

PREVALENCE OF SPORTS INJURIES IN COLLEGE VOLLEYBALL PLAYERS

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ABSTRACT

The concern of this study was to assess the injuries of college volleyball players under Calicut university and to determine the nature, areas, reasons and outcomes of injuries and the possible risk factors involved . The injury data was collected through a questionnaire from the players of 10 college teams who participated in Calicut university inter collegiate volleyball championship held in St. Mary's college, Sulthan Bathery, Wayanad in November 2013. The age of the players was between 18-23 years . The players were asked to recollect their injuries data over the past two years. A Total of 65 out of 93 players had sustained injuries. Lower limb injuries were found to be predominant, the ankle and knee being the commonly injured body locations. Most injuries were related to the soft tissues, muscles and tendons. The most common chances for a rise in injuries were spiking (35.7) , diving (19.2), blocking (24.5), ball setting (13.2), and others(7.4). There is a common observation that volleyball, contact directly in attack or defense were found to be more harmed by injury. The muscle injuries were noticed to be of the most frequent type. Spiking was the most common reason for the injuries. This research study shows that and provides a very helping insight into the natures, occurrence or incidence and areas of injuries in college volleyball players.