

The prevalence, risk factors of football related injuries among the Vadamradchi football league players and the treatment facilities available for them

Vishnuprasath V¹Nilakshan Y¹, Arivuchelvan S², Murali V³

¹ *Faculty of Medicine, University of Jaffna*

² *Teaching Hospital, Jaffna*

³ *Anti Filariasis Campaign, Ministry of Health, Colombo*

Background: Football is one of the game that gives a lot of stress to physical and mental health of players. Because of these and other extrinsic factors the football players are often injured. So this research is based on assessing the prevalence and risk factors of football related injuries among club players of Vadamradchi football league. The objective of the study was to assess the prevalence, risk factors of football related injuries among the Vadamradchi football league players and the treatment facilities available for them.

Methods: A descriptive cross sectional study was done during the period of August 2016 to May 2018. As the total population is around 600, all the players of Vadamradchi football league were recruited and with the 15% non-respondent 510 samples were included. Data collection was done by using self-administered questionnaire. The competitive state anxiety inventory - 2 questionnaire which was translated in Tamil was used to measure the psychological factors influencing the injury.

Results: The prevalence of acute injuries was high (69.8%) among the players of Vadamradchi football league players during the past 6 months and the prevalence of chronic injury was 29.6%. The level of competitive state anxiety among the players was moderate among the majority of the players (above 80%). Among the risk factors, most of the factors showed no significant association with acute injuries. Somatic state anxiety, self-confidence, previous injury, some aspects of proper practices and the playing positions showed significant association with injuries. Most of the factors showed as same the results of some previous studies. The facilities are not adequate to the players.

Conclusion: Further studies are required to analyze the risks for the high prevalence of injury in a large scale.