a survey of common soccer injuries among Inter-University soccer players.

Delimitations

1. The study was delimited to the inter-university soccer players, who participated in the West Zone and All India Inter-University football championship held at Margao, Goa, 1999-2000.
2. This study was further delimited to the questionnaire method.

Significance of the Study

1. Study may help to find out the type of injury prevalent in inter-university soccer players.
2. Study may help the coaches for the development of a training programme to prevent soccer injuries.
3. The study may also help to find out the commonly injured body parts among inter-university soccer players.

Selection of Respondents

The subjects for the purpose of the study were selected from the West Zone and All India Inter- University football championship held at Margao, Goa, 1999-2000. The total respondents of the study were 80 (Inter-University Football player).

Tools of the Study

The survey method was used in conducting the study. The research scholar framed and prepared the questionnaire in consultation with many experts. Utmost care was taken in preparing the questionnaire to ensure maximum coverage of area of the field of study so as to obtain maximum, worthwhile and meaningful responses from the respondents. The responses to the questionnaire were in the form of 'Yes' or 'No' which were to be answered by the respondents by tick mark the appropriate statements and in the form of filling the blanks according to their choice in the column provided.

Trial Run (Pilot Study)

After all the necessary items in the questionnaire were formulated in an organized manner and to the satisfaction of the research scholar and experts, the questionnaire was administered to a small group of people. The purpose was to discover if the meaning of all statements on the questionnaire was clear and if the question was adequate to obtain the information desired.

Statistical Procedure

The percentage was calculated for each response to the data for the purpose of the present study.

Results and Discussions

Table 1: Question Since how long have you been training?

Sl.no	Range	Frequency	Percentage
1	3-5 Years	24	30%
2	6-8 Years	33	41.25%
3	9-11 Years	16	20%
4	12 and Above	7	8.75%

Table 1 show that 41.25% of soccer players have been training between the ranges of 6-8 years in their career. About 30% of the players were having 3-5 years of training experience. 20% and 8.75% of soccer players have been

training 9-11 years and 12 years and above in their soccer career.

Table 2: Question Do you have any injury?

Sl.no	Response	Frequency	Percentage
1	YES	43	53.75%
2	NO	37	46.25%

Table 2 indicates that 53.75% soccer players were having injury and 43.25% were free from injury when the data was collected.

Table 3: Question Did you get any injury in your sports career?

Sl.no	Response	Frequency	Percentage
1	YES	75	93.75%
2	NO	5	6.25%

Table 3 shows that 93.75% of soccer players had injury in one or other type and 6.25% of the players had not been suffering from any kind of injury in their sports career till the date of data collection.

Table 4: Question If 'Yes' which body part/parts specify?

Sl. No	Response	Frequency	Percentage
1	Joints	50	62.5%
2	Muscles	25	31.25%
3	Any other	5	6.25%

Table 4 reveals that 62.5% of soccer players were having injuries on the joints, 31.25% on the muscles and 6.25% on the other parts of the body.

Table 5: Question What is the nature and type of injury?

Sl. No	Response	Frequency	Percentage
1	Sprain	30	37.5%
2	Strain	25	31.25%
3	Dislocation	8	10%
4	Contusion	7	8.75%
5	Fracture	5	6.25%
6	Abrasion	2	2.5%
7	Haemotoma	2	2.5%
8	Laceration	1	1.25%

Table 5 shows that 37.5% of soccer players were having sprains, 31.25%, 10%, 8.75%, 6.25%, 2.5%, 2.5%, 1.25% of strains, Dislocation, Contusion, Fracture, Abrasion, Haemotoma and Laceration respectively.

Table 6: Question How did you get injured?

Sl. No	Response	Frequency	Percentage
1	By collision	45	56.25%
2	By over exhaustion	15	18.75%
3	By any other	20	25%

Table 6 signifies that 56.25% of soccer players had injuries by collision, 18.75% by over exhaustion and 25% by any other way/kind.

Table 7: Question When did you get injured?

SL.NO	Response	Frequency	Percentage
1	During training	24	30%
2	During competition	56	70%

From the table 7 it is noticed that 30% of soccer players had injuries during their training and 70% of the players got injured during their competition.

Medicine, 1989.

Conclusions and Recommendations

1. The results show that 41.25% of soccer players have been training between the ranges of 6-8 years in their career. About 30% of the players were having 3-5 years of training experience. 20% and 8.75% of soccer players have been training 9-11 years and 12 years and above in their soccer career.
2. The study indicates that 53.75% soccer players were having injury and 43.25% were free from injury when the data was collected.
3. The result shows that 93.75% of soccer players had injury in one or other type and 6.25% of the players had not been suffering from any kind of injury in their sports career till the date of data collection.
4. The study reveals that 62.5% of soccer players were having injuries on the joints, 31.25% on the muscles and 6.25% on the other parts of the body.
5. The result shows that 37.5% of soccer players were having sprains, 31.25%, 10%, 8.75%, 6.25%, 2.5%, 2.5%, 1.25% of strains, Dislocation, Contusion, Fracture, Abrasion, Haematoma and Laceration respectively.
6. The study signifies that 56.25% of soccer players had injuries by collision, 18.75% by over exhaustion and 25% by any other way/kind.
7. It is noticed that 30% of soccer players had injuries during their training and 70% of the players got injured during their competition.
8. Preventive conditioning exercises should be administered to soccer players in order to prevent injuries.
9. The training programme for inter-university soccer players should be planned in a systematic and scientific way, so that the total training load can be controlled.
10. More sports medicine experts and advanced therapeutic modalities to be made available to inter-university soccer players for the better treatment and rehabilitation of injury.
11. Soccer coaches should be trained more scientifically to enable them to handle injuries in a better way.
12. The soccer players should be used proper protective gears to prevent injuries.
13. Ground conditions should be improved to minimize injuries among soccer players.

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