

Biological Maturity of Injuries Sustained due to Causes among Football Players

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Abstract

The primary aim of the present study was to compare the incidence of injuries sustained due to causes among three groups of competitive football players. The investigator has made an attempt to classify or define the groups of football players based on the aged of the football players. Accordingly three groups of football players were targeted; Junior, Young and Senior groups football players aged between 14 to 30 years. The investigator 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 was collected from 685 elite football players of three groups. Total 480 injuries out of 388 football players were found out over the one year of the period. Means, Standard deviations, one way analysis of variance and post hoc test were utilized to compare the incidence of injuries among three groups of football players. The result reveals that there was statistically significant difference of incidence of injuries with respect to causes found in Stumble ($F=6.68, <.05$) and Tackle ($F=13.30, <.05$) However, there were insignificant difference of incidence of injuries found in Collision ($F=.90$), Running ($F=.1.25$), Contact with Ball ($F=1.93$), Foul play ($F=0.25$), Twist ($F=2.23$) and Kicking the Ball ($F=0.75$).

Key words: Health related physical fitness, reaction ability, Rural, Urban

Introduction

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 (*Griffith, 1989; Wastan, 1993; Junge, 2000*). In football overuse injuries are the most frequent incidences of injury; and injuries are traditionally divided into contact and non contact causes in which case contact refers to players contact. Some of the forces

involved in a non contact injury are transmitted from the playing surface to the injured body part. (*Orchard et al, 2001*)

Injuries in football normally occur due to physical contacts. Even though injuries in football are driven by several factors, factors such as the physical and the lack and/or improper physical preparation, the violence and harsh playing style of the opponents, Injuries in sport activities can occur for many reasons such as stumble, tackle, running, foul play and collision. (*Cromwell & Gromely, 2000*) No matter how safe the environment or how well conditioned the athlete is will sometimes inevitably produce some