SPORT has infect come to play an all the time more essential role in present society, though its origin date back to down of man. Throughout human history man's ability to survive has depended upon his physical ability.

Volley-ball is an exciting and world famous game where not only an individual but team can take part at level. It is contact games played all over the world. It is an entertaining enjoyable friendly game that be able to be played starting babyhood to elderly period either by the side of a recreation stage or a spirited game. In tournament there is typically more than one game a day often which can result in many hours of volley-ball concentrated on only in a few day. Lately developing number of individuals of all ages has been noticing their fitness particular suggestion to get animated for the sum of the fitness profit work out brings to the table yet for some individuals.

Generally the individuals who greater than make or who do not accurately prepare or limbering up these profits be able to include some significant downfalls sports wounds. Fortunately most games damages might be overseen adequately and most individuals who endure wounds can come back to fulfilling level of physical development after a harm. Occasion enhanced numerous games damages might be disallowed if individuals take the best possible precaution measure.

Practicing is useful for health, yet every once in a while you can harm physically when you play games or work out. Mischances poor preparing practice or discourteous apparatus can excuse for why them various individuals get harm on the grounds that they are not fit as a fiddle. Not warming up or extending sufficient can likewise prompt damages.

Sports damages are wounds that happen when playing games or practicing diversion some are from mishap. Other can come about because of poor preparing practices or disgraceful rigging various individuals get harmed when they are not in legitimate condition. Not warming up or extending enough before you play or activity can likewise expedite wounds.

Sports damages are wounds that regularly happen while taking part in ready games rivalry or competition, preparing session or arranged health movement. These damages may happen in adolescent for an assortment of explanations, incorporating impolite preparing absence of suitable footwear or wellbeing contraption and fast development throughout young years.
The distance through out life, you will be confronted with wounds of all kind; if it is a basic compound blaze, every mischance must be dells with a couple of significant classes of mischances delicate tissue wound, such as the examplary wounds, cuts and scraps of for quite a while life plus the not so ordinary more life debilitating mischances like cut wounds spurting cuts and am cut; blazes from merge sunburn to third- degree; harming gagging and obviously characteristic experiences bumblebee sting toxic substance ivy and the dangers of anaphylactic stun. It is assessed that 800 million or above individuals in the ballpark of 130 provinces play volley-ball.

Most of volley-ball damages hail from abuse and report for between 50- 80% of all wounds. Most damages are not flavoring close or vocation finishing: Mostly the players harmed when they misses their class or by not attainting by four days or more. The objective of the research are:

1. Analyze through survey about the occurrence of injury to Volley ball player.

2. Analyze about the common injuries of male and female Volley ball player.

3. Analyze the effect of different injuries over the performance of volley-ball players.

4. To determine and to compare between mean differences of male and female Volley-ball players.

On behalf of any valuable study in any subject the research worker requirements an sufficient awareness among the work, which has previously been and one in the region of this researcher problem. Review of related literature help the researcher to familiar with what is already known and what is still unknown and instead effectual research based on past information. It helps to eliminate the replication of what has been done and provides useful suggestions for significant investigation. It enables the researcher to describe the restrictions of his subject. It helps to set the limits of and definite his difficulty.
This study is presented in an International conference in which the researcher studies about the injuries happen due to the badminton. In this research, the only injuries are pointed out due to which the performance of the players game is the effected. In this research, researchers have mainly focused on footwork which is maximally used in the badminton to hold a ball across the front and find out its impact. When the player pulls their body downward, then at that time their frictional force are at which place and while touching the ground how much frictional focuses arises. In this research, different types of shoes biomechanical analyses that what is the effect of the biomechanical on the lower limb. In this research, the conclusion was that the badminton player shoes ground grip is better than the other games shoes, but both the game shoes property are same. this is a pilot study in which the professional badminton players shoes is better than other games shoes but then also there is a lots of improvement which can be done in badminton players shoes due to which players improve their performance skills and it will also decrease the injuries in badminton players.

To find out injuries in volleyball, information was collected through survey method. In this process, statistical techniques i.e. Mean, Standard Deviation, Percentage, t-ratio were used to comprise the data and to Side, reason of injury, court contribution, season, other game participating, work out, position etc. Total 300 Male and female of university level volleyball player was chosen randomly as a sample for this study. Their age was between 17 to 28yr. Player from varies colleges and universities of Jharkhand were considered for sample of data.

