

## A SURVEY OF INJURY OCCURRENCE TO UNIVERSITY MALE VOLLEYBALL PLAYERS

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### Abstract:

*The purpose of the present survey was to find out injury prevalence among university level male and female volleyball players. A Questionnaires prepared by Cromwell, F.J.walsh Gromely (2000) for Elite Gaelic Football Players was utilized after the modification required for the nature of the study, total no of Forty (40) Male volley ball players who had participated in inter collegiate tournament which was held at 2012 were considered for the present study. Their age ranged from 17 to 24 years. Mean, Standard Deviation and Percentages were utilized to identify the location, nature, injury sustained season, causes of injuries, etc to volleyball players. Concluded the Most Of the injuries of volleyball players were sustained in upper limb. Shoulder injuries are the most occurring injuries among the players. Regarding the result injuries discontinued training was the most predominant result of volleyball player's injuries. As per the causes of injury smashing was the most routed cause of injuries.*

### KEYWORDS:

Survey, injury, volleyball, occurrences of injury.

### INTRODUCTION

Volleyball has become an extremely popular participation sports worldwide. Briner et.al.(1997). It is a team game, but played individually in terms of specific positions of player. It is contact sport played all over the world. Volleyball is an enjoyable sociable sport that can be played from youth to old age either at a recreational level or a competitive sport.

In tournament there is typically more than one game a day often, which can result in many hours of volleyball concentrated on only in a few days. A player may participate in competition, sports injuries are injuries that occur to athletes participating in sporting events. Injury occurs in sports as it does in day to day life. Extended play sometimes results in overuse injuries which are relatively common in volleyball. Volleyball is a sport that makes heavy demands from the players. The physical work is intermittent involving high intensity activity inter spread with short pauses. The game involves jumping movements and foot work. Injuries can counter the beneficial aspects related to sports activities if an athlete is unable to continue to participate because of residual effects of injury. Rate and patterns of injuries requiring surgery differ by sports, type of exposure, and gender future studies should identify sport- specific risk factors to drive effective interventions to decrease the incidence and severity of such injuries.

Volleyball is also a risk sports dominated by overuse injuries. These injuries may occur in volleyball for a variety of reasons including improper training, lack of appropriate footwear or safety equipment. The prevalent study was delimited to only male volleyball players. The finding of study will help to highlight the occurrence of injuries in volleyball game.

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### METHODS

To find out injuries in volleyball, information was collected from 40 volleyball players. Players who were participating in inter collegiate tournament which was held at Sidhu kanhu murmu university, Dumaka. A questionnaire prepared by Cromwell F. J. Walsh Gromely (2000) for elite Gaelic football player's use with slight alteration made was by the investigator. Means, standard deviation and percentage were utilized to identify the injury and physical characteristics of the players.

The investigator personally contacted with the team managers and coaches of various college teams participated at the university selection tournaments and purpose of the study was explained to them further.

### RESULTS

A total 40 volleyball players sustained injuries over the study period. Their age range between 17 to 25 year. The mean ( $\pm$ SD) age of male 20.8 ( $\pm$ 2.17) yrs. Their height was 166.43 ( $\pm$ 7.61) cm, their weight was 59.9 ( $\pm$ 7.79) kg,

**Table No -1.1**  
**Location of injuries on body**

Injury Location	Percentage
Shoulder	36.67%
Hand	6.67%
Wrist	13.33%
Upper arm	3.33%
Lower arm	3.33%
Knee	13.33%
Back	3.33%
Elbow	3.33%
Lower leg	3.33%
Hamstring	3.33%
Ankle	10%

