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A study on the Psychological aspects of injury in Sports

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ABSTRACT

Athletes participating in sport are exposed to a relatively high injury risk. Age, gender, injury history, body size, local anatomy and biomechanics, aerobic fitness, muscle strength, and psychosocial factors as well as general mental ability are factors in the predisposition to injury. The main focus of the evaluations and prevention programs is also on the treatment of physical injuries and treatments of psychiatric/psychological issues have been addressed at a minimum. However Psychological issues of injury for sport are an essential aspect of successful sports performance at all times. It includes psychological variables as predictors of injury occurrence, athlete's psychological response to injury, psychological aspects of the rehabilitation process, and also psychological readiness to return to competition. With regard to the psychological response to injury, a few factors such as emotions and behavior of the injured athletes have been identified. Studies on the psychological aspects of the rehabilitation process have indicated that injured athletes need a number of approaches that can be implemented such as communication skills and motivation techniques. Nevertheless, injured athletes need to consider some psychological readiness factors to return to competition like anxiety, fear and loss of confidence.

INTRODUCTION

As sports participation increases, so does the incidence of both acute and over use sports-related injuries. All these injuries do not need only medical treatments but also psychological factors. In order to fully understand the injury occurrence/recovery process, both psychological and physiological factors must be considered many studies have shown the impact and influence of psychological characteristics of athletes in determining risk of injuries and rehabilitation. Those risk factors are usually classified in to extrinsic and intrinsic variables. Age, gender, injury history, body size, local anatomy and biomechanics, aerobic fitness, muscle strength, physiological and psychosocial factors as well as general mental ability are factors in the predisposition to injury. One of the most important aspects in sports injury rehabilitation is the psychological aspect which include psychological

variables as predictors of injury occurrence, athlete's psychological response to injury, psychological aspects of the rehabilitation process, and also psychological readiness to return to competition. Among the factors already studied are the stress responses, personality, and history of stressors, coping resources, trait anxiety, self-esteem, and mental toughness just as relatively small changes in behavior in sport can significantly impact performance, so do small changes in behavior significantly impact rehabilitation. Generally Studies on the rehabilitation process have indicated that injured athletes need a number of approaches that can be implemented such as communication skills and motivation techniques.

STATEMENT OF THE PROBLEM

Sports person is the main factor which they are affecting the psychological way depends up on the

injury, that affect their goal, dreams, achievement on their life. This time Parents are mostly not give a confidential support and they are not giving positive word to bring in this measure of Self-Esteem, Mental Health, Emotional and Behavioural Development from this they get change totally different [1].

OBJECTIVES OF THE STUDY

- To analyse the problems faced by the dependance due to the injury in sports.
- To identify the demographic profile of sports.

SCOPE OF THE STUDY

- The present study will be helpful to reduce the stress and angry.
- The research focus on the sports psychological is the relationship between personality and performance.

LIMITATIONS OF THE STUDY

- Many Respondents to respond to the Survey in their Busy practice.
- Many Respondents easy to found it to Rank the Problems faced by them, as they are equally facing all the problems.
- As the Questionnaire is based on Psychology, sports person took more time to fill it [2].

LITERATURE REVIEW

1. **SCHLOSSBERG,1981**,retirement from sport is an inevitable career transition, which every athlete must face eventually .A transition as been defined as” an event or not event, which results in a change in assumptions about oneself and the world and the requires a corresponding change in one’s behaviour and relationship”
2. **LAZARUS&FOLKMAN 1984**, during the abovementioned transition, certain strategies may prove to be facilitative for athletes particularly thru a non-normative career transition out of sports. A coping response used to deal with threatening events involves affective, behavioural and cognitive efforts to manage certain external and internal stressors

RESEARCH METHODOLOGY

Research Design

A Master plan that specifies the method and procedures for collecting and analysing needed information.

Sample Design

Sampling is the process of selecting a sufficient number of elements from the population. A Sample Design is a definite plan for obtaining a sample from the sampling frame. It refers to the technique or the procedure the researcher would adopt in selecting some sampling units from which inferences about the population is drawn [3].

Non-Probability Sampling

Non-Probability sampling is a sampling technique where the samples are gathered in a process that does not give all the individuals in the population equal chances of being selected.

Convenience Sampling

Convenience sampling (also known as Availability Sampling) is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in study.

Size of The Sample

The Sample size is 100. (100 Sports person)

DATA COLLECTION METHOD

Primary Data

These are data which are collected for the first time directly by the Researcher for the Specific study undertaken by him. In this research primary data are collected directly from the Respondent by using Questionnaire cum Enumeration Method [4].

