



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 12, Issue, 01, pp.9775-9777, January, 2020

DOI: <https://doi.org/10.24941/ijer.37920.01.2020>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

PREVALENCE AND ITS CAUSES OF SPORT INJURY IN THE CASE OF WOLDIA FOOTBALL CLUB

*Abeje Kumilachew

Faculty of Natural and Computational Science, Department of Sport Science,
Woldia University, Ethiopia, P.O. BOX 400

ARTICLE INFO

Article History:

Received 14th October, 2019
Received in revised form
10th November, 2019
Accepted 29th December, 2019
Published online 30th January, 2020

Key Words:

Football,
Injury,
Experience.

ABSTRACT

Background: Football is one of the most widely played sports in the world. FIVA represents over 200 million played football. **Objective:** the aim of this study was to determine the prevalence of injuries and causes on football players of a club in Woldia F.C in the season of 2018-2019 G.C. **Methods:** Descriptive survey study was used. For this study all players and coach was included on the selected club (21 volleyball players and 1 coach). A self-administered questions and observation were used. The collected data were taken and analyzed by means of the Statistical Package for Social Science version 20. The results are displayed using table and figures. **Results:** response rate of 100% was obtained, 76.19% of the players experienced with one or more injuries in the season, 61 injuries occurred on the seasons and the rate were 2.9 per player. Among the injured players the most injuries and body's were skin (abrasion) 85.7% and thigh (muscle strain) 47.62%. Most injury occurred due to failed on ground and improper landing during heading the ball. **Conclusion-** abrasion and muscle strain injuries were the most common types of injuries occurred on players. physiotherapy services were not functional in the club due to absence of physiotherapists.

Copyright © 2020, Abeje Kumilachew. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Abeje Kumilachew, 2020. "Prevalence and its Causes of Sport injury in the case of Woldia Football Club", *International Journal of Current Research*, 12, (01), 9775-9777.

INTRODUCTION

Football is one of the most popular sports in the world, as many as about 200 million individuals playing this game including about 200,000 professional players. Currently FIFA unifies 203 national associations including Ethiopia. Ethiopian Football Federation has founded in 1943 and member of FIFA 1952, in 1958 it has a member of CAF. Woldia sport club is an Ethiopian football club based in Woldia, Ethiopia. They are a member of the Ethiopian Football Federation and play in the Ethiopian Higher League, the second division of Ethiopian football. Their home stadium is Woldia Stadium. Sport injuries are injuries that occur when engaging in sports or exercise. Sport injuries can occur due to over training, lack of conditioning and improper form or technique falling to warm up increases the risk of sport injuries. Bruises, strain, sprains, tears and broken bones can results; ligaments tendons, fascia and bursa may be affected. (P.h.hong, 2005.). The common football injuries are hands and arms, head and face, groin pull, muscle cramp, hamstring pull, knee, ankle sprain/fracture, Achilles tendonitis, calf strain and shoulder dislocation.

*Corresponding author: Abeje Kumilachew,

Faculty of Natural and Computational Science, Department of Sport Science, Woldia University, Ethiopia, P.O. BOX 400.

While overuse injuries can occur, traumatic injuries such as concussions are most common therefore, Soccer injuries can be prevented in different way such as, warm up, cool down and stretching have a pre-season physical examination, hydrate adequately, appropriate footwear and protection, eat enough balanced diets, rest and recovery and avoid overuse injuries. FIFA Medical Assessment and Research Centre have developed a series of prevention measures (Michel, n. d). According to Hackney (1994), sports injuries are the result of both intrinsic and extrinsic factors and doctors should be able to recognize the types of injuries associated with various sports. Bahr & Holme (2003) considered intrinsic factors, also called internal athlete-related risk factors, as including the age, sex, weight, strength, and flexibility of the athlete and extrinsic risk factors can be divided into factors related to exposure, training, equipment and environment. Type of sports, exposure time, position in the team, and level of competition are exposure factors.

Statement of the problem: Football game is a highly developing sport in Ethiopia. However, sport injuries were happening on players. Football injury is needs to be directed to injuries occurring because of participation in Football. Due to injury, players restricted from participation for one or more days from training and games, clubs loose points from games. If this problem will not be resolved, the players can't play permanently, will be affect with chronic injury and the clubs

will also getting the least rank with Football competition. Considerable researches have been done abroad in sport injury related to Football sport. However, as per the knowledge of the researcher, there was no research that conducted in Woldia Football Club to assess the causes of injuries occurred on players. The purpose of this study, therefore, was to examine the perceived causes of soccer player's injuries in Woldia football clubs.

Specific objective of the study

- To identify the major factor that leads to sport injuries in Woldia sport football club.
- Identify the responsible to prevent or minimize sport injuries from Woldia sport football club in training and competitions.
- Describing measures must need to take to prevent or minimize sport injuries.

