



AN ANALYTICAL STUDY OF COMMON SPORTS INJURIES AMONG SUB-JUNIOR, JUNIOR AND SENIOR HANDBALL PLAYERS

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Abstract: In the modern fast life teams sports or sporting events becomes highly competitive and every one stressing on win and for this may time. They are in search to find out maximum advantage while interpretation the rules of conducts, so that they will more easier win while playing with the help of above said concept then it involves more pressure and ultimately more roughness. So far as in this concept it can be minimize by first of all how an official behave towards the rule, though there are the rules for the good conduction of the game. It is evident that injury cannot be completely eliminated but minimization is must if this means of relaxation and recreation is to survive.

Handball is a distinctive throwing sport, as well as a dynamic contact sport, characterized by repetitive joint motions and large forces acting on the shoulder and elbow, frequent contact and collisions between opponents, high tempo, rapid changes of movement and jumps with hard landings. Even though there are specific rules and regulations to make the sport safe and fair, players are vulnerable to both acute and overuse injuries. Injury surveillance studies from the most recent Summer Olympic Games have reported that handball is among the sports with the highest injury rate. Therefore the purpose of this study was to analysis the common sports injuries in sub-junior, junior and senior handball players. A survey was conducted, based on retrospective methods, to identify patterns of injury among handball players. The subjects for the present study were selected from handball players who participated in sub-junior, junior and senior level player. All the subjects were regularly participate in tournament. The research scholar framed and prepared the questionnaire in consultation with the sports medicine experts, handball coaches, physiotherapists and elite handball players. Utmost care was taken in preparing the questionnaire to ensure the maximum coverage of the field of the study so as to obtain maximum, worthwhile, meaningful responses from the respondents. The construction and arrangement of questions were made in such a manner that clear and logical sequence in the response statement would be readily available in an orderly fashion. Besides this, outmost care was taken to frame the questionnaire according to the specification given by the experts.

The questionnaires were administrated to six hundred and fifty (650) sub-junior (150), junior (250) and senior (250) handball players during handball tournament with the prior approval of the coaches and managers of the respective teams.

After analyzing the data using statistical techniques namely descriptive statistics and chi-square, various hypotheses which were formulated at the commencement of the study were tested at 0.05 level. On the basis of findings, the various conclusions have been drawn. Handball game is more popular among rural dweller as compare to urban population of Maharashtra, as overall, seventy one percent (71%) handball players were from rural area and twenty nine percent (29%) were from urban area. Irrespective of age level majority of handball players undergo proper medical examination before participating in any training or competition as five hundred and eighteen (80%) handball players had undergone medical examination before participation in training/competition, whereas, 132 (20%) handball players had not gone through medical examination before the training and competition. There are significantly ($\chi^2=468, P<0.05$) high prevalence of injuries reported among sub-junior, junior and senior handball players, (72%) of respondents had some point of time in their career had suffered from injuries which constitute four hundred and sixty eight (468) respondent out of six hundred and fifty (650). Handball players at higher age categories are significantly ($\chi^2=33.06, P<0.05$) more susceptible to injury as compare to lower age categories as the percentage of injury among sub-junior, junior and senior handball player are (55.3%), (72.0%) and (82.0%) respectively. Injuries are more often take place during competitions (70.9%) as compare to practice condition (29.1%). Handball players are more prone to acute (66%) injury then chronic injury ($\chi^2=48.07, P<0.05$). Chronic injuries are more common in senior age categories whereas, acute injuries are more common in lower age categories ($\chi^2=28.66, P<0.05$) as ninety percent (90.4%) are acute and nine percent (9.6%) chronic injury reported among sun-junior handball players, whereas, (64%) acute injury and (35.6%) chronic injury among junior handball player and (57.6%) acute injury and (42%) chronic injury reported among senior handball players. Sprain and strain are most common injuries among handball players whereas fracture and contusion are less among handball player ($\chi^2=456, P<0.05$), it was found that forty six percent (46%) sprain, (20.9%) strain, (12%) dislocation, (4.0%) fracture, (7.7%) contusion, (3.6%) tendinitis, and (5.1%) other injuries. Such trends are common among sub-junior, junior and senior handball players. Lower extremities are significantly more prone to injuries ($\chi^2=135.14, P<0.05$) as compare to trunk and head & neck which is common among all the age categories of handball players, it was found that forty seven percent (47%) of the handball

players has injuries on their lower limbs, Twenty four percent (24%) having upper limbs and Fourteen percent (14.3%) had head & neck injuries similarly, more than thirteen percent (13.8%) had reported trunk injuries. Majority of injury occur during cutting, jumps, and lading, whereas, least injuries occur during running, planting and other unspecified situations as it was found that the situations in which injury occurred are significantly different among handball player, as majority of injury occur during cutting, jumps, and lading (21.4%), (22.25) and (17.7%) respectively, whereas, least injuries occur during running, planting and other unspecified situations (9.8%), (9.6%) and 98.7%) respectively ($\chi^2=70, P<0.05$). The handball players opined that the major causes of injuries among handball player are (26%) body collusion, (22%) lack of fitness, (14%) poor ground, (13.2 %) wrong technique, (10%) violation of rules and (14%) other reasons. Twenty four percent (24.6%) of handball player believed that prevention of injury in handball is proper training and fitness, whereas, twenty percent (22.3%) believed that properly following the rules, seventeen percent (17.2%) proper warm-up, fourteen percent (14.9%) severe penalty for the rule violators, ten percent (10.5%) safety equipments, more than seven percent (7.8%) medical test, and more than two percent (2.6%) proper nutrition to reduce the occurrence of injuries in handball.

Keywords: Handball, Injuries, Sub-junior, Junior and Senior