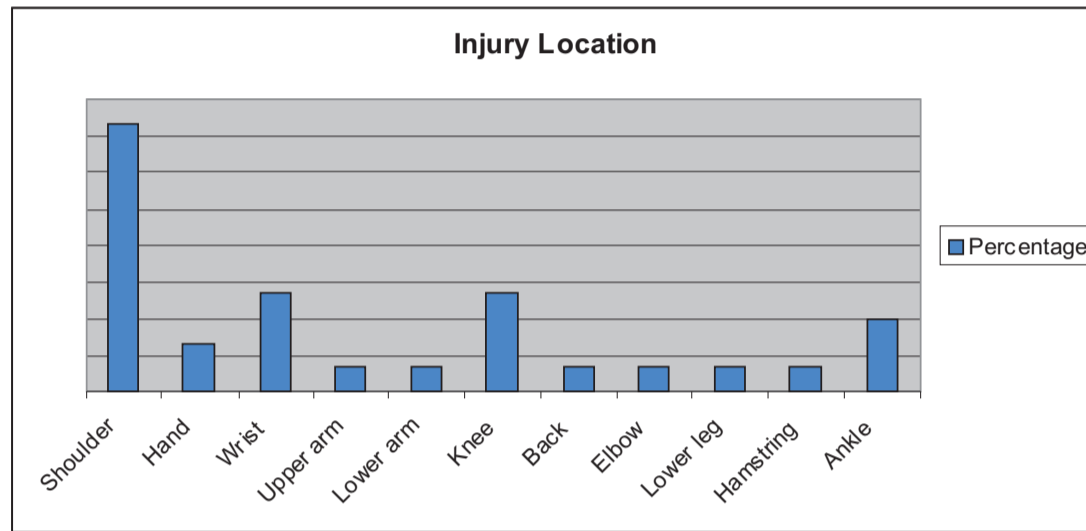
Table No.1. showing location of injuries to male volleyball players. The most predominant injury reported was Shoulder 36.67 % followed by Ankle, the second most predominant injury 10%. Wrist and Knee injury 13.33%, Hand was the most frequent injury recorded 6.67%. Upper arm, lower arm, lower leg, elbow, hip, hamstring, back were common injuries of players were occurred a very little percentage.

**TABLE NO-2 CAUSES OF INJURY**

Causes Of Injury	Percentage
Blocking	10%
Jumping	20%
Smashing	46.67%
Stepping	20%
Contact with ball	3.33%

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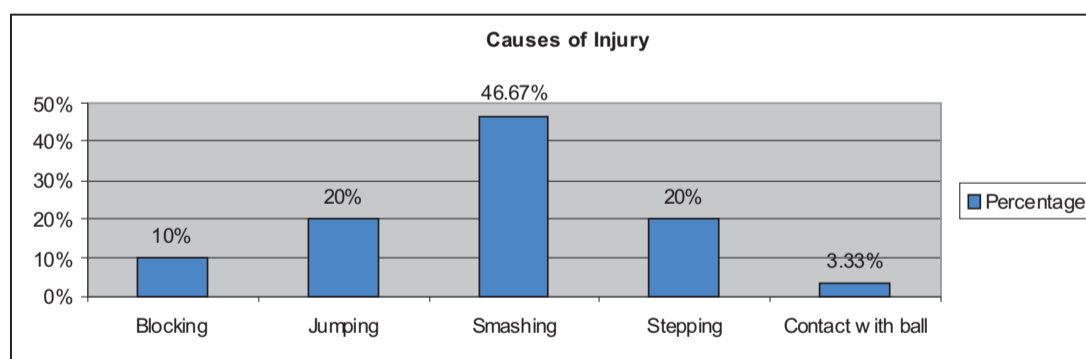
In table no. 2. Showing, smashing and jumping were most routed skill in volleyball. 46.67% was recorded their cause of injury in smashing and 20% in jumping, followed by stepping 20% and 10% and 6.67% blocking, 3.33% recorded their cause of injury was contact with ball. The location of injury is systematically shown in figure.



**TABLE NO -3 CAUSES OF INJURY**

Causes Of Injury	Percentage
Blocking	10%
Jumping	20%
Smashing	46.67%
Stepping	20%
Contact with ball	3.33%

In table no.3. Showing, smashing and jumping were most routed skill in volleyball. 46.67% was recorded their cause of injury in smashing and 20% in jumping, followed by stepping 20% and 10% and 6.67% blocking, 3.33% recorded their cause of injury was contact with ball.

