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Comparative analysis of sports injuries among rural and urban female middle distance runners

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Abstract

The term “sports injury” refers to the kinds of injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners develop tendinitis, even though they may not participate in sports. Ultimately, however, “sports injuries” refers to those that occur in active individuals. This health topic focuses on the most common types of sports injuries—those that affect the musculoskeletal system. The musculoskeletal system is the network of muscles, tendons, ligaments, bones, and other tissues that provides the body with stability and enables movement. Sports injuries are injuries that occur in athletic activities or exercising.

When injured the two main systems affected are the nervous and vascular systems. Long term injuries are a dark time for the players. Prevention helps reduce potential sports injuries. 20 rural & 20 urban middle distance female athletes were selected as a subject. The subject was ranging from 18-25 years. While comparing a data of percentage of sports injuries, it was observed that percentage of sports injuries of rural players is higher than urban players. Percentage of Sciatica injury is higher than other injuries in Urban players this is located that back of feet and Shin Splint injury is higher than other injuries in Rural players, this is located that shinbone, the large bone in the lower leg. In the light to finding it is concluded that main reason of sports injuries is wear improper gear and Malnutrition. In the rural area most of the middle distance runners are not wearing shoes during practice or tournament so that this is suffering from Shin Splint injury as well as players were taken a proper diet so that they suffering from Injuries.

Keywords: Sports injuries, middle distance female players, rural & urban players

Introduction

Sports injuries are injuries that occur to athletes in major sporting events. In many cases, these types of injuries are due to overuse of a part of the body when participating in a certain activity. For example, runner's knee is a painful condition generally associated with running, while tennis elbow is a form of repetitive stress injury at the elbow, although it does not often occur with tennis players. Other types of injuries can be caused by a hard contact with something. This can often cause a broken bone or torn ligament or tendon.

Injuries are a common occurrence in professional sports and most teams have a staff of Athletic Trainers and close connections to the medical community. Controversy has arisen at times when teams have made decisions that could threaten a players long-term health for short term gain.

It is inevitable that injuries will always be associated with physical activity and athletics. The risk of injury is much higher in some sports, such as those requiring contact or collision, but is inherent to all athletic activity. Although the majority of athletic injuries are relatively minor, the potential for serious and passible life-threatening injuries is constantly present. The incidence of serious and life-threatening conditions associated with athletic activity has decreased over the last several years as a result of the delineation of causative factors and subsequent rule modifications in many sports and vast improvements and increased sophistication in all facets of sports medicine and athletic training.

The same experience can bring people to dark place as well. Sports injuries are injuries that occur in athletic activities or exercising. When injured the two main systems affected are the nervous and vascular systems. Long term injuries are examples of those dark times, often affecting an athlete more mentally than physically. Sports injuries are mostly commonly

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caused by poor training method, structural abnormalities weakness in muscles, tendons, ligaments and unsafe equipment like shoes etc., prevention helps reduce potential sport injuries. It is important to establish participation in warm ups, stretching and exercise that focus on main muscles groups commonly used in the sport of interest. Also creating an injury prevention program as a team. Which includes education on rehydration, nutrition, monitoring team members “at risk” monitoring behavior, skills and techniques. Nearly

two million people every year suffer sports related injuries & receive treatment in emergency department. Sports injuries affect an athlete physically as well as mentally. psychological mentality of injured and uninjured performers have consistently found injured athletes as having a lower psychological affect than uninjured athletes as well as lower self-esteem, higher levels of depression and more incidences of negative thoughts.



Objectives

To find out the percentage of Sports Injuries among Rural and Urban female middle distance runners.

To find out the percentage of reasons of sports Injuries among Rural and Urban female middle distance runners.

Hypothesis

There might be significant differences between the percentage of Sports Injuries among Rural and Urban female middle distance runners.

Methodology

For this study 20 Rural and 20 Urban Middle distance female runners were selected from Kanpur zone & Prayagraj zone respectively. The subject age ranging 18-25 years old. Self-made questionnaire was applied for collection of data.

