

Athletes' Knowledge about Preventing Sports Injuries like: Achilles Tendinitis (AT), Runner's Knee (RK)/Patellofemoral Pain Syndrome (PFPS) and Shin Splints (SS), as Prime Prevention Strategies in Slowing Ageing Process.

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Abstract

This study was conducted to investigate the prime prevention strategies in slowing ageing process amongst Njala University, Njala Campus Athletes in Njala, Southern Sierra Leone. The significance of the study is to investigate the athlete's knowledge in preventing sports injuries like: Achilles Tendinitis (AT), Runner's Knee (RK)/Patellofemoral Pain Syndrome (PFPS) and Shin Splints (SS), as prime prevention strategies in slowing ageing process. A total of one hundred and fifty athletes (n=150) mainly undergraduates [(95 male representing 63% and 55 female representing 37%; 70 Christians representing 47% {40 male Christians representing 27% & 30 female Christians representing 20%} and 80 Muslims representing 53% {55 male Muslims representing 36.6% & 25 female Muslims representing 16.6%}; 10 married representing 7% {6 male married representing 4% & 4 female married representing 3%} and 140 single representing 93% {89 male single representing 59% & 51 female single representing 34%}; 100 from South-East representing 67% {65 male representing 43.3% & 35 female representing 23.3%} and 50 from North-West representing 33% {30 male representing 20% & 20 female representing 13%}] were randomly selected without replacement from four Schools [(65 from School of Agriculture & Environmental Science representing 43% {40 male representing 26.6% & 25 female representing 16.6%}, 85 from School of Education & Technology representing 57% {55 male representing 37% & 30 female representing 20%}]] at four levels [(125 from level 100-200 representing 83% {80 male representing 53% & 45 female representing 30%}, 25 from level 300-400 representing 17% {15 male representing 10% & 10 female representing 7%}]], 90 within the age range of (18-25) representing 60% {60 male representing 40% & 30 female representing 20%} and 60 within the age range from (26-30+) representing 40% {35 male representing 23% & 25 female representing 17%} in years. The Dependent t-test (t) was used to compare the results of the findings. The results were tested @ $p < 0.05$ level of significance. Analysis of results from athletes' knowledge in preventing sports injuries like: Achilles Tendinitis (AT), Runner's Knee (RK)/Patellofemoral Pain Syndrome (PFPS) and Shin Splints (SS), show one third (1/3) of significance difference (t value = 4.873) when tested @ $p < 0.05$ with a constant value {c} of 2.571 and two third (2/3) of insignificance difference (t values = -4.949 and -1.112) when tested @ $p < 0.05$ with constant value {c} of 2.571 using the degree of freedom equals five (i.e. df = 5) between the 'Yes' or 'No' answers given by NUNC athletes. This can also be witnessed in the frequency distribution tables, percentages and mean values. In conclusion, the finding shows that Njala University, Njala Campus (NUNC) athletes were experienced in the knowledge of prime prevention strategy in slowing the ageing process of athletes with respect to preventing sports injury like: Runner's Knee (RK)/Patellofemoral Pain Syndrome (PFPS), but minimum or little knowledge about preventing sports injuries like: Achilles Tendinitis (AT) and Shin Splints (SS). In recommendation, the most effective approach in improving athlete's knowledge in preventing sports injuries like: Achilles Tendinitis (AT), Runner's Knee (RK)/Patellofemoral Pain Syndrome (PFPS) and Shin Splints (SS), as prime prevention strategy in slowing ageing process amongst NUNC athletes is by giving them compulsory seminars, workshops, screening and remedial measures before and after any intra and extramural competitions.