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A Comparative Study on the Nature of Sports Injuries among the World Cup Football Players and the Indian Football Players

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ABSTRACT: Football is the most popular game in the world and second most popular game in India, particularly for being a body contact game Football Players had to perform different types of natural and unnatural movements. For the nature of competition, unnatural body movements, lack of knowledge about fitness and foul play injuries occur at different levels, gender and age groups of football players. The game is played and organized at low cost and not well prepared grounds with comparison to other sports. At least practical experiences across rural Bengal support this view. Even at International levels players are prone to injury for the games speedy character and aggressive nature. Johnson, J.W., Williams, E., Aitken, N.M., McDonald, A.H., and Sing, P., (2007), Established that most of the injuries were seen in the 11 to 20 age group and the majority of the admission were soccer related injuries. Dvorak J (2010) founded that most injuries affected the lower extremity (70%), followed by head and neck (13%), upper extremity (10%) and trunk (7%). The most frequent diagnoses were contusion of the lower leg (11%), ankle sprain (10%) and groin strain (8%). Junge A. and Dvorak J. (2015) studied on Football injuries during the 2014 FIFA World Cup and found that injuries were caused by contact with another player. Thigh (26; 25%) and head (19; 18%). For the purpose of the study 65 senior injured male football player were selected. And injury found as:- senior male 18.75% injury was ankle injury; 43.75% injury was knee injury; 16.25% were leg injury; shoulder injury was 7.50%; Wrist, face, foot injuries were 2.50% each and chest, head and groin injuries were 1.25% .

KEYWORDS: Football players, World cup, sports injury,

I. INTRODUCTION

Football is the most popular game in the world and second most popular game in India, particularly for being a body contact game Football Players had to perform different types of natural and unnatural movements. For the nature of competition, unnatural body movements, lack of knowledge about fitness and foul play injuries occur at different levels, gender and age groups of football players. The game is played and organized at low cost and not well prepared grounds with comparison to other sports. At least practical experiences across rural Bengal support this view. Even at International levels players are prone to injury for the games speedy character and aggressive nature. Today with the other criteria of games and sports, the word “power” has added and it has change into “power games” and “power sports”. Games and sports have lost its aesthetic value and became “combat” in nature. Sportsmen only strive for excellence. And with a great development of modern equipments, safety devices, improved fitness level, appropriate training, number of injuries occurred in various level, age and sex groups of competition are not decreasing. If there is any competition and sportsman intense to excel, there always remain possibility of injury. In the preset work the researchers want to highlight the types and nature of injuries that occurred during sports training and competitions among various athletic groups.

Various Williams and Sperry (1976) had given a classical concept of sports medicine. They divided the area of sports medicine as: a) Man as a sportsman b) Sportsman and his environment c) Sportsman as a patient d) Sports as a therapy

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authors listed several schemes for classification sports injuries. Athletics injuries may be classified by sports or anatomical location. Some physician and athletic trainer's categories athletic injury according to the particular participant group, such as women, youth, children or older athletes. Still another classification scheme uses the terms "acute" and "chronic". Another system to classify athletics injuries is by the type of tissue involved, such as- soft tissue and hard tissue (Morris, 1984). Morris (1984), have classified sports injuries as –

- i. By sports – Football, Track and Field, Volleyball etc.
- ii. By participant group – Women, Men, Youth, Children etc.
- iii. By nature of injury – Chronic and acute.
- iv. By type of tissue involved – Soft tissue and hard tissue.
- v. By anatomical location – Shoulder, Knee, Wrist, Ankle etc.
- vi. According to nature of game – Team game, individual game etc.

There are another classification of sports injury those were-

a] Acute Traumatic Injury and b] Overuse or Chronic Injury

a] Acute Traumatic Injury may also divided into:- i) Strain ii) Sprain iii) Bruise or contusions iv) Fractures v) Dislocations vi) Laceration vii) Achilles tendon

b] Overuse or Chronic Injury also may divided into:- i) Shin Splints ii) Tennis Elbow iii) Stress Fracture iv) Tendonitis v) Bursitis

I.I purposes of the study

The purpose of the study was as follows:-

1. To study the common sports injuries among the Football players of world cup and Indian Football players.
2. To find out the various nature of sports injuries among the Football players of world cup and Indian Football players.

II. METHODOLOGY AND MATERIALS

This was a survey type of study in which the investigator was trying to find out the nature of the sports injuries at various world cup and Indian football players.

II.1 Subjects:-

In this study nature of injury last five consecutive world cup. In my study in senior group of male, 65 injured football players, age above 19 years and at list district to inter national level of participation was considered as subjects.

In the FIFA world cup;- 64 matches

Year-2002- injury-171 , year-2006-injury-145

Year 2010- injury-140, year-2014- injury-104

Year 2018-25 (match injuries only)

II.2 Formula for Analyzing Data:-

Descriptive Method and Percentile Score of the data was presented

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III. RESULT AND DISCUSSION

Among the total 65 injured football players 80 injuries was found , and the injury was distributed as follows:-

Table 1 sites of injuries

Sites	No. of injuries	% of injuries
Face	2	2.5
Shoulder	6	7.5
Chest	1	1.25
Wrist	2	2.5
Finger of hand	2	2.5
Groin	1	1.25
Leg	13	16.25
Knee	35	43.75
Ankle	15	18.75
Foot	2	2.5
Total no. of injuries	80	100

Table 2 Nature of injury as follows :-

Nature	No. of injuries	% of injuries
Knee ligament (sprain)	33	41.25
Ankle ligament (sprain)	15	18.75
Muscle or tendon (strain)	7	8.75
Hamstring pull	5	6.25
Quadriceps strain	5	6.25
Contusion or bruise	4	5
Bone fracture	4	5
Calf muscle strain	3	3.75
Knee cartilage tear	2	2.5
Shin splint	1	1.25
Groin pain strain	1	1.25
Total injuries	80	100

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Chief medical officer of the FIFA reported that in the FIFA world cup 2002 the injuries were found as:-among all the injuries 73% were contact injury and 34% of injury was non contact injury. Muscle contusion-10, Muscle cramp-0, Knee-22. In 2006 Germany world cup a total of 104 injuries(73%) were due to contact and 38(27%) were non contact in nature. The most common injury were ,the lower leg 21%, the ankle 17%, and The thigh 14%, the most common nature was contusion 51% , muscle strain15% and ligament strain 14%. In 2010 most frequent were thigh strain and ankle sprain. In The 2014 FIFA world cup 64 (63.4%) injury caused by contact in nature with another player. The thigh strain was the frequent injuries. In present Russia world cup 2018, FIFA reported in their webpage that 25 injury was committed among 14 competitive country. Among the total 25 injury 19(76%) injury are in lower extremity. Among the total injury knee injury was 9(36%), hamstring 5(20%), ankle 3(12%) , calf muscle , foot, groin, ribs, hand/arm 1 each. In the present study researcher found in case of senior male the 82.50% of injury was in lower extremity. Where 43.75% was knee injury; 18.75% ankle injury; 16.25% leg injury respectively. 7.5% shoulder injury was found in football players.

IV. CONCLUSION

- a. Injury is decreasing with the advancement of age from the previous FIFA World Cup.
- b. Nature of injury is nearly same of the world cup football players with the Indian football players.
- c. Most of the injury were found in the lower extremity

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