

Volleyball Player: Prevalence of Sports Injuries in College

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ABSTRACT

The concern of this study was to survey the injuries of under school volleyball players of Calicut College and to include the nature, region, causes and consequences and potential risk factors of injuries. Loss information was collected through a poll of players from 10 school groups for the Calicut College and University Volleyball Championship held in November 2013 at St. Mary's School, Sultanbathery, Wayanad. The age of the players was between 18 to 23 years. . Players were asked to recall recent injuries. Out of a total of 93 players, 65 had persistent injuries. Lower extremity injuries were found to be overwhelming, with the lower leg and knee being the most commonly injured areas of the body. Most of the injuries were identified with delicate tissue and muscles and ligaments. The most widely recognized possibilities of climbing injuries were spiking (35.7), jumping (19.2), blocking (24.5), and setting (13.2) and others (7.4). There is a common belief that volleyball, particularly assault or contact with the barrier, has shown to cause more damage. Muscle injuries appear to be the most persistent type. Spiking was the most widely recognized motive behind the injuries. This review demonstrates this and provides very helpful knowledge about the nature, incidence or rate and area of injuries in school volleyball players.

KEYWORDS: volleyball players, Sports Injuries, defense situations, University Tournament.

INTRODUCTION

Volleyball is a great diversion; likewise, it can be a colorful and deeply agreeable entertainment. It is a pastime that can be played by all age groups and both genders inside and outside the dividers. It can be extremely aggressive requiring unusual posture fitness, dexterity and co-ordination. Recreational athletes require focus, quick reasoning and a lot of development. What's more, the pace of the game requires players to make quick choices due to suddenly changing attack and defense situations.

Playing volleyball generally involves extending, twisting, bouncing, twisting, twisting, spiking events that put players at high risk of injury. Investigation of sports damage measurements shows that damage occurs during preparation or matches, hindering the game.

Volleyball has little place in the zone of sports prescription and recovery. It is a generally safe pastime yet ruled by abuse injuries, so the recovery time from injuries is moderately long, however volleyball players have lost some time back to the court, along these lines harming natives are abused. In volleyball, injuries are always separated into contact and non-contact systems in situations where the player is contacted. Non-contract injuries extend from the playing field to the site of injury.

Analysts have led an examination to explore potential risk factors associated with playing volleyball because of the lack of data on sports injuries and the amount of data specifically identified

with playing volleyball.

STRATEGIES

Data were collected on volleyball injuries among 10 school groups who participated in the Calicut University Bury University Tournament in November 2013 at Sultanbathery, Wayanad, Kerala.

When all was said and done, a survey conducted by experts with the help of the manager was given to the members to focus on the incidence of game injuries. Athletes were asked to recall their injuries during the first one-year period. 93 players were tested. Mean scores, standard deviations and rates were determined and used to distinguish the nature, area and explanation behind the loss.

The researcher directly approached the officers of 10 groups and told them the objectives of the examination. He also provided point by point guidelines for the players to fill in the survey. A total of 105 polls were administered and returned after completion by 93 volleyball players, recording a general response rate of 88.57 %.

Discussion

Volleyball is a great diversion; Likewise, it can be a colorful and deeply agreeable entertainment. It is a pastime that can be played by all age groups and both genders inside and outside the dividers. It can be extremely aggressive requiring unusual posture fitness, dexterity and co-ordination. Recreational athletes require focus, quick reasoning and a lot of development. What's more, the pace of the game requires players to make quick choices due to suddenly changing attack and defense situations.

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Conclusion

This review demonstrates this and provides very helpful knowledge about the nature, incidence or rate and area of injuries in school volleyball players. Mean scores, standard deviations and rates were determined and used to distinguish the nature, area and explanation behind the loss. A total of 105 polls were administered and returned after completion by 93 volleyball players, recording a general response rate of 88.57 %. Mean scores, standard deviations and rates were determined and used to distinguish the nature, area and explanation behind the loss. A total of 105 polls were administered and returned after completion by 93 volleyball players, recording a general response rate of 88.57 %.

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