A Retrospective Study Of Injuries Prevalence During Time Period Among Football Players

Dr. Uday Chavan
Department of physical Education
SRTM University Nanded (MS)

Abstract

Objectives
The primary objective of this study was to determine the retrospective study of injuries prevalence during time period in football players.

Methods
The research scholar personally contacted the players and the purpose of the study was explained to them. Further instructions were given by the investigator to the players for the completion of questionnaire. A questionnaire prepared by Cromwell & Gromely (2000) for elite Gaelic football players and modified by the investigator was used. The information of injuries were collected from 500 football players. Total 288 injuries out of 500 football players were found out over the one year of the period. The football players were asked to recall injuries over the proceeding one year period.

Results
Total 288 injuries out of 500 football players were found out over the one year of the period. 19.09%. Football players reported injuries during first halves, 28.79% injuries reported during second halves, 41.12% injuries reported during the training period, 06.55% injuries occurred during warm period and injuries reported during warm down period was 02.54%.

Introduction
Football is one of the most popular sports in the world. Australian football association, surveyed injuries between 1992 to 1998. There were 4681 injuries, that satisfied the definition of missing a regular season game, over 97706 players in a weeks. players from team in Northern states were slightly (14%) more likely to be injured then players from teams in victoria (RR 1.14, 95% C1 1.07 – 1.21). There was no significant difference in the risk for any of the categories of upper limb trunk or head and neck injuries. Many of the lower limb injury categories had greater incidence in players from Northern teams, including ankle injuries ( RR 1.71, 95% C1 1.36 – 2.58 ), Calf strain ( RR 1.35, 95% C1 1.03 – 1.71).

Football is a high risk sport dominated by overuse injuries while recovery time from injuries is relatively long, but only a few working days are lost by the players to return
back to play, thus leading to abuse of the injured sites. In football only a few studies have been made in the literature regarding incidents of injury and pattern, possible risk factors and injury prevention (Wastan. 1993;). In football overuse injuries are the most frequent occurrences of injury.

Football is sports that makes heavy demands on the player. The physical work is intermittent involving high intensive activity interspersed with short pauses.

**Materials and Methods**

The present study was to determine the retrospective study of injuries prevalence in football players aged between 18 to 28 years. The data was collected with the help of questionnaires prepared by Cromwell, F.J. Walsh Gromley for Elite Gaelic footballers (2000) and it was modified by the investigator and utilized the test-retest reliability of the questionnaire was find 0.76. The subjects were required to fill out a questionnaire for each injury for one year. The information of injuries collected from 500 football players. Total 288 injuries out of 500 football players were found out over the one year of the period.

**Research Design**

The design in a research study refers to “the researcher’s overall plan for answering the researcher’s question or testing the research hypotheses. This study involves a comparative survey of three groups of football players and its combine sample in a non-experimental, retrospective study design.

**Statistical Technique:**

Statistical techniques play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. Keeping in view the aim of the study, percentage have used for interpretation of the data. The statistical computation of data of the present study is used by using SPSS package in the computer. The result computed also crosschecked by using following statistical variables.

**Results and discussion**

The results concerning this are presented in the form tables for the sake of convenience and methodical presentation of the results, following order has been adopted.
Table 1

Mean Scores and Standard Deviations of selected components of the Football players

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Components</th>
<th>Means Scores</th>
<th>Standard Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age (Year)</td>
<td>22.30</td>
<td>8.28</td>
</tr>
<tr>
<td>2.</td>
<td>Weight (Kg)</td>
<td>68.35</td>
<td>17.40</td>
</tr>
<tr>
<td>3.</td>
<td>Height (cm)</td>
<td>170.33</td>
<td>58.90</td>
</tr>
<tr>
<td>4.</td>
<td>Training (days/week)</td>
<td>04.60</td>
<td>01.76</td>
</tr>
<tr>
<td>5.</td>
<td>Training duration (hours)</td>
<td>2.45</td>
<td>0.50</td>
</tr>
<tr>
<td>6.</td>
<td>Warm up (minutes)</td>
<td>10.10</td>
<td>3.33</td>
</tr>
<tr>
<td>7.</td>
<td>Competition in one year</td>
<td>5.88</td>
<td>2.09</td>
</tr>
</tbody>
</table>

Table-2.1, shows that the mean scores and standard deviations of the selected components of the football players.

Mean Score (S.Ds.) age of football players was 22.30 (8.20) years, mean score (S.Ds.) weight was 68.35 (17.40) Kg., mean score (S.Ds.) height was 170.33 (58.90) cm., their training mean score (S.Ds.) was 4.60 (1.76) days, their training duration mean score (S.Ds.) was 2.45 (.50) hours, their warm up mean score (S.Ds.) was 10.10 (3.33) minutes and competition mean score (S.Ds.) was 5.88 (2.09) in one year.

Information of injuries during time period among football players dedicated through

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Time Period</th>
<th>Percentage of injuries (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>First halves</td>
<td>19.09%</td>
</tr>
<tr>
<td>2)</td>
<td>Second halves</td>
<td>28.79%</td>
</tr>
<tr>
<td>3)</td>
<td>Training</td>
<td>41.12%</td>
</tr>
<tr>
<td>4)</td>
<td>Warm up</td>
<td>06.55%</td>
</tr>
<tr>
<td>5)</td>
<td>Warm Down</td>
<td>02.54%</td>
</tr>
</tbody>
</table>

The results obtained from Table: 1, illustrates the percentage of injuries occurred during the period among football players, 19.09%. Football players reported injuries during first halves, 28.79% injuries reported during second halves, 41.12% injuries reported during the training period, 06.55% injuries occurred during warm period and injuries reported during warm down period was 02.54%.

exposure. The injury incidence for match exposure ranged from as little as 12 injuries per 1,000 match hours to as much as 144 injuries per 1,000 match hours, which resulted in an average of 72.83 injuries per 1,000 match hours from all the studies, and ranged from 1.2 to 2.7 injuries per match.

References
- Singh, Sinku Kumar “ Comparison of occurrence of injuries to footballers at low and high level of achievement.” An unpublished M.Phil thesis, Kurukshetra University, Kurukshetra 2006.