

Survey of common injuries among Inter-university Volleyball players

■ HARISH KUMAR TIWARI

Received : 31.03.2012; Revised : 05.06.2012; Accepted : 10.06.2012

■ ABSTRACT

Volleyball has become one of the most widely played sports in the world and, it requires expertise in physical skills and performance which is often dependent on an individual's ability. The incidence of injury in volleyball is similar to the physical contact sports. Though the most common sources of injuries in volleyball may be caused by accidents or by over use. Therefore, the purpose of this study was to find out the common injuries among volleyball players. Total eight hundred inter-university volleyball players age ranging 18 to 25 years were selected as subjects for this study. The essential information regarding injuries was assessed through the questionnaire. The survey method was used to calculate each response to the data with the help of descriptive statistics. On the basis of findings, 83.33 per cent of volleyball players belonging to inter-university were found to have injury during their playing career, 34.8 per cent of the injuries were suffered by the players during default of training. The most commonly injured body parts were ankle (21.6%), followed by knee (19.2%) and back (13.6%). Joint related injuries were most common injury among volleyballers. Sprain and strain were found to be the most frequently occurred injuries among the players, 28.4 per cent of players were found nervous after the injuries, (48.9%) had consulted sport medicine expert. Study has also revealed that 66.4 per cent players went to physiotherapists for the treatment. Maximum (55.2%) of the players taken treatment for two weeks for their injuries, 71.2 per cent players felt satisfied after treatment they received from various experts. On the basis of findings, it can be conclude that majorities of injuries occurred among volleyball players were joints and muscle injuries. The survey has also shown that 83.33 per cent of players got injury in their career and 16.66 per cent players reported without occurrence of any injury.

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

■ **How to cite this paper** : Tiwari, Harish Kumar (2012). Survey of common injuries among Inter-university Volleyball players. *Internat. J. Phy. Edu.*, **5** (2) : 114-119.

Author for correspondence :

HARISH KUMAR TIWARI
Lakshmbai National University of
Physical Education, GWALIOR
(M.P.) INDIA
Email: harishvolleyball@
gmail.com

Volleyball is an excellent all-round team sport and has been widely accepted as a highly competitive game. It has not only developed from a slow moving game into a fast one, but has also become a game of high interest and joy to the players and spectators alike. It is interesting to note that the speed of a powerfully spiked ball in the game of Volleyball is about 45 meters per second which is much faster than the movement of the ball in most other games. The game offers a wider opportunity for the development of strength, speed, endurance, agility, neuro-muscular skills and co-ordination of all parts of the body by the action involved in the game, such as running, jumping, bending, stretching and

other movements. The game situations demand co-ordinate team-work, thereby instilling in every player a sense of personal and group responsibility by his individual performance and his ability to combine with the rest of the team (Reeser Jonathan, 2003).

It is necessary for both the aspiring and the experienced Volleyballer to attain high levels of aerobic and anaerobic fitness, muscular endurance and strength and possess adequate level of flexibility. Sports injuries occur frequently and in large number in Volleyball. These sports injuries are treated by medical personals. Sudden and traumatic injuries may occur in either type of sports. In order to understand the