

COMMON INJURIES ON INTER UNIVERSITY WRESTLERS OF KAVITRI BAHINABAI CHOUDHARI NORTH MAHARASHTRA UNIVERSITY JALGAON

Wagh K.^{1*}, Martade G.²


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^{1*} Kishor Jayaji Wagh, Research Scholar & Director of Physical Education & Sports, D.D.S.P. Arts, Commerce & Science College, , Erandol, Jalgaon, MH, India.

² Govind Sadashiv Martade, Director of Physical Education & Sports, Dhanaji Nana Arts & Science College, , Faizpur, Jalgaon MH, India.

Background: Wrestling is a popular sport the India and most of Maharashtra. As one of the sports played during the Olympic, in that game many of participated in collegiate and Inter University levels. However, in wrestling sports contact and its arduous nature leads to a high incidence of injuries. In spite of this, it has identified the status of attention, especially with respect to injury rate in the inter university level wrestlers of Jalgaon. **Objective:** The study was to investigate the common injury face professional Wrestlers in KBCNM University, Jalgaon. **Methods:** A descriptive method of study was conducted with 50 professional Wrestlers those were participated in inter university wrestling tournaments in the period of 2022-2023 represent KBCNM University, Jalgaon district in age range of 18-25 years old. A researcher administered questionnaire was used to obtain information of common injury patterns of Wrestlers. **Results:** The type of injury observed for male Wrestlers were knee pain (46 %), shoulder pain (16 %), pain in hand and wrist (4 %), ligament sprains (15 %), lower back pain (4 %) and muscular strains (15 %) respectively. **Conclusion:** The Inter university wrestlers are at risk of higher injury rates, with the knee joint is most commonly involved, followed by the shoulder and more commonly associated with trunk injuries.

Keywords: Inter University Wrestlers of KBCNM University Jalgaon district, Common Types of Pattern Injuries.

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Introduction

Wrestling has been practiced since ancient times, and it is a popular sport in India. Conventionally, it is practiced in ashrams or akhadas on a field of dug earth and has been called "Mallyudh" or "Pehlwani." More modern practices are being followed in recent times. The world over, records of ancient Olympic wrestling can be found as far back as 708 B.C. It is a contact sport and its arduous nature, and compulsory physical contact leads to high injury rate. Wrestling is second only to tackle football for the frequency of injury in athletes. This is in spite of having the average annual participation of wrestlers in university level competitions.

This sport involves all parts of the body in voluntary and involuntary movements. Various biomechanical forces are imposed on both athletes due to the very nature of this game, leading to injury to different parts of the body. The frequency and severity of these injuries depend on several factors and are the result of their interaction at a point in time. These factors are the type of exposure (competition vs. practice), style of wrestling, gender, age, etc. Hence, to record reliable epidemiological data, it is essential to determine these accurately. This is the initial step towards focused injury prevention

Material and Method

Method of the study

The present study was descriptive research method which was conducted with objective of this study was to investigate the common injury face professional Wrestlers in KBCNM University, Jalgaon district.

Method of Sampling

The purpose of the study 50 professional Wrestlers those were participated in inter university wrestling tournaments in the period of 2022-2023 represent KBCNM University, Jalgaon district in age range of 18-25 years old was purposively selected subjects.

Administration of Questionnaire

A researcher administered questionnaire was used to obtain information of common injury patterns of inter university wrestling tournaments in the period of 2022-2023 represent KBCNM University, Jalgaon district.

Procedure of the study

The researcher personal visit the every subjects and given to them instruction about the need, about the research study also provide explanation of questionnaire after the professional water sports Wrestlers for research selected total number of 50 male wrestlers those participated inter university wrestling tournaments in the period of 2022-2023 represent Kavetri Bahinabai Choudhari North Maharashtra University, Jalgaon district from selected and implemented questionnaire for data collection.

Statistical Tools

Wrestlers of inter university tournaments participated were administered questionnaire and collected data by analyzed through the SPSS 21.0 version for windows statistical software package was used to compute and report the data. Descriptive statistics were used to describe and summarize the data.

Results

The obtained results are present in following table into the form of descriptive statistics. According to analysis of common types of injury found among the professional male wrestlers those represent KBCNM University, Jalgaon in inter university tournaments.

Table no. 1 Descriptive Statistics Analysis of Wrestlers Injury

Enclosed as Annexure 01

Graphical Presentation

Enclosed as Annexure 02

Above the Graph shows that common types of injury found among the male inter university level wrestlers.

Discussion

The injury incidence is directly-indirectly related to the over burden competition pressure of inter university tournaments, volume of training and different wrestling techniques. Cohen et al. proposed that wrestling injuries should be divided into contusions, fractures, dislocations, sprains, muscle lesions, and tendinitis. In terms of location, they further divided them into lower limbs (thigh, knee, leg, ankle, and foot), upper limbs (shoulder,

Arm, elbow, forearm, wrist, and hand), and trunk. [15] In a study by Yard et al., [5] lacerations and cartilage injuries were the most common injuries in college wrestlers. Pappas [16] reported sprains/strains (36.5%) and fractures (21.3%) and Jarret et al. [7] report sprain, strains, and contusions as the most common injuries.

Conclusion

On the basis of result obtained in study the researcher made the conclusion that show the above table and graph the type of injury observed for male wrestlers were knee pain (46 %), shoulder pain (16 %), pain in hand and wrist (4 %), ligament sprains (15 %), lower back pain (4 %) and muscular strains (15 %) respectively. Inter university wrestlers are at risk of higher injury rates, with the knee joint is most commonly involved, followed by the shoulder and more commonly associated with trunk injuries.

Annexure

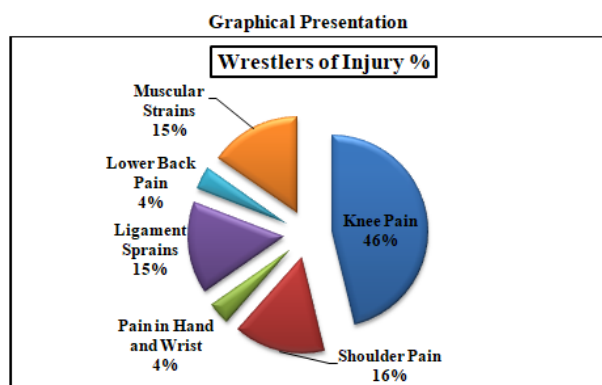
Annexure 01

Table no. 1 Descriptive Statistics Analysis of Wrestlers Injury

Wrestlers Types of Injury	Wrestlers of Injury %
Knee Pain	46 %
Shoulder Pain	16 %
Pain in Hand and Wrist	4 %
Ligament Sprains	15 %
Lower Back Pain	4 %
Muscular Strains	15 %

Annexure 02

Graphical Presentation



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