

A STUDY OF INJURIES PREVALENCE IN KABADDI PLAYERS

Dr. Uday Chavan

LBS College, Dharmabad , Nanded (Maharashtra)

Abstract: The method of sample was purposive –A non-random method of sampling design for Kabaddi players with a specific purpose. Total 500 Kabaddi players from different districts were selected as sample size of the study. The data was collected through respondents in the form of Questionnaires from 500 elite level Kabaddi players. Soft tissue and Ligament are most occurrence injuries to Kabaddi players. more injuries were occurred in Ankle, Knee to the Kabaddi Players with respect of Location. In upper extremities, the more injuries were occurred in Finger and Shoulder to the Kabaddi Players

INTRODUCTION

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. 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. Low level of physical fitness Accidents, Bad sports training technique or foul play can cause injuries most often. **Kabaddi** is a contact team sport in Ancient India. Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, touch out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tags or tackle.

METHODS

This study was involve a descriptive study of Kabaddi players in a non-experimental, retrospective research design. Retrospective studies usually employ some form of questionnaire over a particular period. The method of sample was purposive –A non-random method of sampling design for Kabaddi players with a specific purpose. Total 500 Kabaddi players from different districts were selected as sample size of the study. The data was collected through respondents in the form of Questionnaires from 500 elite level Kabaddi players of different Academies, Clubs, and Universities separately , investigator contacting Kabaddi personally and some cases at the venue of Inter-varsity, State tournaments. The Kabaddi players was require filling out a questionnaire for each injury for one year. In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducted with human beings . The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight daily smoking, drug use, etc. was obtained before seeking responses. The data was checked for accuracy and completeness and was coded and entered into the Statistical Package for Social Sciences software version. Descriptive statistics for all studied variables, percentage, was used for the present study .

RESULT AND DISCUSSION

Table – 1

Personal Characteristics of Kabaddi players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	21.56	3.45
2.	Weight (Kg)	68.56	6.09
3.	Height (cm)	167.75	10.56
4.	BMI	19.67	04.76

Table- 1 shows that the mean scores and standard deviations of personal Characteristics of the Kabaddi players. The mean scores and standard deviations of personal Characteristics of the Kabaddi players has been presented graphically in figure -1

