IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

# IMPACT OF INJURIES ON TRAINING AND MATCH PARTICIPATION AMONG FOOTBALL PLAYERS

**Kuljeet Singh[1], Sinku Kumar Singh[2]**

Assistant Professor, Swami Ramanand Teerth Marathwada University, Nanded[1]

Professor, Swami Ramanand Teerth Marathwada University, Nanded[2]

**Abstract:** Football is one of the most popular sports worldwide, but it is also associated with a high risk of injuries due to the dynamic and physically demanding nature of the game. The present study aimed to examine the prevalence of injuries and their impact on training participation and match performance among elite football players. A descriptive retrospective research design was adopted for the study. A total of 1000 elite football players aged between 14 and 30 years were selected from various clubs, universities, and state-level teams affiliated with the All India Football Federation using purposive sampling. Data were collected through a self-developed football injury questionnaire modified from Singh (2012). The questionnaire included demographic information and injury-related details. The collected data were analyzed using descriptive statistics and percentages with the help of SPSS version 16. The findings revealed that 18.67% of players reported absence from training sessions due to injuries, while 22.50% reported absence from matches or tournaments. Age-wise analysis indicated that younger players aged 14–17 years showed slightly higher absence rates compared to other age groups. The study highlights that injuries significantly influence player participation in both training and competitions. The findings emphasize the importance of injury prevention strategies, proper training methods, and sports medicine support systems in football to reduce injury risks and enhance athlete performance and longevity.

**Keywords:** Football injuries, sports participation, training absence, match absence, injury prevention, elite football players

## I. INTRODUCTION

Football is one of the most widely played sports in the world and involves a variety of high-intensity physical movements such as kicking, running, bending, twisting, jumping, and sudden changes of direction. These activities expose players to a high risk of musculoskeletal injuries (Watson, 1993). Injuries in football can occur during both training sessions and competitive matches and often result in temporary or long-term absence from sports participation.

Epidemiological studies have reported that football injuries occur due to both contact and non-contact mechanisms. Contact injuries generally occur due to collisions between players, while non-contact injuries result from forces generated by rapid movement, sudden stops, or interaction with the playing surface (Ekstrand & Tropp, 1990). Overuse injuries are also common in football due to repetitive movements and excessive training loads (Davidson, 1996).

Sports injuries not only affect athletic performance but also influence the academic and professional careers of young athletes. Many student athletes are forced to discontinue sports participation after severe injuries such as concussions or ligament damage, which may prevent them from fully recovering and continuing their careers.

Research has shown that football is among the sports with the highest injury risk due to its competitive intensity and physical demands (Singh, 2016). Despite the increasing popularity of football, relatively limited research has been conducted on the incidence of injuries, their risk factors, and the impact of injuries on training and competition participation (Winter & Griffith, 1989; Watson, 1993; Junge, 2004).

Understanding the patterns of injuries and their consequences is essential for developing effective injury prevention programs and improving the safety of football players. Therefore, the present study aimed to investigate the prevalence of injuries and their impact on participation in training and competitive matches among elite football players.

IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

## II. METHODS

**Research Design**

The present study adopted a **descriptive retrospective research design** to examine the prevalence and impact of injuries among football players. Retrospective studies commonly collect information about injuries that occurred during a specified period in the past using structured questionnaires.

**Pilot Study**

A pilot study was conducted prior to the main investigation to test the feasibility and reliability of the questionnaire. The pilot study helped refine the injury questionnaire and improve the clarity of questions related to injury reporting and sports participation.

**Participants**

The study included **1000 elite football players** aged between **14 and 30 years**. The participants were selected from clubs, universities, and state-level football teams affiliated with the All India Football Federation.
The players were categorized into the following age groups:

- 14–17 years
- 18–21 years
- 22–25 years
- 26–30 years

**Sampling Method**

A **purposive sampling technique** was used to select the participants. This sampling method allowed the researcher to include players who were actively involved in competitive football.

**Data Collection Tools**

Primary data were collected using a **self-developed football injury questionnaire**, modified from the questionnaire developed by Singh (2012).

