Chapter - III

PROCEDURE

In this chapter the procedure adopted for selection of respondents, the tools followed by the research scholar for the collection of data, construction of questionnaire, administration of questionnaire and statistical procedure for analyzing the data are described.

Selection of Respondents

The subjects for the purpose of the study were senior National level Soccer players of 15 Indian professional Football clubs. They include the players of Mohan Bagan Football Club, Kolkata; Air India Football Club, Mumbai; Dempo Sporting Club, Goa; Mahindra & Mahindre Sporting Club, Mumbai; JCT Mills, Punjab; Air Force Football Team, New Delhi; Services Football Team, New Delhi; Garwal Sporting Club, New Delhi; New Delhi Heros Football Club; South East Railways, Nagpur; Western Coalfield Ltd., Nagpur; Vidharba Football Club, Nagpur; Mumbai Football Club; National Club, New Delhi; Amity International football Club, Gurgaon, Haryana. All these Soccer players have had played at Senior Nationals (Santosh Trophy), and/or at National Football League. The total respondents for the study were
230 players, 15 Coaches of different teams and 10 sports physiotherapists who sometimes or the other have treated injured soccer players.

**Tools of the Study**

The survey method was used in conducting the study. The essential information was collected through three separate questionnaires, which were constructed and administered to the players, coaches and to physiotherapists personally by the researcher with the help of fellow colleague who also was well versed with procedure.

**Construction of the Questionnaire**

The research scholar framed and prepared the questionnaire in consultation with the prominent football coaches/teachers and sports physiotherapists. Utmost care was taken in preparing the questionnaire to ensure maximum coverage of the area of the field of study so as to obtain maximum, worthwhile and meaningful responses from the respondents. The construction and arrangement of questions were made in such a manner that clear and logical sequence in the response statements would be readily available in an orderly fashion. Besides this, utmost care was taken to frame the questionnaire according to the specification given by the experts.
Sincere efforts were devoted to make the questions simple, clear and relevant, leaving no room for ambiguity. The responses to the questions were in the form of “Yes” or “No” and some responses related with injuries, their causes and how to prevent them, which were to be answered by the respondents by tick mark (√) the appropriate statements according to their choice in the column provided. The questionnaire meant for Soccer players contained 23 questions. The questionnaire for the coaches contained 16 questions. Whereas the questionnaire for the physiotherapists contained 17 questions. All the necessary steps applied to the development of questionnaire were followed.

**Initial Writing**

In the initial endeavor, various questions, which required several responses, were formulated. These questions were modified and refined from time to time according the recommendations of the experts and the guide before the final draft was made.

**Trial Run**

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 group of 10 footballers, 4 coaches and 4 physiotherapists as a trail run. The purpose of the trail run was to discover whether the meaning of all the statements on the questionnaire was clear and if the questions were adequate to obtain the information desired. Trial run respondents were encouraged to criticize the questionnaire in terms of the adequacy and clarity of the questions.

Re-Writing

On the basis of receiving suggestions and information received from the respondents necessary changes were made in the construction of the questionnaire and finally it was formulated after the approval of the guide and Soccer expert.

Administration of Questionnaire and Collection of Data

The questionnaire was administered collectively to each team but at different times and places to different teams. All the respondents were asked to answer the questionnaire without consulting others. They were also requested to give their free and frank answers. The research scholar ensured the respondents that the information given by them would be kept strictly confidential and utilized only for the purpose of this study. The
questionnaire were explained to the subjects one by one by the researcher and when they had answered to a particular question, then the next question was taken up. In this manner all 23 questions were answered and later the researcher collected all answered question sheets and thanked the players for their cooperation. The research scholar administered separate questionnaire for the coaches and physiotherapists separately during the rest periods.

**Statistical Procedure**

The percentile method was applied to calculate and find out the percentage of common injuries, their causes among senior national level soccer players. The percentile method was applied to each question separately.
India Team Captain Bhaichung Bhutia with Scholar Harender S. Sangwan.