

A Survey of Injuries Prevalence in Varsity Volleyball Players

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Abstract

The primary objectives of the study was to qualify the injuries of varsity volleyball players and to determine the nature, location, causes, outcome of injuries and the possible risk factors involved. Information on injuries was collected through a questionnaire from members of twelve Indian varsity teams participating in all India Inter Varsity tournament held in Dr. Babasaheb Ambedkar Marathwada University, Aurangabad Maharashtra in December 2007. The age range of the players was 18 to 25 years. 58% of players were in the age range of 22 to 25 years. The volleyball players were asked to recall injuries over the preceding one year period. A total of 121 out of 144 volleyball players sustained injuries. One hundred seventy eight injuries were recorded of which 36% injuries were of recurrent nature. Lower limb injuries were found to be predominant; the ankle and knee being the most commonly injured anatomical location. Most injuries involved soft tissue and related to the muscle and tendon. Most common circumstances giving rise to injuries were spiking (33.70%), blocking (24.15%), diving (17.41%) and setting (11.23%). It was further observed that volleyball players directly involved in attack or defense were found to be more susceptible to injury. Muscle injuries were observed to be the most common type. Spiking is the most common cause of injuries. The results of the research provide a useful insight into the nature, incidence and sites of injuries in varsity level volleyball players.

Key Words: Job Satisfaction, Government Schools, Private Schools, Public Schools

Introduction

Volleyball is a game that can be played by all ages and both sexes indoors and outdoors. It can be highly competitive, requiring a high level fitness, agility and co-ordination, or it can be a relaxing and highly enjoyable recreation. The players of the game require competitively concentration, quick thinking and a great deal of movement. In addition the speed of the game requires the players to take quick decisions because of the quick changing situations of attack and defense (*Nicholls 1978*).

Volleyball requires a variety of physical attributes and specific playing skills therefore participants need to train

and prepare to meet at least a minimum set of physical, physiological and psychological requirements to cope with the demands of the game and to reduce the risk the injuries.

Volleyball playing largely involves, jumping, stretching, twisting. Diving, spiking and turning movements' that place the players to greater risk of injuries. (*Waston A 1993*)

In the epidemiological studies, injury occurs in training or matches, interrupt or hampered play (*Sinku 2006a, b & 2007*). Special treatment is required in order to continue the game, or if the injury has made playing impossible.