The questionnaire consisted of two sections:

**1. Demographic Information**

This section collected data related to:

- Age
- Height
- Weight
- Lifestyle habits such as smoking

**2. Football Injury Questionnaire**

This section collected information about:

- Types of injuries
- Frequency of injuries
- Absence from training due to injuries
- Absence from matches or tournaments due to injuries

**Procedure for Data Collection**

Permission was obtained from the relevant authorities of football clubs, universities, and sports organizations affiliated with the All India Football Federation. After receiving approval, questionnaires along with consent forms were distributed to the participants. The players completed the questionnaires independently. Data were collected during training sessions as well as during inter-varsity and state-level football tournaments.

**Data Analysis**

The collected data were checked for completeness and accuracy before analysis. The data were coded and analyzed using **Statistical Package for Social Sciences (SPSS) version 16**. Descriptive statistics such as **frequency and percentage** were used to interpret the data.

IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

## III. SCOPE OF THE STUDY

The present study focuses on examining the prevalence of injuries and their impact on participation in training and competitive matches among elite football players. The study covers football players aged between 14 and 30 years participating in clubs, universities, and state-level teams in India. It primarily investigates the percentage of players who were absent from training sessions and matches due to injuries. The findings of this study provide valuable insights into injury patterns and their consequences in football and can assist coaches, sports trainers, and sports medicine professionals in developing effective injury prevention strategies.

## IV. RESULTS AND DISCUSSION

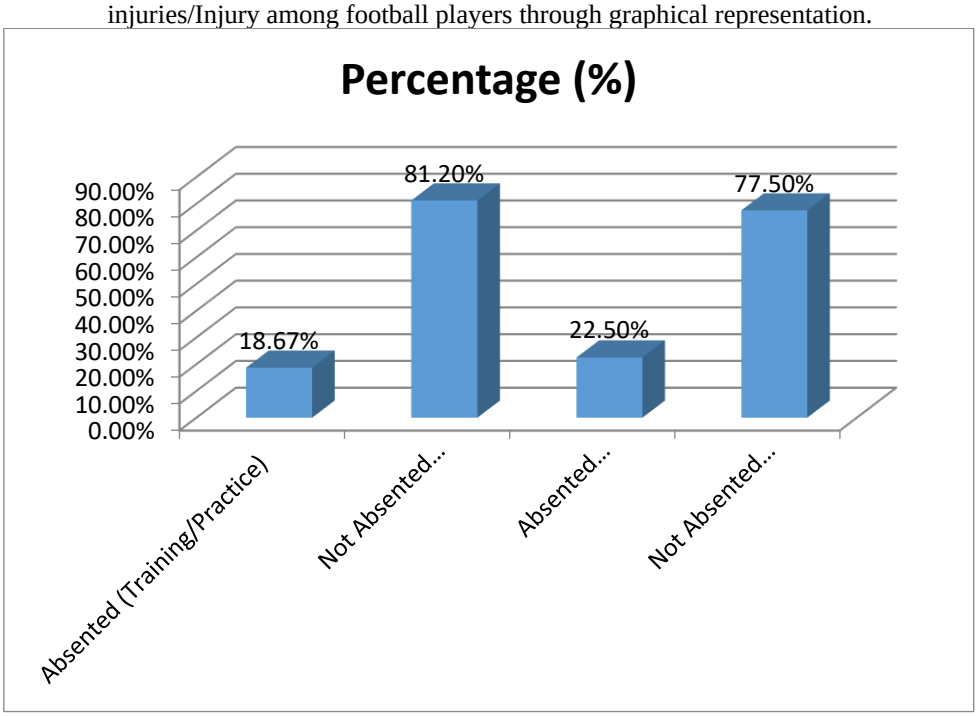
The results obtained from the study are presented through tables and figures with detailed descriptions. The findings are analyzed and discussed in relation to existing literature and previous research studies in the field of sports injuries.

