

# STUDY OF INJURIES OF PLAYERS PARTICIPATING IN THE ALL GUJARAT GIRNAR MOUNTAIN ASCENDING-DESCENDING COMPETITION

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**Abstract:** The purpose of this study was to study the injuries of players participating in the All Gujarat Girnar Mountain Ascending-Descending competition. 100 male players participating in this competition were randomly selected as subjects for this study. A self-structured questionnaire of 25 questions was developed to know different injuries occurred during competition or regular practice. The questionnaire was given and filled by participants personally for the fairness of opinions. The data had been analyzed by directly interpreting it on the basis of percentage.

**Key Words:** Injuries, Girnar mountain ascending-descending competition.

## 1. INTRODUCTION:

In all sports activities of physical education, sports and injuries are the same as twins because it has been experimentally observed that there is no sport in which injuries are not there, it can occur in every sport. Injuries have no limit. During this time of the injury, the player suffers damage to many organs of the body, the first being physical loss, the second being a mental deficiency. Thus, the player faces injury in several ways. As the game continues to evolve in this age, it has become necessary to know that what causes the player to be injured. Sports have become a common activity in the world today in everyday work. And the risks of accidents, injuries, have grown rapidly. Such injuries or accidents are caused by player, gamer or workers negligence, equipment, weather or other factors. Accidents or injuries can be prevented if the player is proficient in the game, with adequate equipment facilities. There are differences in sports at every stage due to the eagerness to win medals in modern sports. More stress on players due to their tendency to win and pressure is generated and resulting in various problems. So knowledge of sports medicine is very helpful in solving all of these things.

## 2. METHODOLOGY:

The purpose of this study was to study the different types of injuries occurred during participating in competition or regular practice. For this study 100 male players who participated in All Gujarat Girnar Mountain Ascending-Descending competition were randomly selected as subjects. A self-structured questionnaire of 25 questions was developed to know different injuries occurred during competition or regular practice. The questionnaire was given and filled by participants personally for the fairness of opinions. The data had been analyzed by directly interpreted on basis of percentage and result was discussed on the comparison made on the basis of their responses.

## 3. FINDINGS AND RESULT:

Following are the tables showing the opinions regarding questions in percentage of the male players participated in the All Gujarat Girnar Mountain Ascending-Descending competition.

Table-1 shows the opinion of subjects in percentage of question-1, table-2 shows the opinion of subjects in percentage of question-2, up to table-25 shows the opinion of subjects in percentage of question-25.

**Table-1**

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
1	IS THERE PAIN IN THE ANKLE?	YES	38	38%
		NO	62	62%
		TOTAL	100	100%

Table-2

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
2	IS THERE PAIN IN THE WAIST?	YES	39	39%
		NO	61	61%
		TOTAL	100	100%

Table-3

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
3	DO YOU FEEL PAIN IN KNEE EVERYDAY?	YES	35	35%
		NO	65	65%
		TOTAL	100	100%

Table-4

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
4	IS THERE PAIN IN THE SEANBONE?	YES	30	30%
		NO	70	70%
		TOTAL	100	100%

Table-5

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
5	IS THERE PAIN IN THE JOINTS OF FINGERS OF PAWS?	YES	25	25%
		NO	75	75%
		TOTAL	100	100%

Table-6

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
6	IS THERE PAIN IN THE WRIST?	YES	10	10%
		NO	90	90%
		TOTAL	100	100%

Table-7

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
7	IS THERE PAIN IN THE ELBOW?	YES	7	7%
		NO	93	93%
		TOTAL	100	100%

Table-8

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
8	IS THERE PAIN IN THE SHOULDER JOINTS?	YES	21	21%
		NO	79	79%
		TOTAL	100	100%

Table-9

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
9	IS THERE PAIN IN THE NECK?	YES	15	15%
		NO	85	85%
		TOTAL	100	100%

Table-10

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
10	DO YOU RUN WITH BARE-FOOT?	YES	29	29%
		NO	71	71%
		TOTAL	100	100%

Table-11

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
11	DO YOU LIKE TO WEAR SHOES WHILE RUNNING?	YES	71	71%
		NO	29	29%
		TOTAL	100	100%

Table-12

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
12	IS THERE ANY RASH ON FOOT WHILE RUNNING WITH SHOES?	YES	41	41%
		NO	59	59%
		TOTAL	100	100%

Table-13

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
13	DO ANKLE SPRAIN OCCURES WHILE RUNNING?	YES	49	49%
		NO	51	51%
		TOTAL	100	100%

Table-14

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
14	DID ANYTIME LEG FRACTURE IS CAUSED BY FALLING DURING RUNNING?	YES	20	20%
		NO	80	80%
		TOTAL	100	100%

Table-15

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
15	HAVE YOU SUFFERED FROM HAND INJURY BY FALLING DURING RUNNING?	YES	31	31%
		NO	69	69%
		TOTAL	100	100%

Table-16

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
16	DO YOU FEEL RESPIRATORY PROBLEMS WHILE RUNNING IN COMPETITION?	YES	42	42%
		NO	58	58%
		TOTAL	100	100%

Table-17

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
17	DO YOU FEEL CONSTANT FEAR OF LOSING DURING COMPETITION?	YES	31	31%
		NO	69	69%
		TOTAL	100	100%

Table-18

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
18	WHILE RUNNING, DO YOU FEEL ANY DIFFICULTY IN BREATHING WHEN YOU GO TO HIGHER ALTITUDE?	YES	35	35%
		NO	65	65%
		TOTAL	100	100%

Table-19

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
19	DO SCRATCHES OCCURS ON BODY PARTS BY FALLING WHILE RUNNING?	YES	45	45%
		NO	55	55%
		TOTAL	100	100%

Table-20

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
20	IS THERE MUSCLE-PULL OR CRAMP DURING RUNNING?	YES	33	33%
		NO	67	67%
		TOTAL	100	100%

Table-21

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
21	DO YOU INTAKE LEMONWATER OR OTHER LIQUID BEFORE COMPETITION?	YES	55	55%
		NO	45	45%
		TOTAL	100	100%

Table-22

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
22	DO YOU INTAKE GLUCOSE OR LEMONWATER DURING THE COMPETITION?	YES	52	52%
		NO	48	48%
		TOTAL	100	100%

Table-23

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
23	THIS COMPETITION IS ADVENTUROUS SO IS THERE ANY REQUIREMENT OF MEDICAL CERTIFICATE?	YES	85	85%
		NO	15	15%
		TOTAL	100	100%

Table-24

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
24	DOES THIS COMPETITION HAVE MORE INJURIES THAN ANY OTHER COMPETITION?	YES	72	72%
		NO	28	28%
		TOTAL	100	100%

Table-25

SR.NO.	QUESTION	ANSWERS	FREQUENCY	PERCENTAGE
25	DO YOU FEEL EXHAUSTED AFTER THE COMPETITION IS OVER?	YES	81	81%
		NO	19	19%
		TOTAL	100	100%

#### 4. CONCLUSION:

It was observed from the result of the study that mostly 35 to 40% players have regular pain in ankle, knee, waist and searbone. As this is running event they suffered less pain in their wrist, elbow, shoulder joint and neck. It was also observed that up to 70% players prefer to wear shoes while running. About half of the players have suffered ankle sprain while running. It was also observed that they also suffered from fracture, scratches, and many other injuries by falling while running. About more than 50% players prefers to take limewater or glucose or any other liquid before or during the competition. About 85% agrees that medical certificate is required for this type of adventurous competition. About 72% agreed that this competition have more injuries as compared to other competition and 81% says that they feel exhausted after the competition is over.

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