

## A COMPARATIVE STUDY OF SPORTS INJURIES BETWEEN VOLLEY BALL AND BASKET BALL PLAYERS.

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**ABSTRACT:-** The purpose of this study is to compare sports injuries between male volley ball and basket ball players of almora district of uttarakhand state. To achieve the purpose of this study thirty male players, fifteen volleyball and fifteen basketball players were selected as subjects from various colleges and clubs, who have participated in state level tournament and their age ranged from 18 to 28 years. Self made questionnaire of sports injuries was used for data collection. The collected data was analyzed by using t ratio to find out the significant difference between volley ball and basketball players. The result of the study showed that there was no significant difference on sports injuries ( $t=0.136$ ,  $p>0.05$ ) between volley ball and basketball players.

**Key words:-**volley ball, basket ball, sports injuries.

**INTRODUCTION:-** sports is a popular spectacle and a mass social movement of contemporary times. In the process of historical development, sports has occupied a prominent place both in the moral culture of a society. Its social significance continues to soar. In the modern days sports for all become a very popular slogan. Participation in sports will yield optimum physical fitness and positive health for all. In the hurry scenario of modern life people need more exercise to keep their body and mind fit.

**INJURY:-** athletes can be stricken with any number of physical ailments. So need a classification system is essential for prevention, identification, and treatment of each particular problem.

All injuries and illnesses can be categorized according to the length of time they take to develop. These are the two most common time related classes of injuries.

- 1- Acute- occurring suddenly  
Ex. Broken bones, cuts, bruises, appendicitis.
- 2- Chronic- developing or lasting over a long period  
Ex. Shin splints. Tennis elbow.

**SPORTS INJURIES:-** within the context of any project that deals with research in the area of injuries is the central question, what is an injury? Historically a variety of definition have been

and to identify an injury. Some have used attendance in a local emergency room, the presence of insurance claim, visit to a primary care infirmary, request for medical assistance from paramedical agencies, specific medical diagnosis and time lost from participations, to mention only a few. Each has its strength and weakness.

The two most popular procedure for developing a definition of injury are accurate medical diagnosis and time lost from participants. The use of an accurate medical diagnosis definition requires the physician interruption in the recording process. Although there is standardization of same diagnosis, there remain a great deal of subjective across a large recording population. Different physicians are likely to describe the same injury with slightly different terms and standards. On the either hand the time last from participation definition is easily recorded and objective in its nature.

**PSYCHOLOGY OF SPORTS INJURY:-**contrary to what are might expect, it is not necessarily the most aggressive, risk-seeking athlete who is most likely to be injured in practice or competition. Rather , stressors such as family arguments, disagreements with teachers, or difficult relationships with friend coupled with an inability to adequately cope with these stressors may predict the incidence of sports injuries .coaches and parents of athletes who stress winning at all costs and who fail to provide adequate psychological support can increase the likelihood that athletes will be injured. These problems can be minimized when coaches, parents, athletic trainers, and athletes have open communication with one another.athletes and their parents should meet with coaches and athletic trainers at the start of the season so that the risk of injury can be made clear to all and actions that can reduce throws risk can be outlined.

**CAUSES OF SPORTS INJURY:-** 1:- impact

2:- over use

3:-muscle imbalance

4:-inflexibility

5:-dynamic overload

6:-structural weakness

**Two principal causes of injury**

1:-extrinsic as the result of an outside force

2:-intrinsic when tissues break down as a result of repeated stress or overuse.

**VOLLEYBALL GAME INJURY:** volleyball is a game played between two opposing sides, with six players on each team, where the players use mainly their hands to hit the ball over a net and try to make the ball land on the opposing meams side of the court. Volleyball is played by over 800 million people worldwide, making it one of the most popular sports in the world. volley ball has come risks involved with it because there are some injuries which occur to players that are quite common; these include ankle injuries, shoulder injuries, foot injuries and knee injuries.

Because volley ball players repeatedly use their shoulders for spiking and blocking, overuse injuries of the shoulder are common. Sprain and strain, most often around ankle, also occur. Finger injuries, such as dislocation and tendon tears, frequently occur during setting and blocking.

**BASKET BALL GAME INJURY:** basket ball is a game played between two opposing sides, with five players on each team. Basketball is also played as a highly competitive game in school and colleges throughout the world. Fast starting, stopping, dodging, darting and acceleration are the fundamental requirements to a good court play since court game often involve at a vigorous rate a high level of anaerobic endurance and also good jumping ability is of great importance. According to American orthopedic society for sports medicine the most common basket ball injuries are ankle sprain, jumped fingers, knee injuries, deep thigh bruising, facial cuts and foot fractures. Professional athletes in the NBA experience a high rate of game related injuries. Patellofemoral inflammation is the most significant problem in terms of days lost in competition, whereas ankle sprains are the most common injury.

#### **METHOD- subjects and variables:**

To achieve the purpose of this study, thirty male players, that is fifteen volleyball and fifteen basketball players, were selected as subjects from various colleges and clubs, who have participated in state level tournament and their age ranged from 18 to 28 years. Self made questionnaire of sports injury was used for data collection. Before giving the questionnaire all the subjects were oriented and purpose of the questionnaire clearly explained to the subjects.

**STATISTICAL TECHNIQUES:** The static group design was used as survey design in this study. The collected data were statistically analyzed by using 't' ratio to find out the significant difference between volley ball and basketball players. In all the cases 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

**RESULTS:** Table no. 1 indicates the mean, standard deviation and 't' ratio of sports injuries of volleyball and basketball players. The mean and standard deviation values were 56.87 and 1.187 for volleyball players and 56.93 and 1.486 for basketball players respectively. The obtained 't' ratio 0.136 is less than the required table values of 2.05 for degrees of freedom .the

result of the study was indicated that there was no significant difference was occurred between volleyball and basketball players on sports injuries.

Table 1

group	mean	Standard deviation	't' ratio	Level of significance
volleyball	56.87	1.187	0.136	0.05
basketball	56.93	1.486		

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