Table – 1
Percentage (%) of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among football players.

| Sr. No. | Parameters ( Components) | Percentage (%) |
|---|---|---|
| 1) | Absented (Training/Practice) | 18.67% |
| 2) | Not Absented (Training/Practice) | 81.20% |
| 3) | Absented (Match/Tournaments) | 22.50% |
| 4) | Not Absented (Match/Tournaments) | 77.50% |

Table 41 illustrates the percentage of absences from training/practice sessions and match participation or tournaments due to injuries among football players. The findings of the study indicate that 18.67% of football players reported being absent from training/practice due to injuries**, while** 81.20% of football players reported that they were not absent from training/practice. However, 22.50% of football players reported being absent from matches or tournaments due to injuries, whereas 77.50% of football players reported that they were not absent from matches or tournaments**.** The results of the present study indicate that injuries have a significant impact on the participation of football players in both training/practice sessions and competitive matches.

Figure-1
Illustrating the Percentage of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among football players through graphical representation.



IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

Table – 2

Percentage (%) of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group ( 14-17 Years) football players.

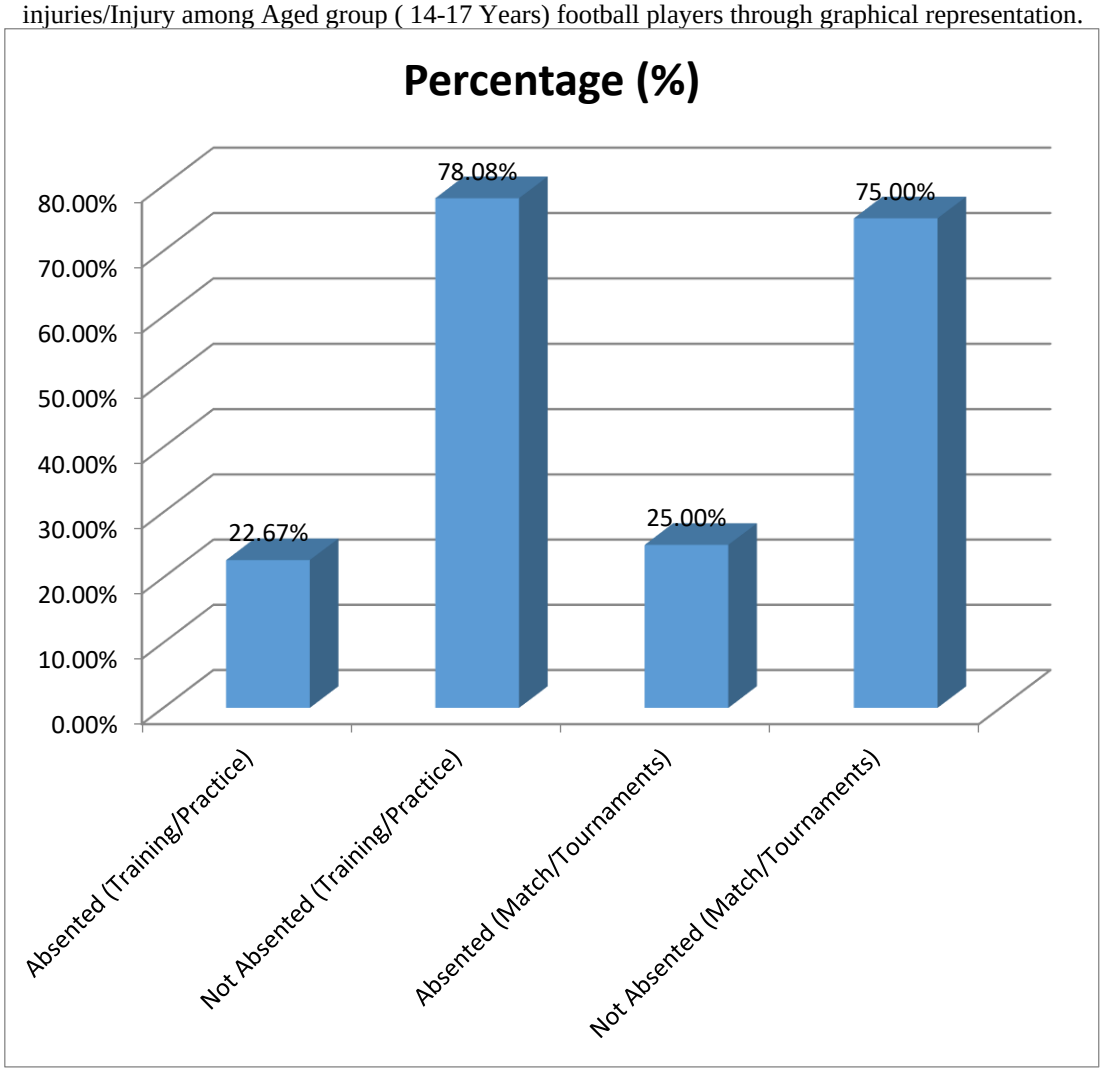
| Sr. No. | Parameters ( Components) | Percentage (%) |
|---|---|---|
| 1) | Absented (Training/Practice) | 22.67% |
| 2) | Not Absented (Training/Practice) | 78.08% |
| 3) | Absented (Match/Tournaments) | 25.00% |
| 4) | Not Absented (Match/Tournaments) | 75.00% |