To find out the epidemiological injuries to volleyball players, Survey method was used in support of the records collection. report was gained individually throughout a survey method with the help of questionnaire from man and women volleyball players at competition venue, some of the questionnaire were rejected due to improper information provided by the participants and resend it fill them again at venue and also collected at university competition hosted by Dr.H.S Gour Viswavidhyala sagar (Madhya Pradesh) for men, and Acharaya nagrajuna university Gundur (Andha pradesh) for women.

In this research survey method has been used in which as a questionnaire Cromwell, F.J Walsh Gromely (2000) was made and this questionnaire was prepared for selected Gaelic football
Players was utilized for the present study. Some modifications were made for the requirement and suggestion of the study.

The analysis of data of 150 male and female volleyball players was made. These players were belonging to various colleges and universities. The study examined of the injury occurrence to male and female university volleyball players of Jharkhand state. Significant gender differences in injury sports gender that may have effect on perception of participation in sports

The prevalent aim of the investigation to identify of occurrence of injury related to volleyball players at inter college and university stage by regards just before different place, stage viz. occurrence of injuries owing to ground condition with respect to location, injuries due to style. Volleyball players belonging to different sports, injury occurred during training and competition, reoccurrence due to old injuries, contribution of performance enhancement instrument to injuries, etc.

Total 78 injury out of 300 volleyball athletes be originate out in excess of the phase, 54 (N=150) damages were initiate out in males volleyball players & 30 (N=150) injuries were found in female out in female volleyball players.

Mean and (S.D) age was $18 \pm (2.47)$ years, Mean and (S.D) weight was $50 \pm (5.74)$ kg, Mean and (S.D) height was $165 \text{cm} \pm (5.44) \text{cm}$. There training per week mean was $27 \pm 8.52$ regarding male volleyball players

Similarly, Mean and (S.D) age was $18 \pm (2.47)$ year, Mean and (S.D) weight was $40 \pm (4.28)$ kg. Mean and (S.D) height was $150 \text{cm} \pm 4.28$. There training per week Mean and (S.D) was $30$ times (per week) $\pm 8.52$ regarding female players.

The first hypothesis of the present study was present would do not exist significant gender differences in injury between male volley ball players and female volley ball University level Volley ball players thus the result of the study revealed (table 4.1) that significant gender differences between male and female were found ($t = 12.19$, $p < .05$) to volleyball players. These results shows that male volleyball players were injured as compared to the female volleyball players these result reject the first null hypothesis.

The second hypothesis of the present research was with the purpose of there would not be significant
Differences in injury between male and female University level Volleyball players regarding level of participation thus the result of the study revealed (table 4.2) that significant injury differences were found (t= 0.24, p< .05) these result show that the male and female volleyball players second hypothesis is accepted.

The third hypothesis of the present study was there would not be significant differences in injuries in training workout of male &female University level Volley- ball players thus the result of the study revealed (table 4.3) that significant injury differences were Found (t= 0.53, p<.05 ).these result show that the male and female volleyball players third hypothesis is accepted

The fourth hypothesis of the present study was there would not be significant differences in injuries due to their participation of other sport event of more then three hours in a week. Thus the result of the study revealed (table 4.4) that significant injury differences were found (t= 0.26, p<.05). This result shows that the male and female volleyball players fourth hypothesis is accepted.

The Analyzed data shows that football 13.33%,hockey 12.67%, cricket 9.33%, were the most preferred discipline of sporting event chooses by male volleyball players and handball 8%,kabaddi 8%,basketball 6.67%,archery 4.67,table tennis 3.33%,badminton 2.67% were the preferred discipline chooses by male volleyball players.31.33% male volleyball players was did not play other game. Data shows that hockey 12.67%, badminton 12%, basketball 8.67%, football 8%, cricket 7.33%, handball 6.67%, kabaddi 6.67%, table tennis 5.33%, archery 3.33%, swimming 2.67%, and 26.67% female volleyball players did not play other game.

In the same way other sporting event chosen by male players’ football, hockey, cricket most preferred participated activities more than 3 hours a week to male volleyball players. In the same way hockeys, badminton, basketball, were most participated activities chosen by female volleyball players. Regarding the data only 12.67% female and 20.66%, male players have their own insurance policy Response.

The percentage of each injury sustains to male and female volleyball players with respect to specific location. Knee was the most largest location of injury sustained to male volleyball
players 26.67% and Ankle was the most largest location of injury sustained to female volleyball players 24.67%, back was the second peak injury location to male volleyball players 22% and knee was the second peak 23.33% to female volleyball players.

