

The Nature of Injuries Occurrences In Kabaddi: A Survey Study

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Abstract:

Objectives

The prevalent objectives of this study were to determine the nature of Injuries occurrences in Kabaddi

Methods

Information on injuries was collected from 250 Kabaddi players from Marathwada region of Maharashtra, who were participating in intercollegiate state and inter university Kabaddi. The players were asked to recall injuries over the proceeding one year period.

Results

A Total of 94 out of 250 Kabaddi players have reported their injuries in one year period . 146 injuries were recorded of which 28% were recurring injuries. The age ranged was 18 to 28 years, Muscle and Ligament are most occurrence injuries to Kabaddi players.

INTRODUCTIONS

Kabaddi is a popular Indian sport which is originated from India and has spread to, Pakistan , Bangladesh, Iran, Japan, , Nepal, Canada etc. It is also the national game of Bangladesh and Nepal. Kabaddi Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath. Internationally, the game has been a part of the Asian games since 1990 for both men and women apart from various professional leagues and other international tournaments. Kabaddi is one of the most popular sports in the Indian and Maharashtra . Sports injuries refer to the kinds of injury that occur during sports or exercise. While it is possible to injure any part of the body when playing sports, the term sports injuries is commonly used to refer to injuries of the musculoskeletal system Kabaddi has been demonstrated to be among the most hazardous of semi contact team sports. High velocity trauma and direct contact between sportsmen have made of Kabaddi a kind of a combat sport, connecting both the consequences of chronic and acute injuries. Kabaddi requires a variety of physical and motor fitness with specific playing skills.

In Kabaddi injury are traditionally divided into contact and non-contact mechanisms in which case contact refers to player to player contact. Some of the forces involved in a non-contact injury are transmitted from the playing surface to the injured body part. Not many studies have been made about survey in the area of injuries so the attempt has been made to conducted in this area.

METHODS

Information on injuries were collected from 250 Kabaddi players from Marathwada region of Maharashtra , who were participating in intercollegiate state and inter university Kabaddi. A questionnaire prepared by the investigator and found out the reliability and validity . Means, Standard Deviation and Percentages were utilized to identify the injury and physical characteristics.

The investigator personally contacted with the Kabaddi players and the purpose of the study was explained to them. Further instructions were given by the investigator to the players for the completion of the questionnaire.

RESULTS

A Total of 94 out of 250 Kabaddi players reported injuries. 146 injuries were recorded. Their age range was 18 to 28 years, 72% of Kabaddi players were in range of 20 to 25 years.

Table – 1
Mean Scores and Standard Deviations of selected Components of Kabaddi players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.12	5.14
2.	Weight (Kg)	67.89	6.78
3.	Height (cm)	169.50	09.84
4.	Training (days/week)	03.23	1.32
5.	Training duration (minutes)	90.05	10.89
6.	Warm up (minutes)	15.78	3.10
7.	Competition in one year	12.34	2.98

Table-2.1 shows that the mean scores and standard deviations of the selected components of the Kabaddi players.

Figure – 1 shows that the mean scores and standard deviations of the selected components of the Kabaddi players

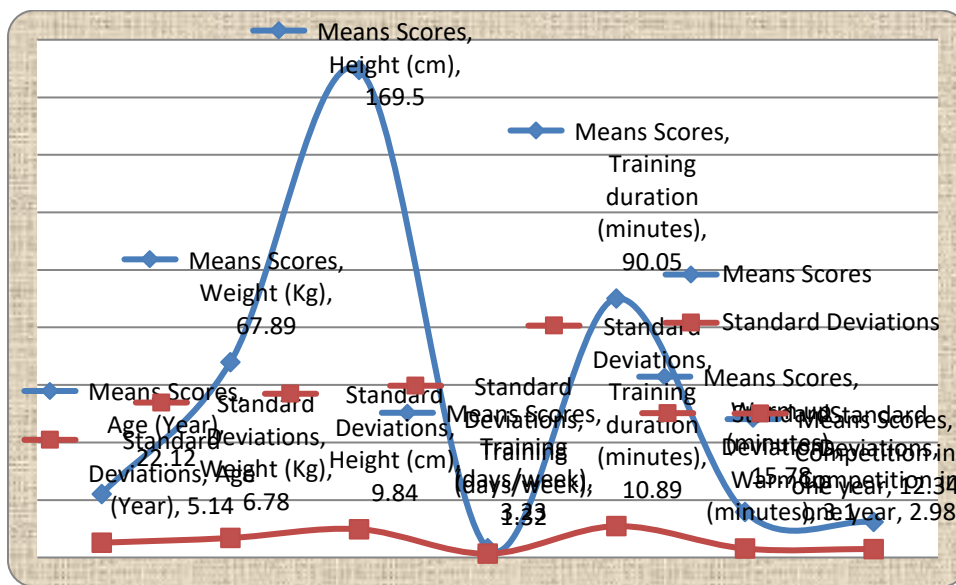


Table 2.