Table 2 illustrates the percentage of absences from training/practice sessions and match participation or tournaments due to injuries among football players in the 14–17 years age group**. The findings of the study indicate that** 22.67% of football players in the 14–17 years age group reported being absent from training/practice due to injuries**, while** 78.08% reported that they were not absent from training/practice**. However,** 25.00% of football players in the 14–17 years age group reported being absent from matches or tournaments due to injuries**, whereas** 75.00% reported that they were not absent from matches or tournaments**.**

The results of the present study indicate that injuries have a significant impact on the participation of football players aged **14–17 years** in both training/practice sessions and competitive matches.

Figure-2

Illustrating the Percentage of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group ( 14-17 Years) football players through graphical representation.



IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

Table – 3

Percentage (%) of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group ( 18-21 Years) football players.

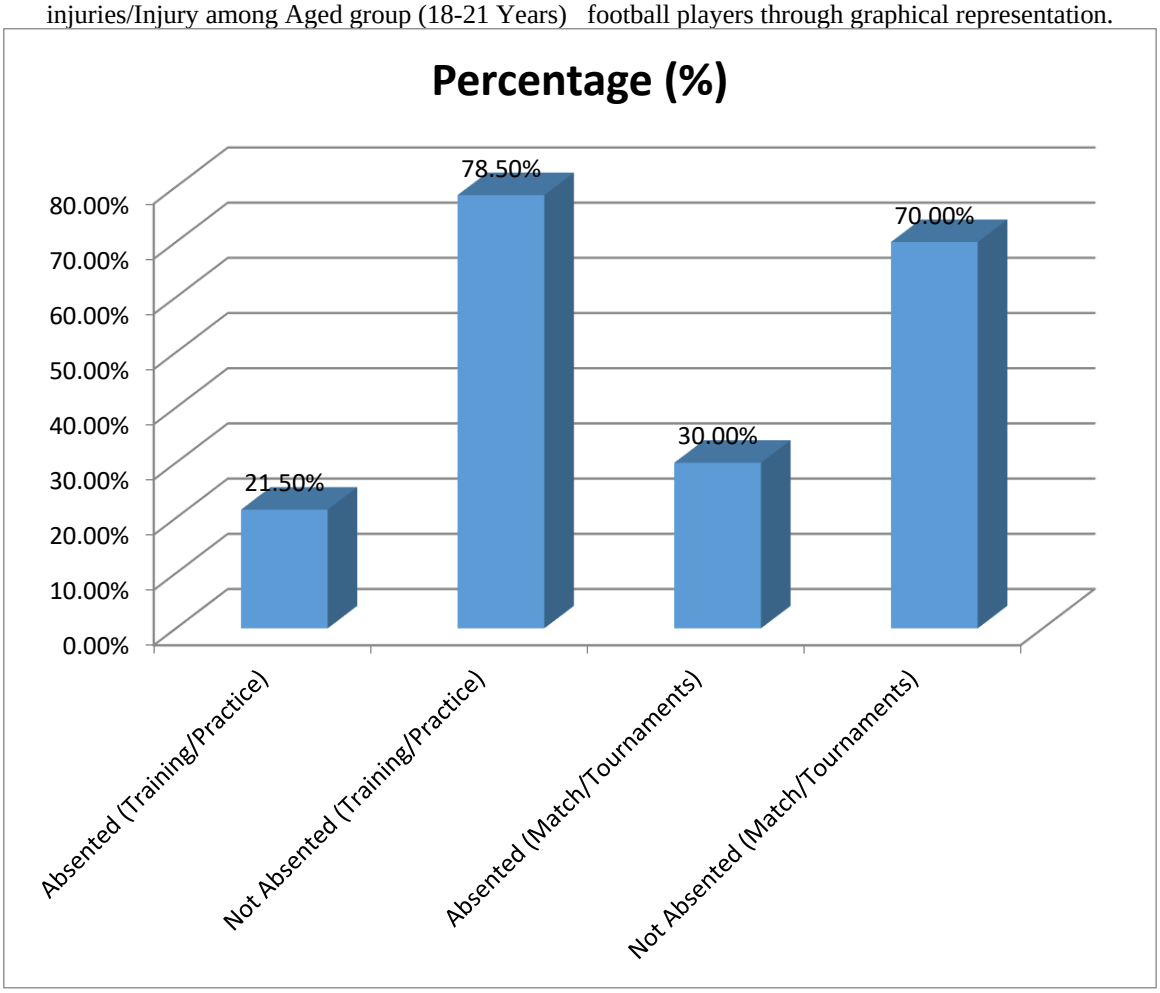
| Sr. No. | Parameters ( Components) | Percentage (%) |
|---|---|---|
| 1) | Absented (Training/Practice) | 21.50% |
| 2) | Not Absented (Training/Practice) | 78.50% |
| 3) | Absented (Match/Tournaments) | 30.00% |
| 4) | Not Absented (Match/Tournaments) | 70.00% |

