



DISCUSSING INJURIES OF FOOTBALL PLAYERS AND ITS PSYCHOLOGICAL EFFECT

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ABSTRACT

Football has the highest incidence of injury among team sports. Football is a demanding sport that calls on a wide range of physical and motor abilities in addition to smart play. It's a fun and sociable activity that people of all ages, from kids to retirees, can take part in, whether for exercise or competition. Football players are more likely to sustain injuries since the sport requires them to start, run, slide, twist, leap, kick, and turn. The major goal of this PhD project was to conduct a historical analysis of the incidence of injuries suffered by professional football players. Injuries are widespread among football players because of the high risk nature of the contact sport. Football injuries may be classified as either contact or non-contact physical complaints by players during game play or training sessions. Players may collide with each other, the referee, and the goal post, but they can also sprint, leap, and pivot without violating the rules.

Keywords: -Foot Ball, Players, Sports, Games, Injuries.

I. INTRODUCTION

Games and sports are more than just a kind of entertainment in today's environment. The spiritual and moral renewal of modern society cannot be achieved without the widespread participation in games and sports. Only in a world where peace and harmony are universal could we call it a utopia. Many groups and institutions around the globe are working to make this planet a place where everyone can get along and be happy. Games and sports advocacy are a means to this end. The modern world is a very competitive environment, and sports are no exception. Many different games are played and perfected in today's society, and all of them have developed in a systematic way.

Different sports call for varying degrees of quickness, strength, stamina, coordination, etc. Sports-specific technique and strategies are just as crucial as general physical conditioning. It may nevertheless call for a greater degree of ability to develop these talents and make one efficient enough to employ them under sports-specific settings. When two athletes compete



against one another, even a little gap in their abilities may have a significant impact on the outcome of the game. Players, with the aid of coaches and scientific research, train for competition. Players must also expend significant effort to master the tactical nuances of their respective sports. Various sports may need various kinds of effort from players.

II. THE SPORT OF FOOTBALL

Football, or soccer, is played in almost every country. In a poll conducted in 2000, it was estimated that there were almost 240 million gamers; since then, that number has only grown. Eleven players are involved, all of whom work hard to score goals and prevent the opposing side from scoring. Each half of the game lasts 45 minutes, for a total of 90 minutes. This sport relies on spurts of speed followed by periods of rest, hence it is inherently sporadic. The history of the word "football" is fraught with inconsistencies. Many people have the misconception that "football" means "kicking." Football has been played for well over a century. England was the site of the first football association in 1863. An analysis of football's past suggests that there are over six dozen sports that are comparable to football in nature, including Japanese Kemari, Greek episkyros, Roman harpester, etc. After years of analyzing other sports, the current version of football has emerged as the clear winner.

Across the globe, people of all ages and socioeconomic backgrounds engage in the sport and physical activity known as football. Association football, sometimes known as soccer, has the most widespread rules. It is possible to trace the origins of organized football back to the latter half of the nineteenth century. Since then, the various football codes have matured in terms of both perspective and innovation.

To become successful soccer players, professionals need to have a wide range of skills, including cardiovascular fitness, muscular strength, stamina, flexibility, coordination, agility, and tactical acumen. Football, one of the few really global contact recreations, is a global phenomenon, drawing in millions of spectators to its games every year. There is no other brandishing event that attracts as many fans.

III. SPORTS INJURIES

Injuries sustained when participating in sports, sporting activities, or physical exercise are often considered sports injuries. Every year, sports-related injuries affect over 2 million individuals. Injuries, especially sprains and strains, are most prevalent around the knee and ankle, and this is true for both male and female athletes. Accidents during play, improper training methods, insufficient equipment, and excessive use of a body component are the most common causes of sports-related injuries.



Potential sports injuries may be lessened by preventative measures. It's crucial to get into the habit of warming up, stretching, and doing exercises that target the major muscle groups that will be utilized during the desired sport.

IV. DISLOCATIONS

These develop when a force displaces the normal position of the bones in a joint. Luxation is another name for a dislocation. Dislocations are common in contact sports like football and may be caused by prolonged straining or a fall. In most cases, dislocations are medical emergencies that need immediate attention. While it may be possible to realign the dislocated bone, the connective tissue in and around the joint may be severely damaged in the process. Fingers and hands are the most likely to dislocate, followed by the shoulder and elbow; knees and hips are dislocated, although less often.

