

# A Survey of Common Injuries Occurrences in Kabaddi

Amol Datar<sup>1</sup>, Sinku Kumar Singh<sup>2</sup>

Research Scholar , Swami Ramanand Teerth Marathwada University , Nanded (MS)<sup>1</sup>

Swami Ramanand Teerth Marathwada University, Nanded (MS)<sup>2</sup>

**Abstract:** The prevalent objectives of this study were to quantify the **Common Injuries occurrences in Kabaddi**. Information on injuries were collected from 250 Kabaddi players from Marathwada region of Maharashtra , who were participating in intercollegiate state and inter university Kabaddi. A Total of 94 out of 250 Kabaddi players have reported their injuries in one year period . 146 injuries were recorded of which 28% were recurring injuries. The age ranged was 16 to 30 years, 68% of players were in range of 20 to 25 years Lower limb injuries predominated, the ankle and knee being the most commonly injured site of Kabaddi players.

**Keywords:** Common injuries, kabaddi, Marathwada region.

## INTRODUCTION

The game is known by numerous names in different parts of South Asia, such as: kabaddi or chedugudu in Andhra Pradesh and Telangana; kabaddi in Maharashtra, Karnataka and Kerala; kabadi or ha-du du in Bangladesh; bhavatik in Maldives, kauddi or kabaddi in the Punjab region; hu-tu-tu in Western India, hu-do-do in Eastern India; chadakudu in South India; kapardi in Nepal; and kabadi or sadugudu in Tamil Nadu. Kabaddi is a popular Indian sport which is originated from India and has spread to, Pakistan, Bangla Desh, Iran, Japan, , Nepal, Canada etc. It is also the national game of Bangladesh and Nepal. Internationally, the game has been a part of the Asian games since 1990 for both men and women apart from various professional leagues and other international tournaments .Kabaddi is one of the most popular sports in the Indian and Maharashtra . Kabaddi has been demonstrated to be among the most hazardous of semi contact team sports. High velocity trauma and direct contact between sportsmen have made of Kabaddi a kind of a combat sport, connecting both the consequences of chronic and acute injuries. Kabaddi requires a variety of physical and motor fitness with specific playing skills. It is non expensive rural sport and easy to reach every people. In Kabaddi injury are traditionally divided into contact and non-contact mechanisms in which case contact refers to player to player contact. Some of the forces involved in a non-contact injury are transmitted from the playing surface to the injured body part. Not much studies have been made about survey in the area of injuries so the attempt has been made to conducted in this area.

## METHODS

Information on injuries were collected from 250 Kabaddi players from Marathwada region of Maharashtra , who were participating in intercollegiate state and inter university Kabaddi. A questionnaire prepared by the investigator and found out the reliability and validity. Means, Standard Deviation and Percentages were utilized to identify the injury and physical characteristics. The investigator personally contacted with the Kabaddi 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 the questionnaire.

## RESULTS

A Total of 94 out of 250 Kabaddi players reported injuries. 146 injuries were recorded. Their age range was 18 to 28 years, 72% of Kabaddi players were in range of 20 to 25 years.

**Table – 1**  
**Mean Scores and Standard Deviations of selected Components of Kabaddi players**

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.12	5.14
2.	Weight (Kg)	67.89	6.78

3.	Height (cm)	169.50	09.84
4.	Training (days/week)	03.23	1.32
5.	Training duration (minutes)	90.05	10.89
6.	Warm up (minutes)	15.78	3.10
7.	Competition in one year	12.34	2.98

**Table-2.** shows that the mean scores and standard deviations of the selected components of the **Kabaddi players**. Mean Score (S.Ds.) age of **Kabaddi players** was 22.12 (5.14) years, mean score (S.Ds.) of weight was 169.50 (09.84) Kg., mean score (S.Ds.) height was 161.56 (53.07) cm., their training mean score (S.Ds.) was 03.23 (1.32) days, their training duration mean score (S.Ds.) was 90.05 (10.89) hours, their warm up mean score (S.Ds.) was 15.78 (3.10) minutes and competition mean score (S.Ds.) was 12.34 (2.98) in one year.

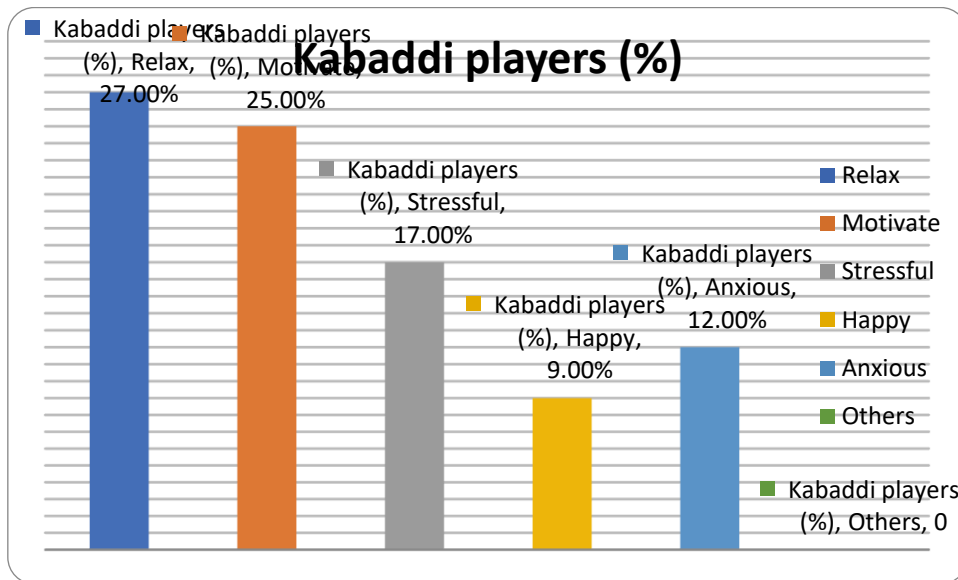
**Table – 2**  
**Percentage of feeling before competition among Kabaddi players.**