Table 3 illustrates the percentage of absences from training/practice sessions and match participation or tournaments due to injuries among football players in the **18–21 years age group**. The findings of the study indicate that 21.50% of football players in the 18–21 years age group reported being absent from training/practice due to injuries**, whereas** 78.50% reported that they were not absent from training/practice**. However,** 30.00% of football players in the 18–21 years age group reported being absent from matches or tournaments due to injuries**, while** 70.00% reported that they were not absent from matches or tournaments**.**

The results of the present study indicate that injuries significantly affect the participation of football players aged **18–21 years** in both training/practice sessions and competitive matches.

Figure-3

Illustrating the Percentage of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group (18-21 Years) football players through graphical representation.



IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

Table – 4

Percentage (%) of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group ( 26-30 Years) football players.

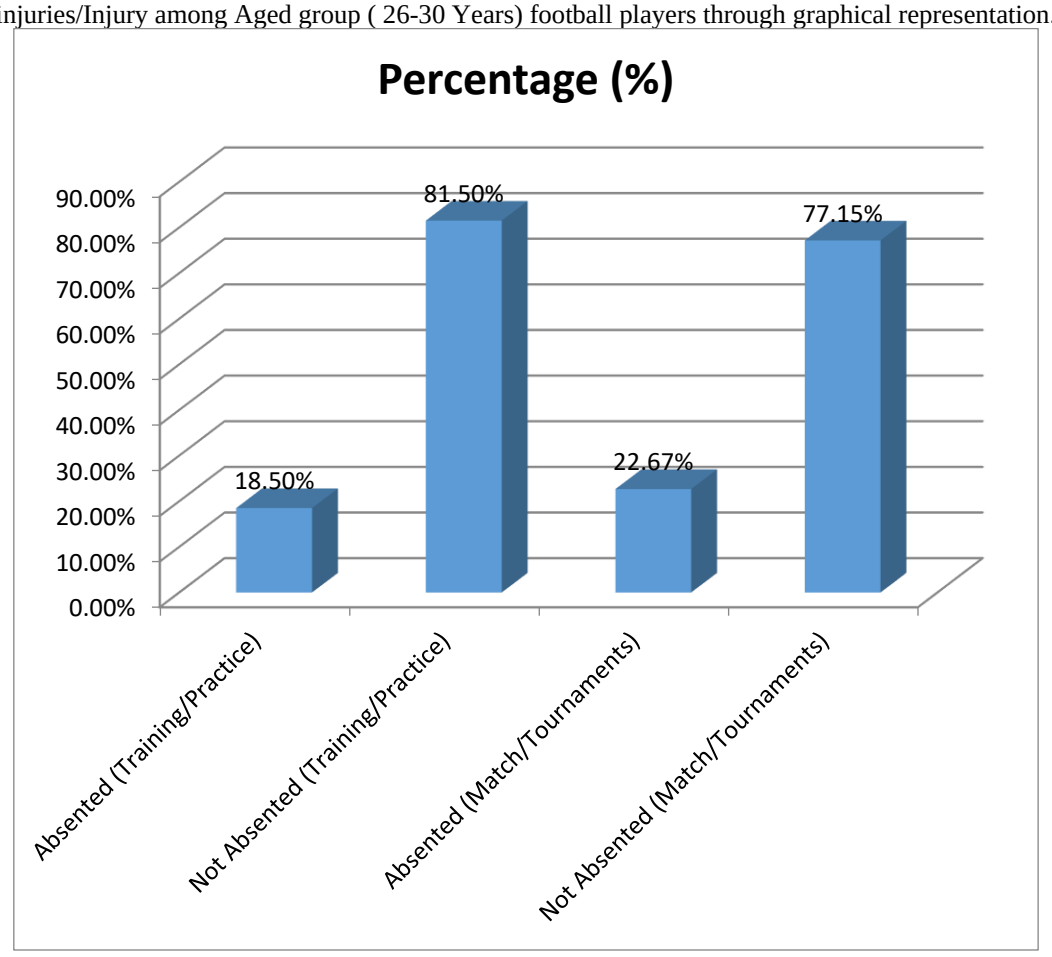
| Sr. No. | Parameters ( Components) | Percentage (%) |
|---|---|---|
| 1) | Absented (Training/Practice) | 18.50% |
| 2) | Not Absented (Training/Practice) | 81.50% |
| 3) | Absented (Match/Tournaments) | 22.67% |
| 4) | Not Absented (Match/Tournaments) | 77.15% |

Table 4 illustrates the percentage of absences from training/practice sessions and match participation or tournaments due to injuries among football players in the **26–30 years age group**. The findings of the study indicate that 18.50% of football players in the 26–30 years age group reported being absent from training/practice due to injuries**, whereas** 81.50% reported that they were not absent from training/practice**. However,** 22.67% of football players in the 26–30 years age group reported being absent from matches or tournaments due to injuries**, while** 77.15% reported that they were not absent from matches or tournaments**.**

