

A pilot study examining injuries occurrence to inter-collegiate volleyball players

■ HEMANT VERMA AND VASANT PATIL

Received : 17.02.2012; Revised : 05.03.2012; Accepted : 20.03.2012

■ ABSTRACT

The purpose of the present study was to sketch out a pilot study for the injury prevalence among university level male and female volleyball players. A Questionnaires prepared by Cromwell, and Walsh Gromely (2000) for Elite Gaelic Football Players was utilized after the modification required for the nature of the study. Total number of population was 1000 in which 80 (n=40+ 40) male, female subjects were taken. Players who had been participating in inter collegiate tournament held at C.S.M.S, Jalgaon 2009. were considered for the present study. Their age ranged from 17 to 24 years. Mean, standard deviation and percentages were utilized to identify the location, nature, injury sustained season, causes of injuries, etc. to volleyball players. Most of the injuries of male and female players were sustained in upper limb; shoulder injuries were the most occurring injuries among the players. Lower limb injuries of male occurred to knee and female players to ankle. Discontinued training was the most predominant result of male and female player's injuries. As per the causes of injury, smashing was the most routed cause of male and female player's injuries. Right side was the most common injury side of male and female player's. Winter season was the most favourable for player's injuries. Most of the injuries of male players was occurred in game period, followed by injuries of female players in training period. Ligament injury was the most prone nature of male and female player's injuries. Regarding the feelings of male and female players before the competition, relax and stressful were the most routed feelings. The feelings of male and female players before the practice, happy and relax were the most routed feelings.

See end of the article for authors' affiliations

Correspondence to :

HEMANT VERMA

Department of Physical Education
and Sports, J.E.S. College,
JALNA (M.S.) INDIA

■ **Key Words** : Pilot study, Injury, Volleyball players

■ **How to cite this paper** : Verma, Hemant and Patil, Vasant (2012). A pilot study examining injuries occurrence to inter-collegiate volleyball players. *Internat. J. Phy. Edu.*, 5 (1) : 56-61.

Volleyball is an exciting and popular game where not only an individual but also team can participate at any level. It is contact sport played all over the world. It is an enjoyable sociable sport that can be played from childhood to old age either at a recreational level or a competitive sport.

In tournament there is typically more than one game a day often, which can result in many hours of volleyball concentrated on only in a few days. A player may participate in competition. Sports injuries are injuries that occur to athletes participating in sporting events. Injury occurs in sports as it does in day to day life. Extended play sometimes results in overuse injuries which are relatively common in volleyball.

Volleyball is a sport that makes heavy demands from the players. The physical work is intermittent involving high intensity activity interspread with short pauses. The game involves jumping movements and foot work.

In epidemiological studies, injuries occur during training or competition interrupted or hampered play or required special treatment in order to continue play or if the injuries made play impossible. Volleyball is also a risk sports dominated by overuse injuries. These injuries may occur in volleyball for a variety of reasons including improper training, lack of appropriate footwear or safety equipment.

The prevalent study was delimited to only male and