Abstract

Football is the most hazardous of team sports and injury is a frequent event in football. Football requires a variety of physical and motor fitness with sound playing tactics. It is an enjoyable and social sport than can be played from childhood to old age, either at a recreational level or as competitive sports. Football playing largely involves starting, running, slopping, twisting, jumping, kicking, and turning movements that place the players to higher risk of football injuries. The primary aim of the doctoral research was to determine the retrospective study of injuries prevalence during time period in football players. Football is a high risk collision sport and injury is common in football players. The football injuries can be define as any physical complaint by the footballers during match playing and training or practice period it may be contact or non contact. Contact may be contact with players to players, players to referee and players to goal post however may be running, jumping and turning.

In the light of the above, the investigators become interested in determining the possible risk factors involved in football injuries, mechanism of injuries severity of injuries and psychological factors as a predictors of injuries in Indian football. The problem was stated as “A Retrospective Study of Injuries Prevalence in Football players” taken up to assess the level of familiarity of these subjects among football players. Retrospective studies are related to some form of questionnaire and ask players to recall injury that occur over a specific period. This explores and measures the injuries prevalence in football players. It was further aimed to help the Sports Scientist and Administrators to enable them to for mutate a better procedure to minimize the incidence of injuries to football players.

Objectives

1. The primary objectives of the research is to quantify injuries in footballers and to know the origin, sites, reason, period and the other risks factors involve in injuries, injuries mechanism severity and psychological factors involved and

2. To suggest the remedial measures for different injuries of football player in particular and sports related injuries in general of Athletes.
The present study is undertaken to know the injuries related factors and mechanism, of injuries sustained in football which about the existence of knowledge is a greatest significance of the study. The results of this study may also help to contribute the prevention and reduction of injuries among football players. This research may inform policies and practices designed to improve the awareness in football players, coaches and physical educationist regarding the ill effects of injuries on sport performance. Ultimately, the findings will reduce the football injuries particularly and sports injuries in general and enhance the quality of game in the players. I expected that this research not only to contribute to prevention of football injuries and enhance the football performance, but also to demonstrate the tremendous potential of research on prevention of different—different sports injuries in countries such as India.