The results of the present study indicate that injuries significantly affect the participation of football players aged **26–30 years** in both training/practice sessions and competitive matches.

Figure-44

Illustrating the Percentage of Absences from Training/Practice or Match playing/Tournaments due to causes by the injuries/Injury among Aged group ( 26-30 Years) football players through graphical representation.



IARJSET ISSN (O) 2393-8021, ISSN (P) 2394-1588

International Advanced Research Journal in Science, Engineering and Technology

Impact Factor 8.311 ⁜ Peer-reviewed & Refereed journal ⁜ Vol. 13, Issue 1, January 2026

DOI: 10.17148/IARJSET.2026.13168

**Discussion**

The findings of the present study indicate that injuries have a noticeable impact on the participation of football players in both training and competitive matches. The overall results show that 18.67% of football players reported absence from training sessions, while 22.50% reported absence from matches or tournaments due to injuries.

Age-wise analysis revealed that the 14–17 years age group had the highest absence from training (22.67%) and matches (25.00%), suggesting that younger players may be more vulnerable to injuries due to lower physical conditioning or lack of experience. The 18–21 years age group also showed a relatively high absence rate from matches (30.00%), which may be attributed to increased competitive intensity at this stage of athletic development.

The results also indicate that a large proportion of players continue to participate in training and competitions despite experiencing injuries. This finding is consistent with previous studies that reported athletes often return to play before full recovery, which may lead to overuse injuries and prolonged recovery periods (Clain & Hershman, 1989; Davidson, 1996).

