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Research Article

STUDY OF COMMON INJURIES ON INTER-SCHOOL SPORTS PLAYERS FROM CHHATRAPATI SHAMBAJINAGAR

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Abstract

Inter-school sports player at both competitive and recreational levels on the Godavari River in Chh. Sambhajinagar district. With that exerted training scheduled & the practices of players face results in injury. Objective: The objective of this study was to investigate the most common types of injuries faced by professional inter-school sports players in Chh. Sambhajinagar district. Methods: A descriptive method of study was conducted with 30 professional Inter-School sports players in practice under the Godavari River of Chh. Sambhajinagar district in the age range of 14- 17 years old. A researcher-administered questionnaire was used to gather information on common injury patterns among inter-school sports players.

Results: The type of injury observed for male Inter School sports players were lower back pain (37.5%), knee pain (12.5%), pain in hand and wrist (3.1%), shoulder pain (12.5%), ankle pain (3.1%) and chest pain (12.5%) respectively. Conclusion: The common types of injuries faced by Inter-School sports players on anatomical sites most commonly affected were the lumbar spine and the knees. Injury is also directly related to bad techniques of inter-school sports players as well as improper body and muscle recovery.

INTRODUCTION:

Aquatic Fitness is defined as activities performed in the water that promote and enhance physical fitness. Aquatic Fitness is typically performed in a vertical position in shallow and deep water. There are numerous applications to appeal to a wide variety of participants. The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced-impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness, cardiovascular endurance, muscular strength, flexibility and body composition. Water programming is performed in waist to chest depth. Injuries are primarily overuse due to change in training volume, and alteration of School sports player techniques.

Method of the study

The present study was a descriptive research method which was conducted with objective of which was to investigate the types of most common injury face by professional Inter-School sport players in Chh. Sambhajinagar district.

Method of Sampling

The purpose of the study 30 professional inter-school sport players in practice under the Godavari River of Chh. Sambhajinagar district in the age range of 14-17 years was randomly selected subjects.

Administration of Questionnaire

Sports Types of Injury	Sports of Injury %
Lower Back Pain	*37.5%*
Knee Pain	*12.5%*
Pain In Hand And Wrist	*3.1%*
Shoulder Pain	*12.5%*
Ankle Pain	*3.1%*
Chest Pain	*12.5%*

A researcher administered questionnaire was used to obtain information of common injury patterns of Inter School sport player.

Procedure of the study

The researcher personal visit every subject and given to them instruction about the need, about the research study also provide explanation of questionnaire after the professional Inter School sport players for research selected total number of 30 male Inter School sport player were implemented questionnaire for data collection.

Statistical Tools

Inter-School sport players were administered a questionnaire and collected data by analysing through the SPSS 21.0 version for Windows statistical software package, to compute & report the data. Descriptive statistics were used to describe and summarise the data.

Results:

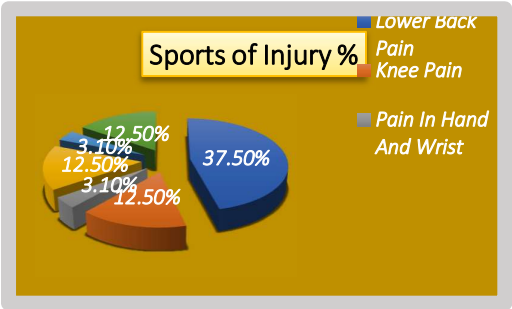
The obtained results are presented in the following table in the form of descriptive statistics. According to an analysis of common types of injury found among the professional male inter-school sport players in Chh.

Conclusion:

On the basis of the result obtained in study, the researcher made the conclusion that common types of injuries faced by the Inter School sport players on anatomical sites most commonly

Sambhajinagar district, those played under the local bodies associations, clubs.

Table Descriptive Statistics Analysis and *Graphical Presentation*



The graph above shows that common types of injury found among the professional male School sport players in Chh. Sambhajinagar district.

Discussion:

The injury incidence is directly and indirectly related to the volume of training and different inter-school sports players' techniques. The Inter School sport players' injuries are primarily due to misguiding, lack of knowledge and overuse (Swarup Mukherjee).

A high percentage of inter-school sport players in this study suffered from low back pain, followed by knee pain.

Several past studies show that low back pain is a common complaint in the inter-school sport players' population (Teitz C.), and it is prevalent in almost all inter-school sports players undergoing serious training.

affected were the lumbar spine and the knees. Injury is also directly and indirectly related to bad techniques of inter-school sport players as well as improper body and muscle recovery.

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