Sr.No.	Psychological factors	Kabaddi players (%)
1)	Relax	27.00%
2)	Motivate	25.00%
3)	Stressful	17.00%
4)	Happy	09.00%
5)	Anxious	12.00%
6)	Others	10.00%

Table-6, shows that the percentage of feeling before competition among Kabaddi players. 25.00% Kabaddi players felt relax, 25.00%, Kabaddi players felt Motivated 17.00% Kabaddi players felt stressful, 09.00% Kabaddi players felt happy, 12.00% Kabaddi players felt anxious and 10.00% Kabaddi players others.

The result reveals that maximum percentage of Kabaddi players felt Relax, Motivated, and stressful before competition.

**Figure-1 Percentage of feeling before competition among Kabaddi players**



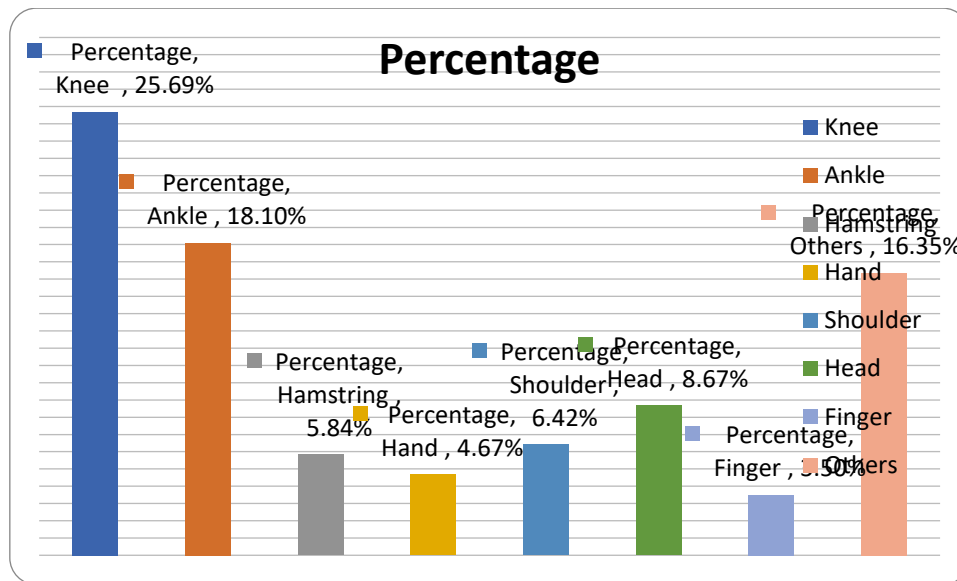
**Table-3**  
**Percentage of Injuries of Kabaddi Players with respect of site**

Sr. No.	Injuries Site	Percentage
1.	Knee	25.69%
2.	Ankle	18.10%
3.	Hamstring	5.84%

Sr. No.	Injuries Site	Percentage
4.	Hand	4.67%
5.	Shoulder	6.42%
6.	Head	8.67%
7.	Finger	3.50%
8.	Others	16.35%

**Table-3 shows the Percentage of Injuries of Kabaddi Players with respect of Location**

**Percentage of Injuries of Kabaddi Players presented graphically through figure -2**



## DISCUSSION

**Kabaddi is an enjoyable and social sport than can be played from childhood to old age, either at a recreational level or as competitive sports.** Results shows the most commonly occurrence of injuries reported by Kabaddi players were , Ankle (25.69% ), Knee (18.10%), Hamstring (5.84%), Hand (4.67% ), Shoulder (6.42%), Head (8.67%), Finger (3.50%) and Others (16.35%) etc above Table shows that the more injuries were occurred in Ankle, Knee and Shoulder. Sports and games related injuries result from acute trauma or repetitive stress associated with sporting activities. In several cases, these types of injuries may occur due to over physical work that participating in a particular activity most of the sport injuries occur while participating in games and sports, tournaments, training period , or fitness activities. Kabaddi, soccer, basketball, cricket, volleyball, skiing, tennis as well as contact sports are high risk injuries. Kabbadi players are prone to injury at the different stages of the game, like: When the defenders try to stop the raider from getting back to his base, by holding onto his ankle or leg. Waston (1993) found that lower limb injuries were most common in contact sports. In this present study, most frequent site of injury is the ankle and knee. The probable explanation for the high incidence of ankle and knee injuries in Kabaddi are that the running, side stepping, jumping, kicking and turning involved in the Kabaddi. Kabaddi has been demonstrated to be among the most hazardous of organized team sports and injury is a frequent event in Kabaddi. Kabaddi playing largely involves starting running, slopping, twisting, jumping, kicking, and turning movements that place the players to greater risk of injury. 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 provide valuable information for a better understanding of causes of sports injuries on Kabaddi players particular and athletes in general.

Injuries in Kabaddi 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, and other factors like psychological profiles also need to be considered

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