Participating in any Sporting activity other than Kabaddi more than two hours a week among Kabaddi players

Sr. No.	Other Sports	Kabaddi players(approximately)
1.	Cricket	30.00%
2.	Volleyball	25.00%
3.	Basketball	12.00%
4.	Hockey	06.00%
5.	Kho-Kho	20.00%
6.	Track and field	08.00%
7.	Others	14.00%

Table-2, Shows that total 107 Kabaddi players were participated in any sporting activity other than Kabaddi more than two hours a week;

Figure -2, Shows that Kabaddi players were participated in any sporting activity other than Kabaddi more than two hours a week

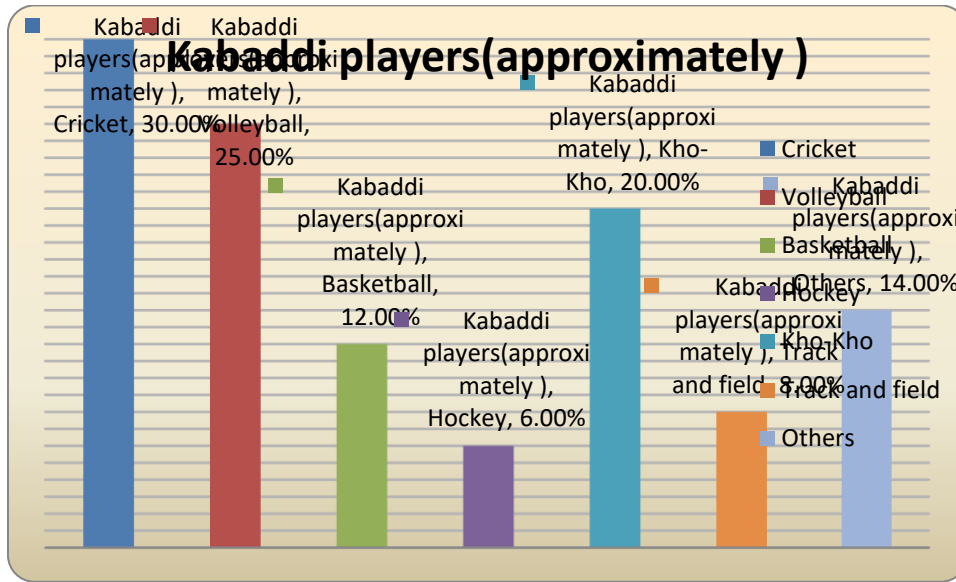


Table – 3
Percentage of Training by Trained and Self or Untrained Coach among Kabaddi players.

Coaching by	Percentage (approximately)
Trained Coach	23.00%
Untrained Coach	49.00%
self	28.00%

Table-3, shows that the percentage of training by trained and self/untrained coach among Kabaddi players, Figure -3, shows that the percentage of training by trained and self/untrained coach among Kabaddi players.