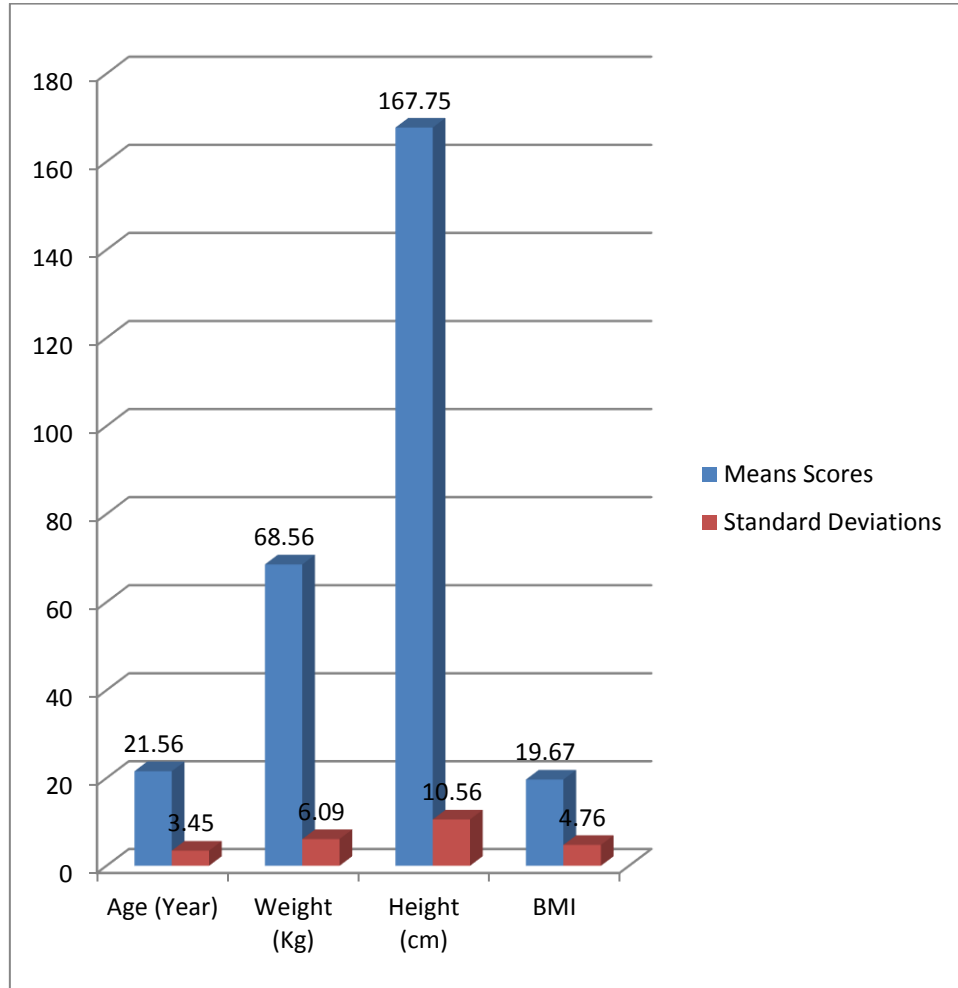


Figure -1 Shows the mean scores and standard deviations of personal Characteristics of the Kabaddi players

Table-2
Percentage of Nature of Injuries Occurrences in Kabaddi players

Sr. No.	Nature	Percentage of injuries
1)	Soft Tissue	56.00%
2)	Joint	24.00%
4)	Fracture	09.00%
5)	Pain	06.00 %
6)	Others	05.00%

Table-2 , shows that the percentage of injuries with respect to nature among Kabaddi players, The percentage of injuries with respect to nature among Kabaddi players has been presented through figure-2

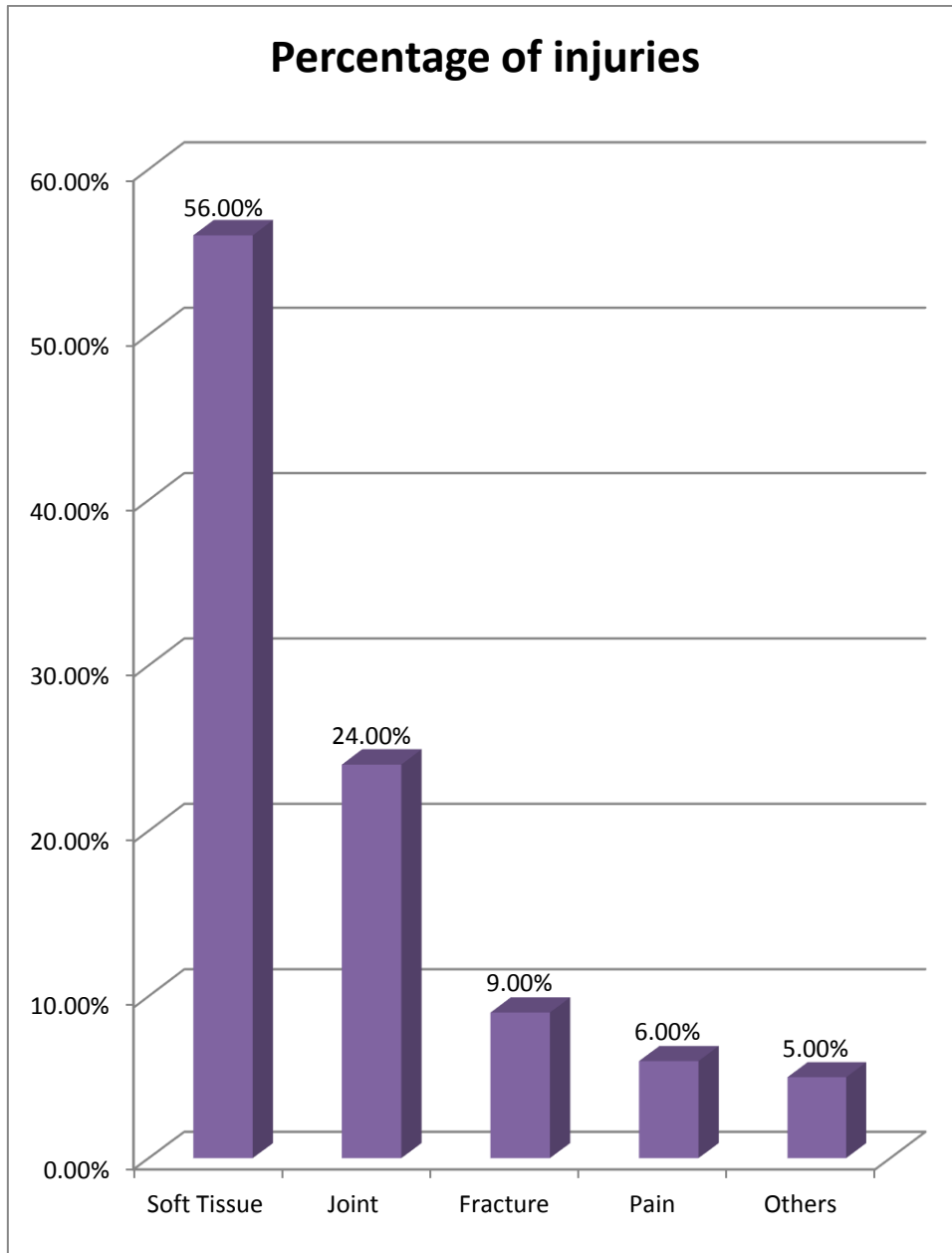


Figure-5 , shows that the percentage of injuries with respect to nature among Kabaddi players