METHODS

Study design: In order to explore the evident causes of male football player's injuries in Woldia Football Clubs a cross sectional research design was used.

Subject of the study: The participants of the research were 22; from this, 21 football players and 1 coach were used.

Data collection Instrument and procedure: The researcher used questionnaires, observation and interview as an instrument for data collection. Observations were performed during the training session and home computation. For observation checklists was prepared containing items that check different activities during training and home computation of the coaches. The structured interview was addressed to the coach. The questionnaire was developed for the players. Data collection instruments constitute both closed and an open-ended questions items.

Data analysis: The study was approached both quantitative and qualitative data analysis techniques were employed. The data gathered through the questionnaires, observation and interview were used to summarize, editing, coding and analyzing the appropriate data to transform to reliable and useful information. Hence, interpreted using descriptive statistics describe the data using tables, chart and graphs. The statistical software that has used to facilitate the analysis work was Statistical Package for the Social Sciences (SPSS).

Source of data: In this study, the researchers use primary sources of data. The primary data was collected via questionnaire and interview.

RESULTS

Background information about players

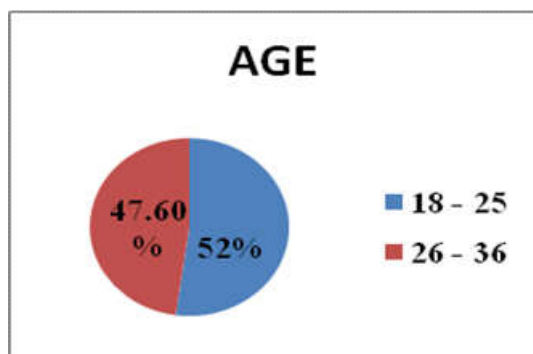


Fig.1. The above figure indicates that most of the player ages were between 26 to 36. This implies they have experienced players in the club

Number of years players participating in this club

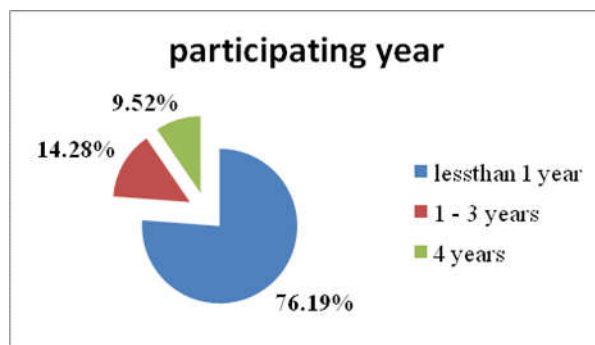


Fig. 2. The above figure show that 76.19% of players were join in the club one years and less than but 9.52% were participating from 1 – 3 years

Number of players experienced with sport injury (during training and computation)

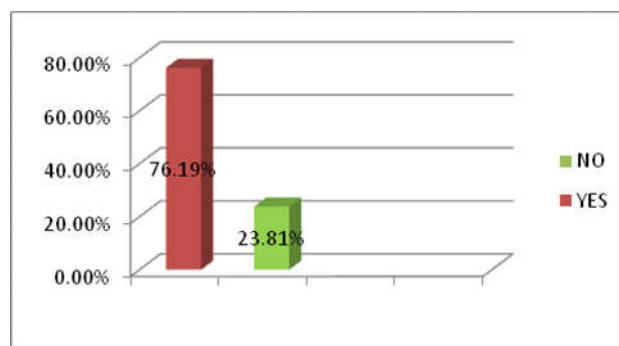


Fig. 3. The above figure shows that most of the players were experienced with sport injury related with football.

Prevalence of injury

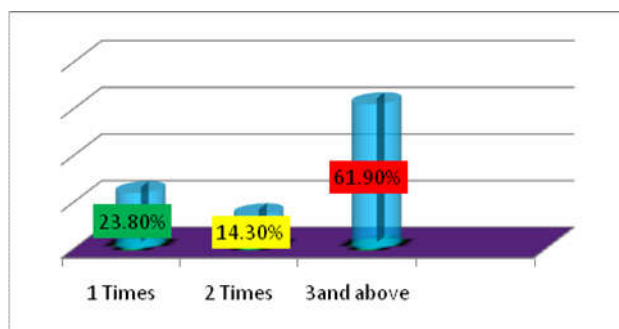


Fig. 4. The above figure indicates that 61.90% of the players of the team were injured above three times on the season of 2018/19

Injury occurrence: Most of players were injured during computation called 90.5% but the rest percent of the players were injured during training. Due to different injuries, players were withdrawal from computation. Based on this 57.14%, 23.81%, 14.3%, 4.76% of players were not participated from computation for 2 weeks, 1 month, and 1 year orderly.