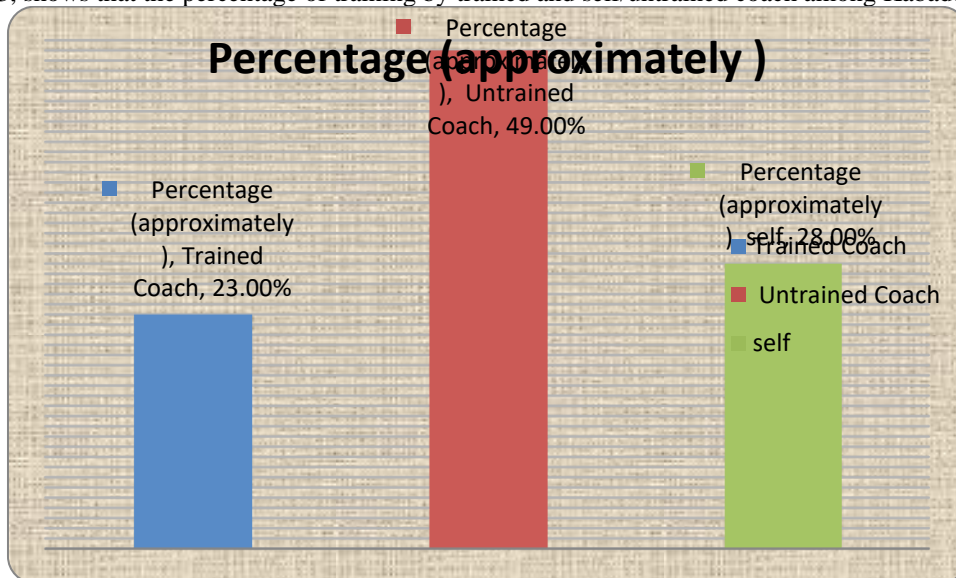


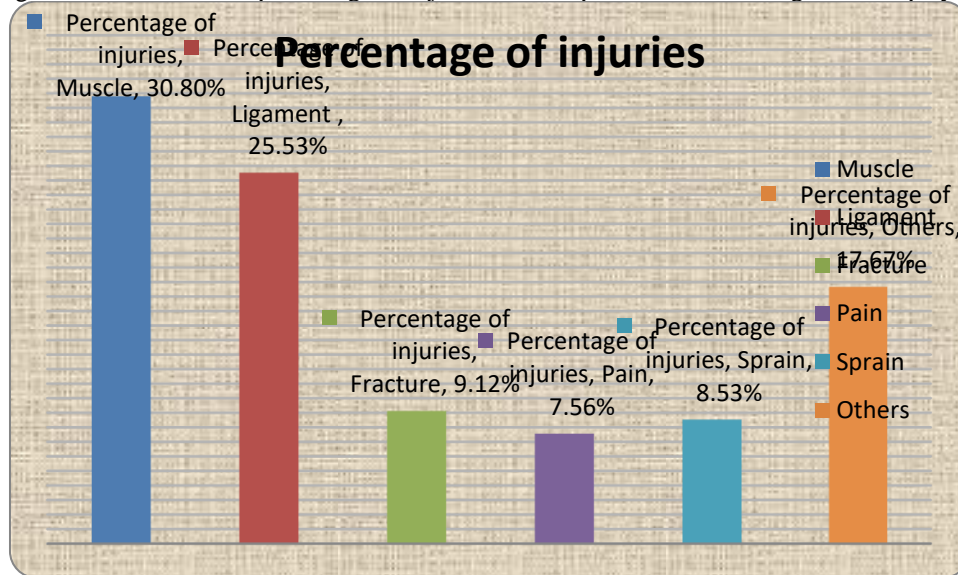
Table-4
Nature of Injuries Occurrences in Kabaddi players

Sr. No.	Nature of injuries	Percentage of injuries
1)	Muscle	30.80%
2)	Ligament	25.53%
4)	Fracture	09.12%
5)	Pain	07.56 %

6)	Sprain	8.53%
7)	Others	17.67%

Table-4, shows that the percentage of injuries with respect to nature among Kabaddi players, 30.80%, Kabaddi players reported injuries in muscle , 25.53% reported injuries in Ligament, 09.12%, reported Fracture, 07.56 % reported Pain, 8.53% reported Sprain and others reported 17.67% of injuries. Muscle and Ligament are most occurrence injuries to Kabaddi players.

Figure-4, shows that the percentage of injuries with respect to nature among Kabaddi players



DISCUSSION

Mean Score (S.Ds.) age of Kabaddi players was 22.12 (5.14) years, mean score (S.Ds.) of weight was 169.50 (09.84) Kg., mean score (S.Ds.) height was 161.56 (53.07) cm., their training mean score (S.Ds.) was 03.23 (1.32) days, their training duration mean score (S.Ds.) was 90.05 (10.89) hours, their warm up mean score (S.Ds.) was 15.78 (3.10) minutes and competition mean score (S.Ds.) was 12.34 (2.98) in one year. 30.00% Kabaddi players participated in Cricket, 25.00% Volleyball, 12.00% Basketball, 06.00% Hockey, 20.00% Kho-Kho, Track and field 08.00% and 14.00% others games and sports. 23.00% Kabaddi players have taken training by trained coach. While 49.00% Kabaddi players taken coaching by the untrained and 28.00% self. 30.80%, Kabaddi players reported injuries in muscle , 25.53% reported injuries in Ligament, 09.12%, reported Fracture, 07.56 % reported Pain, 8.53% reported Sprain and others reported 17.67% of injuries. Muscle and Ligament are most occurrence injuries to Kabaddi players. Injuries in Kabaddi normally occur due to physical contacts. Even though injuries in Kabaddi are driven by several factors, factors such as the physical and the lack and/or improper physical preparation, the violence and harsh playing style of the opponents, Injuries in sport activities can occur for many reasons such as jumping , tackle, running, struggling and collision. A majority of injuries are unintentional, resulting from an error may lead to an accident and some of these accidents lead to injuries.

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