Result

Table 1: Percentage of Sports Injuries

Sports Injuries	Rural Players	Urban Players
Hip flexor strain	2.8	2.4
ACL tear or strain	3.2	2.6
Groin pull	2.2	2.2
Shin Splints	3.4	2.8
Sciatica	3.2	3
Hamstring strain	1.8	1.4
Tennis & Golf elbow	0.6	0.4
Shoulder injury	0.8	0.4
Patellofemoral syndrome	1.6	1.2
Contusion	2	1.4
Percentage	2.16	1.78

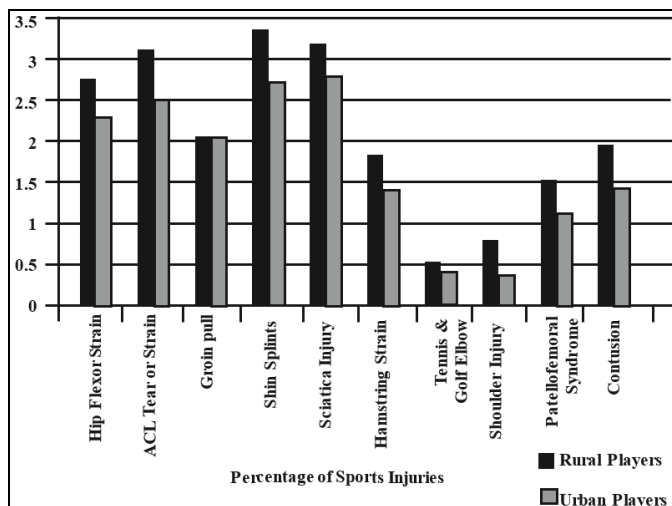


Fig 1: Percentage of Sports Injuries

This Table shown that the percentages of Sports Injuries of Rural female Middle Distance Runners are higher than urban female Middle Distance Runners. In this table Percentage of Sciatica Injury is higher than other injuries in Urban players and Shin Splint injury is higher than other injuries in Rural players.

Table 2: Percentage of Reasons of Sports Injuries

Sports Injuries	Rural Players	Urban Players
Less Oxygen intake	2.4	2
Improper ground	3.6	0.4
Wear improper gear	4	0.4
Unused safety equipment	3.6	
Malnutrition	3.8	.4
Less warm up & exercise	3.2	0.2
Percentage	1.24	0.44

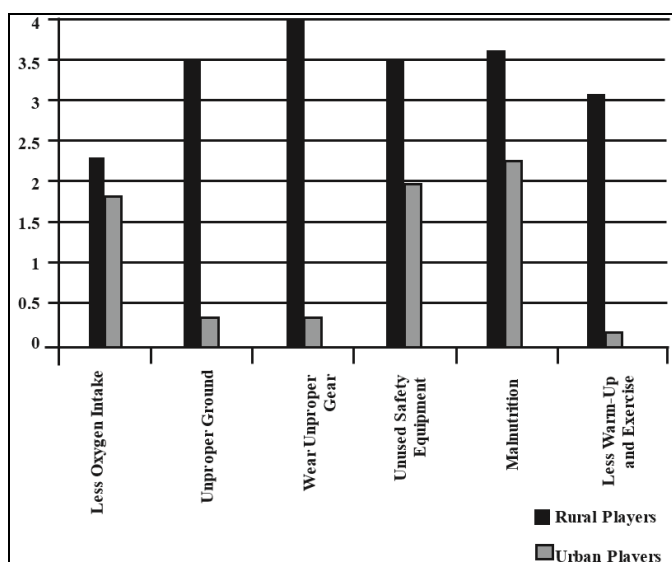


Fig 2: Percentage of Reasons of Sports Injuries

This table shown that the main reason of sports injuries is Malnutrition and Wear improper gear. This is a main reason of weakness of muscles strength.

Conclusion

In the light of finding of this study it is concluded that percentage of sports injuries of rural female middle distance runners are higher than urban female middle distance runners. Percentage of Sciatica injury is higher than other injuries in

Urban players this is located that back of feet and Shin Splint injury is higher than other injuries in Rural players, this is located that shinbone, the large bone in the lower leg. Table 2 is shown that main reason of sports injuries is malnutrition and wears improper gear. Many players don't take a proper diet so that muscular strength was not properly developed. It is a main reason of sports injuries. In the rural area most of the middle distance runners are not wearing shoes during practice or tournament so that this is suffering from Shin Splint injury.

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