Injured body: In the team during training and computation players were injured, due to this totally 61 injuries were happened on different body parts. From this, the most frequent injured body was skin (18), cuff muscle (12), thigh (10), knee (6), shoulder (7) and head injury was 8.

Thus, the prevalence giving an injury rate of 2.9 injuries per player in the season of 2018/19.

Causes of injury: The above injuries were occurred with different causes, as indicate the above there were 61 injuries happened on players. Failed on ground 42.85%, 33.33% of players were injured with wrong landing during heading, 14.3% of injured players due to crash with opponent's players in the case of attack and defiance and the rest 9.5% players injured with running in the game.

Severity of injury: In this study 58.22% of the injured players were completed the training and the game but the rest 41.78% were not completed at the time of injury happened. Most injuries were occurred moderate injuries (57.14%), major injury occurred 28.57% of the injured players and 14.3% were minor injuries.

DISCUSSION

Pattern of injuries: In this study, totally 61 injury were happened on the players at different body parts. The most injured body was skin. 90.5% of injured players experienced with injury during competition the rest 9.5% on training period. Based on this 57.14%, 23.81%, 14.3%, 4.76% of players were not participated from computation for 2 weeks, 1 month, and 1 year orderly. However, Girima indicated on his research work on 2018 G.C 72% of injured players were injured in computation and the most injured body part was knee with 20%. This shows that most of sport injuries were happened at computation. The most causes of those football injuries were failed on ground 42.85% and 33.33% of players were injured with wrong landing during heading. Due to lack of professional physiotherapist the injured players were not get treatment due to this players were take long time for recovery and back to the game. The coach gave responses about the causes of injury, most players were injured with lack proper warming up, not controlling their balance during jumping and running. After injury the injured players were not take care there feeling and the players cannot get immediate treatment.

Conclusion

The main objectives of the study was prevalence and causes of sport injury based on this different types of injury occurrence were happen in football training and computation. Football is a tension game, due to win and defend the opponent team the players highly aggressive this leads increase the occurrences of injury. Regarding injury, occurrence players were not come back to the tournament, increase the recovering time and the team loses point.

Recommendation

Based on the study results the researcher forwarded the following recommendation for the players, coaches and club owners:

- In the present study skin injury (abrasion) and thigh (muscle strain) are the most prevalent injury types the players experienced. This may be due to lack of controlling balance, aggressiveness, tensioned on the game and lack of stretching. Therefore, I recommend to the coach and the players, must doing proper warming up, passive and active stretching and controlling their balance during running in the case of attack and defiance.
- All sites (body parts), causes and prevalence's of injuries were not documented in the club due to this players can't know and managing the frequency of injured body part and causes. Therefore, I would recommend the coaches recording the players injured body part, causes and prevalence's.
- Not accessing of physiotherapy treatment at the time injury occurred was identified as causes of another sport injury. It was also confirmed through observation. Physiotherapy treatment is used to rehabilitates injuries, alleviates pain and increase overall health. Therefore, I would recommend the club owner to fulfill physiotherapists so that the injured player can have treatment immediately, which helps to recover with short period.
- Due to contact with opponent players, failed on land and also wrong landing most injuries were recorded on the clubs. This may be identified lack of techniques. Therefore, I would recommend the coaches teach the right ways of take-off, landing, different techniques of attacking and defending to prevent injuries.

REFERENCES

- Bahr et al, 2005. All types of sport injury occurring sporting activity.
- Bahr, 2008. common overuse injury.
- Bahr, 2009. overuse injury defined.
- Demie Girma, Dr. Sisay Mengistu 2018. Perceived Causes, Prevention and Treatment of Injuries: The Case of Assela Town Male Football Club Players of Ethiopia.
- Eugene sherry and des boker, 1997, sports medicine problems and practical management, first edition, UK printing press (p 145 and 199).
- Fuller et al ,2006, micro trauma.
- Geremewu Mulletal & Dagne Getachew 2018. Incidence of injuries in male football trainees of Ethiopian youth sports Academy (<https://www.verywellhealth.com/football-injuries>).jonathan cluett ,January 16,2018.conditions /sport injuries / pages introduction as px retrieved as March 2015.
- I.e, tinniest, high jumping and weight lifting.
- Jitendar p vis, 2006 text book of sport medicine first edition, Santa printers (kundlie)(175).
- Kathy, Mair, 2007-2014. Common sport injury Vol (316).
- Langley and Brenner, 2004, theoretical definition of an injury.
- Mc bain et al, 2012, steers chronical or acutely.
- Soligared. T et al. 2008, sport injury journal of sport medicine. Vol(337).(P 2469).
- Taimela *et al*, 1990. fitness and psychological factors.