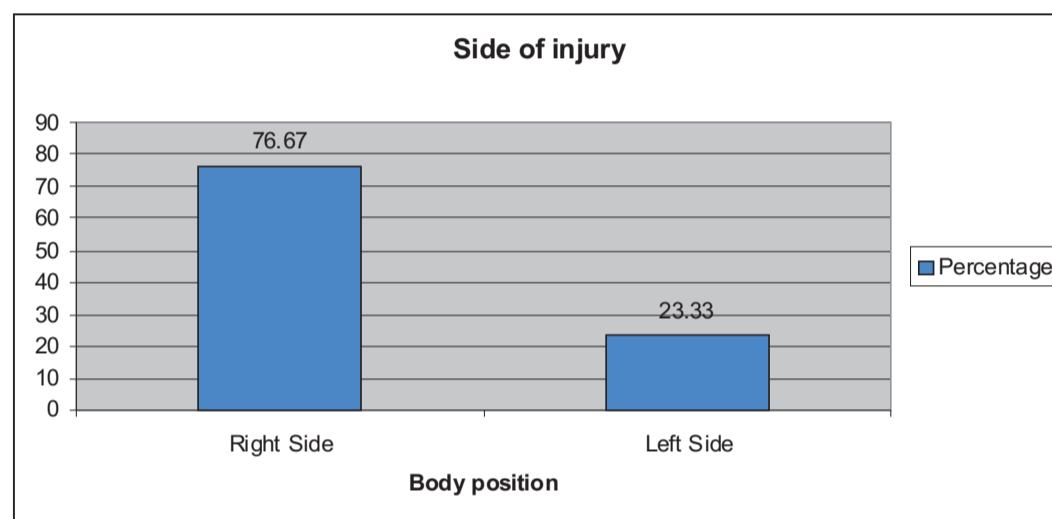


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**TABLE NO-4 SIDES OF SUSTAINED INJURY TO PLAYERS**

Injury Side	Percentage
Right	76.67
Left	23.33

The table showing, side of injury sustained to volleyball players, The major body side was right 76.67% whereas left side was reported a least 23.33% which that volleyball players play effected due to injury in both side predominantly in right side. The graphically presentation is given below.



**TABLE NO-5 INJURY SUSTAINED TERM**

Injury Sustained Season	Percentage
Summer	6.67%
Rainy	33.33%
Winter	60.00%

Table No. 1.8 showing the three seasons in which injury sustained to volleyball players. The winter 60% followed by rainy season 33.33% similar to each other. Summer season was recorded 6.67%

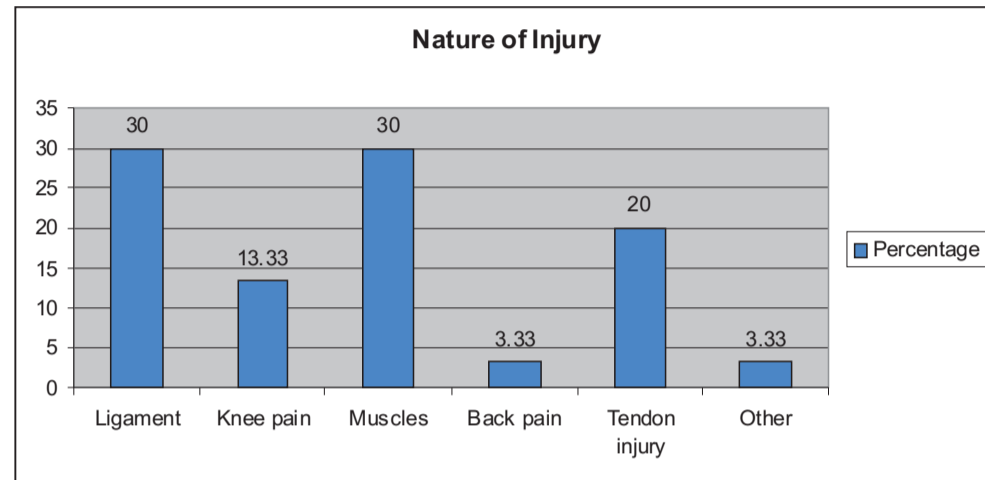
**TABLE NO-6 NATURE OF INJURY**

Nature Of Injury	Percentage Of Male Players
Ligament	30
Knee pain	13.33
Muscles	30
Back pain	3.33
Tendon injury	20
Other	3.33

Table NO. 6, showing, the nature of injury of male volleyball players. The predominant nature of injury was ligament recorded 30% and followed by knee pain 13.33%. Muscles injury was also occurred highly 30% whereas back pain reported 3.33% tendon injury occurred 20% followed by other injury were

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reported from male players 3.33%. The figure related to the nature of injury is systematically shown as under.



#### CONCLUSION

Most Of the injuries of male Volley ball players were sustained in upper limb.  
Shoulder injuries found the most occurring injuries among the players.  
Lower limb injuries of male were occurred to Knee.  
As per the causes of injury smashing was the most routed cause of volley ball player's injuries.  
Right side was the most common injury side of volleyball players was found after the analysis of data.  
Winter season was the most favorable season of male and female player's injuries.  
Regarding the injury sustained session; most of the injuries of male players was occurred in Game period.  
As per the nature of injury, Ligament injury was the most prone nature in volleyball player's injuries.

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