INTRODUCTION

With the growing amount of stress in today world a certain amount of physical activity is considered an important element in health promotion and public interest. In health enhancing physical activities, sport and its importance is increasing. Interest in sporting activities has also grown. The consequent upsurge in sporting activity and the intensity of training has caused a corresponding increase in sports injuries, both from acute and overuse trauma. Although many sports injuries are mild or moderate, treatment of injured athlete often requires special judgment and experience. Despite advanced knowledge, modern technology, and improved skills in sports medicine, many players fail to return. Therefore, the survey and prevention of injuries should be a major goal for sports field and allied sciences. Sport and leisure time game of being irrespective organize or unorganized have became very popular.

Previous studies have shown that the injury risk in volleyball is lower than that seen in other team sports such as handball, soccer or ice hockey. Presumably, this difference can be attributed to the non-contact nature of the game of volleyball, since players from opposing teams are separated by the net. Comparison of the results of the present study is difficult due to the scarcity of data in this specific arena of investigation to the best of the authors knowledge, this is the most comprehensive injury profile study of volleyball players. The test data will provide a good baseline and reference for coaches, sport physiologist and future research workers. Thus a study on injuries related to the game of volleyball is of great significance.

STATEMENT OF THE PROBLEM

The investigator observes that only a few studies are available related to injuries in the game of volleyball. The study on types of injuries of volleyball players will help in providing a sound base of knowledge, so that professional practitioners, coaches can handle the sport person in a fruitful manner. Thus the Investigator is motivated to undertake a study regarding nature and types of injuries in university players, the causes of injuries, their suitable preventive and safety measure in Maharashtra sportsperson with the title “Analytical Study of Injuries in University Volleyball Players and Preventive Measures.”
DELIMITATION & EXPLANATION OF TERM

1. The study is delimited to volleyball players from the shivaji university only.
2. The study is delimited to volleyball players who have played volleyball for three year at least.
3. The study is delimited to volleyball players senior group only.
4. The data for study is delimited to the information collected from Players, coaches, doctors, and physiotherapists.
5. The data collection tool is delimited to questionnaire designed by the researcher in this study.

LIMITATION

The limitations of the study will be related to the observations and experiences in the context of present study.

1. The observations and experiences of sport physiotherapist or doctor and of volleyball university player are accounted as first hand information of data to meet the designed purpose on which researcher has no control.
2. The observation will mainly base on the experiences of volleyball players and the doctors.
3. The investigator will not be in control of the factors like health, physical aspect, economical status, habit, coaching and training.

OBJECTIVES

1. To design a Questionnaires to gather information regarding injuries and their causes.
2. To study the different types of injuries in university volleyball players from shivaji university.
3. To calculate and analyze the percentage distribution of injuries in volleyball players.
4. To find the specific causes of the injuries.
5. To suggest method of management and prevention of injuries in volleyball.

HYPOTHESIS

It is assumed that in the present study,
H:1 The subjects will give unbiased, accurate and correct information.
H:2 Injuries in volleyball players can be easily identified.
H:3 The Questionnaire developed to identify the injuries will be sufficient to identify all the different types of injuries in volleyball players and their causes.

DEFINITIONS & EXPLANATION OF TERM

Analytical study

Analytical study for this research refers to finding different types of injuries caused due to playing of volleyball, their classification in categories, finding the causes of the injuries and suggesting their prevention.

Injuries

Injuries for the current research are any physical damage to the body caused due to or while playing the game of volleyball.

Age group

Age group for the current study is considered to be players playing under shivaji university.

Volleyball Players

An athlete or sportsperson who plays the game of volleyball and has played this game for three years at least by representing their representative school, college, university, club, district, state at least will be considered as a volleyball player for this study.

SIGNIFICANCE OF THE STUDY

1. There are very few studies available regarding sports injuries in India and the above mentioned study will contribute to the literature related to sports injuries.
2. The present study will definitely enlarge the volume of book of knowledge as far as sport injuries of Indian sport person are concerned with regard to its types, distribution, causes, prevention and safety.
3. The present study will help the coaches and sport persons to plan practice and training programs to minimize injuries.
4. As the causes of injuries are identified, required protective and preventive measures may be designed or taken care in a fruitful manner.

5. The present study finding will also highlight role of sport managements, officials and coaches in regard to prevention and management of sport injuries.

6. The present study finding will be instrumental in improving and maintaining the sport performance and will ensure safe sports participation.

7. The study of injuries will help in the development of performance of volleyball players by preventing injuries and increasing the player’s career.

8. General and specific identification and distribution of injuries in regard to volleyball game, will suggest measures to prevent and manage injuries and this will help the game in itself.

The study of sport injuries will motivate the professionals or researchers for further investigation, the present study will serve as baseline information to them for deep penetration to resolve a better sporting environment through their potential knowledge and research for instance designing protective garments or equipments and facilities, planning and strategies for better treatments and rehabilitation.