Shoulder was the third highest injury location to male volleyball players 16% and back was the third highest injury location to female volleyball players 16.67%, male and female reported that their elbow injury to male 4.66% and 4% to female volleyball players, male and female reported that their arm injury that was the comparable 2.66%. male and female reported that their wrist injury to male 4% and 8% to female, shoulder 12.67% for female volleyball players, ankle 14.67% to male volleyball players, finger 2.66% to male and 4.66% to female, other injury location for male and female volleyball players was foot 1.33% male volleyball players and 0.67% female volleyball players, head 0.67 male volleyball players, chest 1.33% to male volleyball players and 0.67% to female volleyball players, nose 0.67% for female and 0.67% male volleyball players, ear, eye, neck 2.66% for a male and 1.33% to female volleyball players.

Regarding the injury side of male and female volleyball players’ right side 60% was the most predominant side of male and 50.67% to female volleyball players, left side 40% was the got second position to male and 49.33% to female. the season wise distribution of injury sustained to male and female volleyball players summer 41.33% and winter 45.33% got equal responses regarding male volleyball players, similarly 43.33% winter the most highest season of injury occurrence exists and summer 40.66% after the responses taken from female volleyball, rainy season was the least 13.33% to male and 16% to female volleyball players. Regarding four of volleyball practice session, were Game, Training, Warm-up, Limber dawn, where game 46% for male and 48.67% for female showed the highest response by male and female players simultaneously. Second most predominant practice sessions were training 37.33% for male and 36% for female. The condition of volleyball court was good as the result of the response indicates 76.67% male volleyball players were responded that the condition of volleyball court did not contributed to injury, the condition of volleyball court was good, and 83.33% of female players were responded same as to male players. Only 23.33% male and 16.67% female players accepted that the volleyball court condition was not appropriated, which may strictly indicate that the condition of volleyball court contributed to injury to male. Overall 55% of male and female (53.33% male and 56.67% female) volleyball players performance to play affected and 46.67% of male and 43.33% female volleyball players performance play did not affect.
In the question of services required for treatment to male and female volleyball players. Data shows that the physiotherapist all over 47.67% was the first choice of male and female players regarding their treatment service and the second choice of male and female volleyball players are doctor all over 24.33%.

On the question of hospital service taken by male and female volleyball players for their treatment, overall 82.67% did not hospitalized due to injury occurrence only 17.33% of total male and female players were hospitalized for management of injury.

Regarding the injury case of male and female volleyball players, jumping was most predominant case of volleyball players injury the 35.33% for male and 37.33% for female, smashing was the second highest case to male 27.33% and 21.33% to female volleyball players, blocking was the third response for case of injury to male 21.33% and 18.33% to female, contact with the ball was the case of injury 9.33% to male and 12.66% for female, any other was the case of injury 6.66% for male and 10% female.

In the question of re-occurrence of injury due to old injury to male and female players the 30% of male and 28% of female responded no (N= 142) beside 27.33% of male and 20% of female reported yes (N=71) data shows that all over 47.85% male and female were reported that the injury occurred was not due to old injury, that the injury occurred was not due to old injury, and only 23.67% of total male and female reported that their injury occurred was due to old injury total 42.33% of male and 52% of female did not responded (No Answer) overall (47.33%).

In the question of playing position of volleyball game, percentage of the response reported by male 32.67% and 34% for female was smasher, percentage of the defending position 21.33% of male and 23.33% of female, percentage of the all-rounder position for 22.67% male and 24% to female. And 23.33% to male and 28.66% to female volleyball players was lifter.

The facility of separate volleyball court in university and colleges, male 92.67% and female 88% of female, overall 90.33 of male and female volleyball players were responded, separate volleyball court available in their college and male 7.33 and female 12%, overall 19.33% of male and female volleyball were reported, that the facility of volleyball court available in different university and colleges.

In the question regarding college and university provides facility of protecting equipment,
percentage of the response reported by male and female volley-ball player reveals that the overall 37.67% of male and female agreed that players provides facility of only 62.33% male and female reverse that. The percentage of responses regarding the question of use performance enhancement equipment during practice, 32% of male and 55.33% of female volleyball players were reported yes and 66.67% of male and 42% of female were reported not use protecting equipment. The use protecting equipments, 1.33% male and 2.67% of female were reported no answer.

The responses regarding self training or training by trained coach, 64.67% of male and 46.67% of female were reported self training and 35.33% male and 53.33 of female reported training by trained coaches.