Secondary Data

These are data which are already collected and used by someone preciously. The data’s are collected from journals, magazines and websites.

STATISTICAL TOOLS USED

To analyse and interpret collected data the following simple percentage and ranking were used.

Simple Percentage Analysis

To analyse and interpret collected data the following simple percentage and ranking were used.

FORMULA

$$\text{Percentage} = \frac{\text{Number of respondents}}{\text{Total number of respondents}} \times 100$$

Henry Garrett Ranking

Garrett's ranking technique to find out the most significant factor which influences the respondents; Garrett's ranking technique was used. As per this method, respondents have been asked to assign the rank for all factors and the outcomes

of such ranking have been converted into score value with the help of the following formula: Percent Position = $100 (R_{ij} - 0.5) / N_j$ Where R_{ij} = Rank given for the i^{th} variable by j^{th} respondents N_j = Number of variable ranked by j^{th} respondents.

DATA ANALYSIS

The Respondents participated in the research are from diversified background with gender, age group, types of sports and types of injury.

Table No 1: Demographic Profile Of The Parent Respondents

Details of respondent	no.of respondents	Percentage
AGE	10-20years	50 100
	20-30years	0 0
	30-40years	0 0
	Total	50 100
GENDER	Male	1 2
	Female	49 98
	Total	50 100
TYPES OF SPORTS	Basketball	1 2
	Foot ball	24 48
	Athletics	21 42
	Cricket	4 8
	Total	50 100
TYPES OF INJURY	Fracture	2 4
	Ankle twist	42 84
	Ligament tare	6 12
	Total	50 100

INTERPRETATION

From this study it is evident that age group of the 50% of the respondents fall under the category of 10 – 20 years, 98% of the respondents fall under the gender group of Female, 2% of the respondents fall under basketball, 48% of the respondent fall

under football, 42% of the respondent fall under athletic, 8% of the respondent fall under cricket. 4% of the respondent fall under fracture, 84% of respondent fall under ankle twist, 12% of respondent fall under ligament tare.

Table No 2: Rank The Problems Faced By The Students

S.No	Problems	Mean score	Total score	Rank
1	Helpless	375	1500	4
2	Frustrated	315	2205	1
3	Angry	355	2130	2
4	Shocked	380	1140	5
5	Bored	395	395	7
6	Depressed	390	780	6
7	Discourage	365	1825	3

INTERPRETATION

From this study it is evident that in henry Garrett ranking, frustrated is ranked as no.1 with the total score of 2250, Angry is ranked as no.2 with the total score of 2130, Discourage is ranked as no.3 with the total score of 365, Helpless is ranked as no.4 with the total score of 1500, Shocked is ranked as no.5 with the total score of 1140, Depressed is ranked as no.6 with the total score of 780, Bored is ranked as no.7 with the total score of 395.

FINDINGS

1. **In Authoritative Style**, Frustrated of Activities is ranked as no.1 with the total score of 2205,
2. **In Permissive Style**, Angry is ranked as no.1 with the total score of 2130,
3. **In Uninvolved Style**, Discourage is ranked as no.1 with the total score of 1825,
4. **In Authoritarian Style**, Helpless is ranked as no.1 with a total score of 1500,
5. Age Group of the 50% of the respondents fall under the category of 10 – 20 years,
6. Types of sport 48% of respondents falls under the category of Football.
7. 84% of the respondent falls under the category of ankle twist.
8. 98% of the respondents fall under the gender group of Female,

9. Age Group of the 42% of the respondents fall under the category of 11– 15 years
10. 61% of the respondents fall under the gender group of female,

SUGGESTIONS

- ✓ Sports students can be more cautious in watching their inspirational video on injury time.
- ✓ Sports person should avoid negative thought on the future goal because of injury.
- ✓ Parents should encourage the sports person on the injury time and give confidence.
- ✓ Couch should give a regular treatment and give confident advice to the injured person.

CONCLUSION

Injured athletes treated with a comprehensive rehabilitation program that includes addressing issues that experience less stress. In relation to this studies have suggested the use of psychological strategies such as goal setting, positive self-statements, cognitive restructuring, and imagery/visualization is associated with faster recovery. These strategies may be helpful by reducing stress and increasing coping mechanisms and social support. However, rehabilitation may be affected by problematic emotional reactions, the

most common of which are loss of identity, fear and anxiety, and a loss of confidence. The common attitude that „if the body is ready the mind is also“ must continue to be challenged, as an athlete“s

anxiety and fear and lack of confidence must be addressed and alleviated before he/she returns to competition and can make more informed decisions on complete.

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