Table-3

Percentage of Lower extremities Injuries of Kabaddi Players with respect to Location

Sr. No.	Location	Percentage
1.	Knee	56.00%
2.	Ankle	28.00 %
3.	Hamstring	7.00%
4.	Others	05.00%

Table-3 shows the Percentage of Injuries of Kabaddi Players with respect of Location. The Percentage of Injuries of Kabaddi Players with respect of Location has been illustrated through figure-6

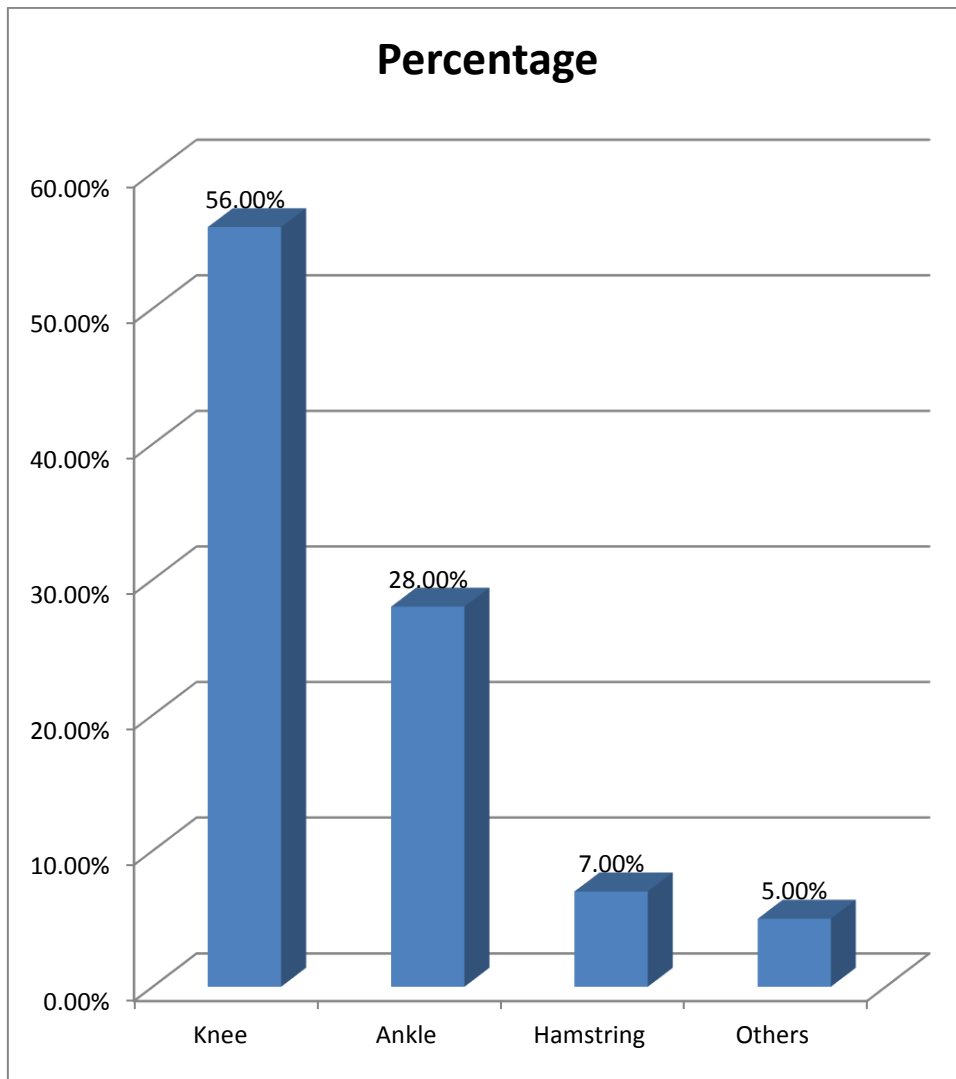


Figure -7 shows Percentage of Injuries with respect to Nature of Kabaddi Players

Table-4

Percentage of Upper Extremities Injuries of Kabaddi Players with respect of site (Location)

SR. NO.	INJURIES SITE	PERCENTAGE
1.	Hand	26.00%
2.	Shoulder	50.00%
3.	Head	9.00%
4.	Finger	12.00%
5.	Others	3.00%

