The frequency of sport injuries according to sex, age, sport experience, the nature of sport activity and training process

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Introduction

When we speak about the consequences of the organized going in for sports, we emphasize the positive contributions of sport to physical, social and psychological development of young people. We much rarer talk about possible negative consequences and experiences related to the sport environment: competitive stress, hard training programme and the burnout, poor communication and organization, hard game, injuries, no presence of progress, the feeling of incompetence, self-esteem reduction, disappointment and leaving sport. Although we daily face different aspects of problems of injured athletes of all ages and competitive levels (from recreational to high level), our knowledge about their frequency and consequences (psychological, health, social, economic) is incomplete and not systematized. According to data of American researches (www.Safekids-knoxarea.org), about 30% of parents claim that their child got the sport injury by doing team sports, many of whom (more than a half) got sport injuries several times, while a quarter was seriously injured. Most sport injuries occur during the training process (62%). When we observe the nature of sport activity and the frequency of sport injuries, the data tells for itself that baseball is the sport in which the children mostly get injured. One has to bare in mind that children are under great risk to be open to injuries because of the lesser abilities to measure the risk influenced by growth, poor concentration, slower reaction and less precision. On the other hand, athletes of the elite categories (the representatives) are frequently under great training and competitive pressures. In order to adjust the representation’s demands and the demands of their main clubs, they are often enforced to have trainings and competitions insufficiently recovered. From the view-point of the complexity of this matter, the research about the frequency of sport injuries concerning youth and elite athletes has been given under the hypothesis that there will not be statistically important differences within the frequencies of getting injured of these two categories of athletes. The intention is to diagnose whether the frequency of sport injuries may be related to sex, age, sport experience, nature of sport, range and intensity of training. The description of the given data may serve as a guideline for further researches and insights of this inter-disciplinary matter.

Methods

We have tested more than 500 athletes grouped into two sub-samples: the sample of young talented athletes of both sex going in for different sports (approximately 450) and the sub-sample consisting of the elite athletes, the representatives of Serbia and Montenegro (over 100). All the athletes answered the question “Have you had a sport injury?” which is placed in the standard questionnaires designed to estimate social status of the athletes (SSMS/97 and SSVS/2000). During the benchmarking it is emphasized that by “serious” sport injuries we mean those that caused them not to train or compete for a month. We obtained all data about the athletes related to sex, age, the type of sport, the length of their being in that sport, daily and weekly number of trainings, pleasure with the previous sport development and future plans (aims) related to sport. For the data processing the methods of descriptive and comparative statistics will be used.

Results

The data about the frequency of sport injuries will be examined according to sex and age differences, the nature of sport activity (collective – individual, contact – non-contact sports), the duration of going in for sport (the age of the beginning), the scope and the intensity of the training process, the actual content with the achieved and the nature of further sport aspirations.

Discussion/Conclusions

The result of the research will be examined according to the results of similar foreign and domestic examinations, possible prevention measurements and the importance for the direct sport practice.

References