INTRODUCTION

Volleyball is an exciting and popular game where not only an individual but also team can participate at any level. It is contact sport played all over the world. It is an enjoyable sociable sport that can be played from childhood to old age either at a recreational level or a competitive sport.

In tournament there is typically more than one game a day often, which can result in many hours of volleyball concentrated on only in a few days. A player may participate in competition, sports injuries are injuries that occur to athletes participating in sporting events. Injury occurs in sports as it does in day to day life. Extended play sometimes results in overuse injuries which are relatively common in volleyball. Volleyball is a sport that makes heavy demands from the players. The physical work is intermittent involving high intensity activity inter spread with short pauses. The game involves jumping movements and foot work.

In epidemiological studies, injuries occur during training or competition interrupted or hampered play or required special treatment in order to continue play or if the injuries made play impossible. Volleyball is also a risk sports dominated by overuse injuries. These injuries may occur in volleyball for a variety of reasons including improper training, lack of appropriate footwear or safety equipment.

The prevalent study was delimited to only male and female volleyball players. The finding of study will help to highlight the occurrence of injuries in volleyball game. The prevalent aim of the present study was to survey the injuries in volleyball.

SPORTS INJURIES

Sports injuries are injuries that occur to athletes participating in sporting event. In many cases these types of injuries are due to overuse of a part of the body when participating in a certain activity .for example, runner's knee is painful condition generally associated with the running while tennis is a elbow is a form of repetitive stress injury at the elbow other types of injuries can be caused by a hard contact with something .This can often cause j broken bone or
torn ligament or tendon.

CLASSIFICATION:

Sports injuries can be broadly classified as either traumatic or overuse injuries. Traumatic injuries account for most injuries in contact sports such as football, rugby league, volleyball, cricket, hockey because of the dynamic and high collision nature of these sports. These injuries range from bruises and muscle strains to fractures and head injuries. A bruises or contusion is damage to small blood vessels which causes bleeding within the tone tissue. A muscle strain is a small tear of muscle fibers and a sprain is a small tear of ligaments tissues. The body's response of these sports injuries is the same in the initial five day period immediately.

MECHANISM: All of these traumatic injuries cause damage to the cells that make up the soft tissues. Dead and damaged cells release chemical which initial an inflammatory response small blood vessels are damaged and opened up. Producing bleeding within the tissue. In the body's normal reaction a small blood clot is formed in order to stop this bleeding and from this clot special cell (call fibroblast) begin the healing process by laying down scar tissue.

STATEMENT OF THE PROBLEM

The purpose of the study will be to study a survey of injury occurrence to male and female university volleyball players.

DELIMITATION:

1. The study will cover male and female volleyball player of Jharkhand state.

2. Only the age, between 18-28 year of the subjects will be use for the study.
3. This study is limited to traditional universities of Jharkhand State.

4. The study will cover only the injury pattern responsible for volleyball players Performance.

Limitation

1. The subjects of the study will random select from universities Jharkhand. Factor such as a geography locations, mood state recreation activates and other such factor that my inflation subject variedly and effect this psychological study could not be Control be the research.

2. The researcher scholar could not control other psychological factor influencing. The mind aspect contrentnting of the subject during the conduct of study.

OBJECTIVE:

1. To know through survey about the occurrence of injury to volleyball player.

2. To know about the common injuries of male and female volleyball player.

3. To know the effect of different injuries over the performance of volleyball players.

4. To determine and to compare between mean differences of male and female Volleyball players.

HYPOTHESIS OF THE STUDY

1. There would not be significant gender differences in injury between male and female University level Volley ball players

2. There would not be significant differences in injury between male and female University level Volleyball players regarding level of participation.
3. There would not be significant differences in injuries in training workout of male and female University level Volley ball players.

4. There would not be significant differences in injuries due to their participation of other sport event of more then three hours in a week.

**DEFINITION OF THE RELATED STUDY**

**SPORTS INJURY:** sports injuries result from acute trauma from stress associated with athletics activities sports injuries can affect bone or soft tissue such as ligament, muscles and tendons.

**ACUTE INJURY:** Acute is a word used to describe an injury or illness that comes and goes (as opposed to chronic which is persistent) acute injuries come and quickly have very definite systems which can be quite intense and heal in relative brief period of time.

An acute is an injury that occurred recently as a result of a traumatic event. Acute injuries in orthopedics include.

**OVERUSE INJURY:** overuse syndromes are common sports injuries that result from respective use stress and traumata the soft tissues of the body (muscles, tendons, bones and) with proper time for healing.