The delicate structure of the cheekbone may be easily dislodged or fractured in the event of a blow or fall. Larynx and trachea injuries are uncommon in sports like football, but they may nonetheless result in difficulty breathing, the loss of one's voice, or even internal bleeding. The knee, ankle, wrist, hand, and thigh account for the vast majority of football injuries.

Ligament damage or dislocation of the wrist, both of which often need surgery. Injuries to the wrist may be caused by a variety of factors, including falls, but also through consistent exercise and force. Most wrist and finger injuries are either strains, sprains, or fractures. Football may be more dangerous than other sports for the groin because of the frequency with which it is injured. Football skills need constant adduction and abduction of the legs, which may lead to groin injuries. According to Hawkins and Fuller's (1999) study, in football, non-contact injuries account for over half (51%) of all injuries, whereas contact injuries account for little over a third (41%). Furthermore, they explain that turning, shooting, jumping, and running account for 39% of all injuries.

There are a lot of things going on in a player's head that might cause them to push themselves to the point where it's bad for their career. Players may benefit from sports psychology in the following ways:

Mental imagery: Imagery is the act of forming mental images or reproducing mental sequences of motion. It's a way to practice physical abilities when it's not feasible to do so in real life. It aids in stress reduction, pain relief, and a quicker recovery.

Goal setting: It aids in the creation of both long-term and short-term objectives for rest, exercise, and competition. It lessens pressure and contributes to systematization of the growth process as a whole. It maintains drive by rewarding the person for their efforts.



Positive self-talk: A person may have detrimental effects from an injury. Motive may be generated and maintained with the use of positive self-talk.

Relaxation technique: These methods are carefully crafted treatments that assist people achieve mental stability by lowering their levels of worry and anger. These methods help relieve stress around the affected area in the event of an accident.

Social support: The strain of dealing with an injury might be lessened with the aid of friends and family. When people stop communicating with their former teammates and coaches, they often experience a profound sense of isolation and loss of self.

V. PSYCHOLOGICAL DOMAIN OF SPORTS INJURIES

There are two ways to divide the psychological aspect of sports injuries. What can be learned about the causes of and reactions to sports injuries by examining the minds of the people involved? The main focus of our research is on the mental factors that contribute to sports-related injuries. Sports injuries may be caused by a variety of circumstances; however they can be broken down into two broad classes:

1. Internal factor
2. External factor

Internal or personal factors – These elements are linked to the individual's biology (the body's inner workings) or psychology.

- (a) **Biological:** Condition, biomechanics, overtraining, exhaustion, development, exposure, and history of injury are all examples of biological variables. Factors like age, gender, pre-existing muscular imbalances, etc., are also taken into account. While training can help with some of these biological factors, others, like age, gender, and so on, simply cannot be changed.
- (b) **Psychological factors:** Life events, emotions, resource imitation, risk taking, goal setting, worldview, sense of self, sadness, anxiety, and other mental health issues all contribute to this aspect.

These features are the result of the individual's life process and may be addressed with therapeutic measures.

External or environmental factors:

- (a) **Physical factors:** The word "physical factors" may be used to describe a wide variety of conditions, including weather, equipment, venue, dangers, crowd, proximity, opponent size,



playing surface, etc. With sufficient preparation and help, the aforementioned difficulties may be avoided.

Socio-cultural factors: Considerations including "sports norms," coaching standards, quality, contacts with medical professionals, game regulations, and cultural background all play a role. Sociocultural elements such as "efficiency" and "respect" are crucial to the athlete's ability to participate in sports without incurring serious injuries. For the author, see (Susan Key Trillman).

VI. CONCLUSION

Injuries in football can have significant physical and psychological effects on players. While the physical consequences of injuries are well-documented and often receive considerable attention, the psychological impact should not be underestimated. Football players may experience a range of psychological reactions following an injury, including emotional distress, frustration, anxiety, fear, depression, and loss of confidence. These psychological effects can vary in intensity and duration depending on the severity of the injury and the individual's coping mechanisms.

One of the primary psychological effects of injuries is the emotional distress and frustration caused by being unable to participate in the sport. Football is not just a physical activity for players; it often becomes an integral part of their identity and sense of self. Being forced to sit on the sidelines and watch their teammates play can lead to feelings of helplessness, sadness, and a sense of loss. This emotional impact can be particularly pronounced if the injury is severe and requires a long recovery period.

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