The findings support earlier research indicating that football is a high-risk sport with a significant incidence of both contact and non-contact injuries (Ekstrand & Tropp, 1990; Junge, 2004). Proper injury management, rehabilitation, and prevention strategies are therefore essential to reduce the negative impact of injuries on sports participation and performance.

## V. SOCIETAL BENEFITS OF THE STUDY

The findings of the present study provide several important benefits for society and sports development.
The study contributes to a better understanding of injury patterns among football players, which can help improve athlete safety. The results can assist coaches and sports trainers in designing position-specific and injury-prevention training programs for football players. The study also supports the development of effective injury prevention strategies in football academies and sports institutions.

Reducing injury rates among athletes can enhance sports participation, improve performance levels, and increase the longevity of sports careers. Furthermore, the findings of the study can help policymakers, sports organizations, and educational institutions promote safer sporting environments and strengthen awareness about sports medicine and injury management.

## REFERENCES

[1]. Clain, M. R., & Hershman, E. B. (1989). Overuse injuries in athletes. *Clinics in Sports Medicine*.
[2]. Davidson, R. M. (1996). Injury patterns in soccer players. *Journal of Sports Medicine and Physical Fitness*, 36(1), 55–60.
[3]. Datar, A., & Singh, S. K. (2021). Nature of injuries in Kabaddi: A survey study. *International Advanced Research Journal in Science, Engineering and Technology*.
[4]. Ekstrand, J., & Tropp, H. (1990). The incidence of ankle sprains in soccer. *Foot & Ankle International*, 11(1), 41–44.
[5]. Junge, A. (2004). Injuries in football. *The American Journal of Sports Medicine*, 32(1), 3–10.
[6]. Singh, S. K. (2008). Comparison of occurrence of injuries to footballers at low and high level of achievement. *Journal of Exercise Science and Physiotherapy*, 4(2), 109–114.
[7]. Singh, S. K. (2010). A survey of injury prevalence in competitive volleyball players. *Journal of Sports Science and Technology*, 10(2), 124–126.
[8]. Singh, S. K. (2012). Injury patterns among football players. *Unpublished research questionnaire*.
[9]. Singh, S. K. (2013). Biological maturity of injuries sustained due to causes among football players. *Journal of Exercise Science and Physiotherapy*, 9(2), 129–134.
[10]. Singh, S. K. (2013). A pilot study examining the anatomical site of injuries to elite level football players. *International Research Journal of Sports Glimpses*, 2(1), 90–92.
[11]. Singh, S. K. (2013). Comparison of nature of injuries among aged group football players. *International Journal of Physical Education Health and Sports Science*, 2(2), 68–73.
[12]. Singh, S. K. (2013). A study of injuries sustained during match and training period. *International Journal of Physical Education Health and Sports Science*, 2(2), 148–151.
[13]. Singh, S. K. (2014). A comparative study of injuries to different field positions among aged group football players. *International Journal of Movement Education and Social Science*, 3(1), 4–7.

DOI: 10.17148/IARJSET.2026.13168

[14]. Singh, S. K. (2015). A study of injuries prevalence in elite level football players in relation to their field position. *RJPAS*, 3(2).
[15]. Singh, S. K. (2015). Causes of injuries at three levels in competitive football. *Sports Mont*, 45, 29–34.
[16]. Singh, S. K. (2016). Risk factors and injury incidence in football players. *Journal of Sports Science Research*, 8(2), 45–52.
[17]. Singh, S. K., & Waheed, A. (2022). Muscle injuries in football: Comparison through ANOVA. *International Journal of Innovative Research in Electrical, Electronics, Instrumentation and Control Engineering*.
[18]. Singh, S. K., & Waheed, A. (2022). Ligament injuries among football players: A comparative study. *International Journal of Advanced Research in Computer and Communication Engineering*.
[19]. Singh, S. K., & Waheed, A. (2022). Injury prevalence in 14–19 aged football players. *International Advanced Research Journal in Science, Engineering and Technology*.
[20]. Watson, A. W. S. (1993). Incidence and nature of sports injuries in Ireland. *British Journal of Sports Medicine*, 27(3), 187–190.
[21]. Winter, D., & Griffith, C. (1989). *Sports injury epidemiology*. Human Kinetics.