A pilot study examining injuries occurrence to inter-collegiate volleyball players

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ABSTRACT

The purpose of the present study was to sketch out a pilot study for the injury prevalence among university level male and female volleyball players. A Questionnaires prepared by Cromwell, and Walsh Gromely (2000) for Elite Gaelic Football Players was utilized after the modification required for the nature of the study. Total number of population was 1000 in which 80 (n=40+40) male, female subjects were taken. Players who had been participating in inter collegiate tournament held at C.S.M.S, Jalgaon 2009, 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. Most of the injuries of male and female players were sustained in upper limb; shoulder injuries were the most occurring injuries among the players. Lower limb injuries of male occurred to knee and female players to ankle. Discontinued training was the most predominant result of male and female player’s injuries. As per the causes of injury, smashing was the most routed cause of male and female player’s injuries. Right side was the most common injury side of male and female player’s. Winter season was the most favourable for player’s injuries. Most of the injuries of male players was occurred in game period, followed by injuries of female players in training period. Ligament injury was the most prone nature of male and female player’s injuries. Regarding the feelings of male and female players before the competition, relax and stressful were the most routed feelings. The feelings of male and female players before the practice, happy and relax were the most routed feelings.

Key Words: Pilot study, Injury, Volleyball players