

Incident, Cause, and Determinant of Sport Injuries in Hockey, in Khon Kaen University Freshy Sports Competition

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ABSTRACT

Hockey is consistently seen as being one of the sports that present the most injuries at Khon Kaen University during the students annual 'Freshers 'sport competition, majority of the players are amateur, and this lends itself to a variety of problems. This study was aimed at identifying those injuries through a survey questionnaire design, allowing for a recording of incidences, causality, and determinants during both the training and competition phases. This data may help in identifying sport injury risk and help with a prevention management programme. The results found 79 players from the 210 (36.7%) participants, 37 males (46.8%) and 42 females (53.2%), mean age was 18.51±0.59 years, mean body mass index (BMI) was 20.98±3.28 kg/m². This study was performed as exploratory research by using a modified questionnaire to collect the data of type of injury, cause of injury and determinants. Data was analysed by descriptive statistics (frequency and percentage). This exploration identified that the three most common injuries were, muscle tendinitis (37%), skin contusions (16%) and muscle tear (16%). The causalities of injury were identified as being, fatigue by overuse of training (43.8%), other causes (34%) and old (chronic) lesion of previous injury (15.7%). The determinants of those injuries were identified as being, training volume and duration more than 2 hours per day (82.3%), sleeping duration being less than 8 hours per day (97.5%) and inadequate warm-up duration being less than 15 mins per session (63.3%). Therefore, it was identified that the following recommendations/education should be given to all players and coaches (mentors), on the importance of warm-ups and their durations, appropriate training protocols to include volume and intensity, this will help to reduce the occurrence of injuries in the future.

Keywords: Contact sport; Amateur; Factor; Injury

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