Results from this study could be useful for policymakers, coaches sportsperson and physical educators as they work to construct programmes and policies regarding prevention of injuries and maintaining a high sports performance in the country. Having a clearer understanding of how sportsperson perform themselves in a sports competition, within a national context, It may also contribute to help the physical Educators, football expertise and coaches to know about the importance of correct technique thereby avoid the occurrence of injuries to football players and ensuring the peak performance in the football. It may also provide insight to football players and football related experts will know about the benefit of free injured environment in football performance in predicting success of football players. This study will also helps the football expertise to find out the level of incidence of injuries among competitive football players and then apply the different remedial as well as manipulative technique to bring their injuries to the very low level. The results of the study would add further scholarly knowledge to the existing literature of sports medicine and sports sciences. Finally, this research may contribute to give the important information regarding occurrence of injuries for a better understanding of causes of sports injuries on football players particular and athletes in general.
This study involves a injuries survey in football players in a non-experimental, retrospective design. This explores and measures the injuries prevalence in football players. For the present study, a modified questionnaire made by Cromwell, and Gromely (2000) was utilized after the modification of these questionnaires and the test-retest reliability was found out 0.94 by the researcher. The questionnaires divided into two parts. A and B part consisted of questions of the morphological and personal characteristics of the footballers, with the details of educational qualification birth order age, weight, and height training duration, weekly training, warm up period, no. of completion in one year, any sporting activity other than football participated more than two hours in a week, feeling before completion and feeling before practice etc. The respondent were needed to fill-up the questionnaire for each injury in one year. Some questionnaires were distributed to football players personally and some cases contacting footballers at the venue of State, University, and National tournament held at different places. Instructions were given to the footballers before filling these questionnaires by the researcher, football coach and football experts. Participation in this study was strictly voluntary. The investigator wish to participants that their data is confidential and never use for any purpose. The data was collected individually through a questionnaire from 500 football players of different Academy, Clubs, State and University separately, investigator contacting footballers personally and some cases at the venue of Inter-varsity, State tournaments. The statistical computation of data of the present study is used by using SPSS package in the computer. Total 288 injuries out of 500 football players were found out over the one year of the period. 107 football players were participated in any sporting activity other than football more than two hours a week; 23 football players participated in Cricket, 14 Volleyball, 10 Basketball, 16 Hockey, 07 Swimming, 07 Kho-Kho, 08 Kabaddi, Track and field 24 and 11 others games and sports. The result reveals that the most of the football players have participating in cricket, hockey volleyball and basketball in any sporting activity other than football more than two hours a week. 6.27% football players reported their physical abnormalities of Bow leg, 7.58% football players reported physical abnormalities with respect to Knock Knee, 07.94% football players reported their physical abnormalities with respect to Flat foot and 75.89% football players have no physical abnormalities. 83.89 % football players played with using right leg, 16.13%
football players were played by left leg, and 21.40% football players were played by their both legs. Most of the football players played to Right legs. 46.82% football players have taken training by trained coach. While 43.17% football players taken coaching by the untrained or self. 30.04%. Football players felt relax, 27.78% football players felt Motivated, 15.20% football players felt stressful, 11.35% football players felt happy, 09.15% football players felt anxious and 07.88% football players others. Maximum percentage of football players felt Relax, Motivated, and stressful before competition. 22.56% football players felt relax, 19.12% football players felt Motivated, 18.40% football players felt stressful, 24.45% football players felt happy, 08.33% football players felt anxious and 03%. 67 football players felt others. The maximum percentage of football players felt Relax, Happy, Motivated and Stressful. Football players sustained injuries in the month of January (5.6%), February (5.6%), March (3.2%), April (2.4%), May (7.2%), June (8.8%), July (12%), August (19.2%), September (14.4%), October (11.2%) November (0.8%) and December (9.6%). Maximum injuries were occurred during the months of August, September, October and December to footballers. 49.17% football players reported absent from training due to injuries while 49.67% football players not absent from training due to their injuries. 23.78% football players were affected their play due to injuries, however 76.00% football players not affected their ply due to their injuries. Doctor treated 50.90% football players, Physiotherapist treated 13.89% football players, 36.46% football players treated their injuries by others or self. 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. The percentage of injuries with respect to location among football players. 6.4% footballers sustained injuries in Shoulder, 23.2% in Ankle, 20% in Knee, 10.4% in hamstring, 11.2% in Groin, 4% in Lower Leg, 8% in hand, 4.80% in Foot, 2.40% in Upper Arm, 1.6% in Eye, 2.40% in Back, 1.6% in Hip, 1.6% in Elbow and 1.6% in chest injuries sustained to the football players. Ankle, Knee, Groin and Hamstring are most commonly site of injuries to footballers. 14.06% occurrence of injuries to football players due to Stumble. 18.39%
injuries due to Tackle. 14.33% injuries due to Collision. 10.30% injuries due to Running. 08.50% injuries due to Twist. 05.40% injuries due to Contact with ball. 17.70% injuries due to Foul play and 09.30 % injuries occurred due to others Mechanism. Stumble, Collision and Tackle are most occurrences of injuries to football players. Age group (14-21) football players occurred injuries due to Stumble (14.13%), Tackle (12.23%), collision (17.60%), Running (10.09%), Twist (15.52%), Contact with ball (09.90%), Foul play (14.69%) and others (05.40%).Twist ,Collision and foul play are most occurrence of injuries to young groups football players.While considering Age group (22-30) football players occurred injuries due to Stumble (13.10%), Tackle (14.18%), collision (11.60%), Running (10.05%), Twist (11.45%), Contact with ball (10.77%), Foul play (14.12%) and others (07.66%).Foul play Running, Twist and Collision are most occurrence of injuries to Age group (22-30) football players. Thus, the researcher of this study suggest that there was no fair play in competition. The results obtained from ,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%. Table 16 illustrates the percentage of injuries occurred during the period among age wise football players.26.10 % Age group (14-21)football players occurred injuries during first half ,29.39% injuries occurred during second half ,39.87% injuries occurred during the training period and 06.12% injuries occurred during warm period.However, 18.43 % Age group (22-30) football players occurred injuries during first half ,23.78% injuries occurred during second half ,48.77% injuries occurred during the training period and 06.65% injuries occurred during warm period. Football players reported injuries in muscle (54.80%), Ligament (20.45%), Fracture (10.20%), Pain (06.92%), and others (07.11%). Muscle and ligament are most occurrence injuries to football players. Age (14-21) group football players reported injuries in muscle (43.67%), Ligament (28.44%), Fracture (11.34%), Pain (03.66%), and others (11.23%).Muscle and Ligament are most commonly injuries to age group (14-21) football players. Meanwhile, Age(22-30) football players reported injuries in muscle (47.56%), Ligament (22.12%), Fracture (16.40%), Pain (03.30%), and others (08.29%).Muscle and ligament are more occurrence of injuries to young groups football players with
respect to nature. 76.66% football players occurred injuries in their right leg and 23.06% in left leg respectively. 74.66% Age (14-21) group football players occurred injuries in their right leg and 25.11% in left leg respectively, while 78.34% age (22-30) group football players reported their injuries in right leg and 21.22% in left leg of age (22-30) group football players. Offender football players reported their injuries in 45.78%, Defender football players reported their injuries 30.69%, and Midfielder football players reported their injuries in 24.23%. Age (14-21) group Offender football players reported their injuries in 43.00%, Defender football players reported their injuries 36.61%, and Midfielder football players reported their injuries in 21.54% while Age (22-30) group Offender football players reported their injuries in 44.97%, Defender football players reported their injuries 33.54%, and Midfielder football players reported their injuries in 22.43%. Finally, this research may inform policies and practices designed to improve the awareness in football players coaches and physical education teachers regarding the effects of football injuries on sport performance. Ultimately, the findings will reduce the football injuries particularly and sports injuries in general and enhance the quality of game in players. Findings of this study will be implication for health professionals working with sport person. It will provide empirical validation of differences in the injured and non injured football players and their health.