Table-4 shows the Percentage of Injuries of Kabaddi Players with respect of Location. The Percentage of Injuries of Kabaddi Players with respect of Location has been illustrated through figure-4

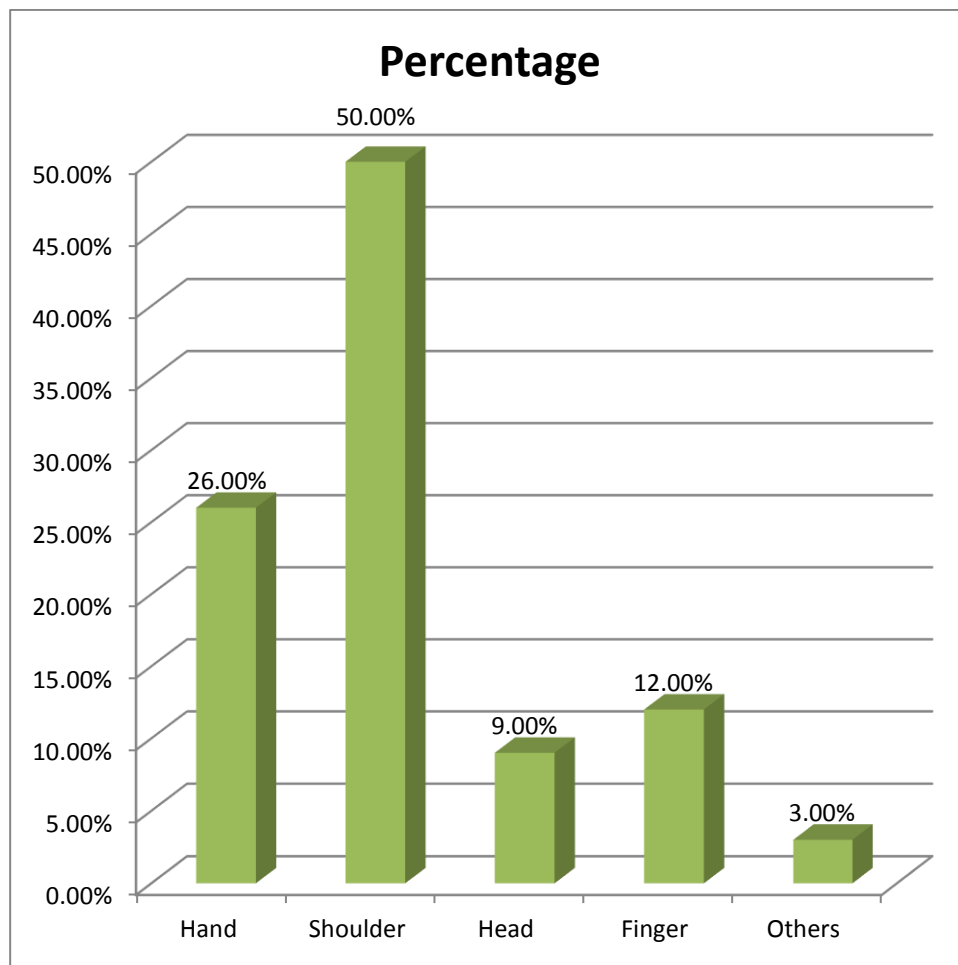


Figure-8 shows , the Percentage of Injuries of Kabaddi Players with respect of Location

DISCUSSION

Mean Score (S.Ds.) age of Kabaddi players were 21.56 (3.45) years, mean score (S.Ds.) of weight of Kabaddi players were 68.56 (6.09) Kg., mean score (S.Ds.) height of Kabaddi players were 167.75 (10.56) cm. The mean score Body Mass Index (BMI) of Kabaddi players were 19.67 and standard deviations of 0.76 respectively. the results of the study indicates that 56.00%, Kabaddi players reported injuries in Soft Tissue , 24.00% reported injuries in Ligament, 09.00%, reported Fracture, 06.00 % reported Pain, and others reported 05.00% of injuries. Soft tissue and Ligament are most occurrence injuries to Kabaddi players. Results shows the most commonly occurrence of injuries reported by Kabaddi players were , Ankle (56.00%), Knee (28.00%), Hamstring (7.00%), and Others (05.00%) etc above Table shows that the more injuries were occurred in Ankle, Knee to the Kabaddi Players with respect of Location. Results shows the most commonly occurrence of injuries reported by Kabaddi players were , Hand (26.00%), Shoulder (50.00%), Head (9.00%), Finger (3.50%) and Others (03.00%) etc above Table shows that the more injuries were occurred in Finger and Shoulder to the Kabaddi Players with respect of Location.

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