

The reality of sports injuries as a result of training and competition among the players of the Basketball Premier League in Iraq

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Abstract

The purpose of this paper is to identifying the reality of sports injuries suffered by basketball players for the Premier League in Iraq and their cause. As for the research methodology, it was represented by using the descriptive approach, where the questionnaire was used as a tool for collecting data, while the research community was represented by the basketball players who represent the Iraq Basketball Clubs League, which numbered (125) players for clubs (Al-Tadamon, Al-Shorta, Al-Khtoot, Al-Hilla, Naft, Al-Hashd, Basra Oil, North Oil, Adhamiya, Electricity, Zakho, North Gas) and they represent the research community, i.e. 100%. They were chosen in a deliberate way. The researchers used the spss statistical program to extract its results. The most important conclusions reached by the researcher are: Basketball is one of the most common injuries that occur, exaggeration by coaches during training is one of the important causes of injuries, the intensity of sports competition is one of the direct causes of sports injuries. Under the conclusions obtained by the researcher recommends the following, emphasis on the physical qualities and abilities associated with the good performance of the players, emphasizing the medical examinations of the players periodically to avoid injuries , and conducting accredited and scientific courses for trainers in the science of training in all aspects.

Introduction:

The athlete is exposed to injury in all games when the scientific and technical conditions are not taken into account in training or during competition, as a result of the continuous effort of the members of the body and its various devices, and the lack of awareness of the coach and player to prevent injury. The reality of sports injuries as a result of poor planning in the training process, it can occur Injury resulting from excessive training when practicing a lot of physical activities very quickly and without planning and the injury occurs unevenly, whether in sports competitions, which calls for a treatment period that keeps the athlete away from his activity and negatively affects his physical and functional fitness and achievement rates, causing some complications that may hinder The course of the training process and its related physiological and psychological effects on the athlete (Riad and Imam Al-Najmi. 1999).

The importance of the research lies in knowing the types and causes of sports injuries during training and competition in basketball clubs in order to work on laying the basic ingredients for the prevention and protection of the athlete from injury and employing the necessary means to reduce injury, by discovering the defects and trying to treat them with the correct scientific methods, because the study of injuries Sports gives the opportunity to anticipate injury before it occurs and identifies the forms, types and patterns of injuries that are related to the practiced sports activity in order to protect it and prevent it from injury.

Research problem:

The training process in basketball requires thoughtful and pre-planned means from the team supervisor (the coach), and training planning needs an important factor in legalizing the training load to reach the top. The job that occupies all workers in the field of sports medicine and that team games are the scene of a large number of sports injuries which occur during training and the question is whether the lack of planning training has a role in provoking sports injuries to basketball players, which the researcher considered that there are injuries to basketball players as a result of training and competition within the league competitions.

Research objective:

- Identifying the reality of sports injuries suffered by basketball players for the Premier League in Iraq and their cause

Research hypotheses:

- There are injuries suffered by basketball players as a result of training and competing in the Premier League

Research fields:

- Human field: Players of Iraqi Basketball Clubs in the English Premier League for the 2021/2022 season
- Time field: (1/3/2021) to (5/6/2021)
- Spatial field: Clubs training hall

Research methodology and field procedures:**Research Methodology:**

The researcher used the descriptive approach using the survey method.

Community and sample research:

The research community and its sample: The research community was identified with the basketball players who represent the Iraqi Basketball Clubs League of (125) players for the clubs (Al-Tadamon, Al-Shorta, Al-Khtoot, Al-Hilla, Naft, Al-Hashd, Basra Oil, North Oil, Adhamiya, Electricity, Zakho, North Gas) and they represent the research community, i.e. 100%. In order to achieve the objectives and hypotheses of the research, a sample that represents the community must be chosen honestly.

Search tools:

Sources and references. Personal interviews - questionnaire. - Observation. Testing and measuring.

Field search Procedures:**Preparing a questionnaire for the reality of sports injuries as a result of training planning:**

The researcher prepared a special questionnaire to identify the reality of sports injuries (Appendix 1) and it was presented to a group of experts and specialists.

Exploratory experiment:

The paragraphs of the scale may not be clear to the players (the research sample is as clear to the researcher), so a reconnaissance experiment was conducted on 15/4/2021 on the sample of (20) players who were randomly selected and the aim was to identify:

- Time is taken to answer the scale items.
- Efficient assistant work team staff names .
- Knowledge of ambiguous, difficult or unclear paragraphs for the purpose of reprinting or paraphrasing them.

Scientific bases for the questionnaire:**Honesty of the questionnaire (Hammad. 2001):**

Honesty that the test measures what was set for its measurement and does not measure anything else. To find the honesty of the questionnaire, the researcher presented the questionnaire in its initial form to a group of experts and specialists (Appendix 2), in order to ensure its honesty and compliance with what the researcher wanted To be measured, and thus the questionnaire achieved the honesty of the content after obtaining the approval of all the experts and specialists, who numbered (5) experts and specialists in the fields of (sports medicine, sports injuries, tests and measurements).

Stability:

The researcher used the method of testing and re-testing, by presenting the questionnaire to a group of (20) players on 16/5/2020, then the same questionnaire was presented to the same group after seven days and the correlation coefficient for the two tests was extracted And it was (0.97), which is a high correlation and confirms that the resolution has high stability

Objectivity:

There is a close relationship between objectivity and stability, as the high-reliability coefficient is offset by a rise in the objectivity coefficient, and the researcher has deliberately extracted the correlation coefficient.

Main experience:

After preparing the research questionnaire tool in its final form (Appendix 1), the questionnaire was applied to the research sample of (125) representing the Iraqi basketball club players. The questionnaire for the scale was distributed by direct communication method from the researcher and with the help of the assistant work team, as the researcher explained the objectives of the research to the sample members by Emphasizing the need to answer all the paragraphs of the questionnaire honestly, and in order for us to discuss and analyze the results of the questionnaire in a clear and easy way, we used the method of statistical analysis by converting the results we obtained from the form into numbers.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS) (Al-Alawi. 1999).

Results and discussion:

Analysis of the questionnaire according to the Likert scale, qualitative analysis.

Table (1) shows the analyze the questionnaire according to standard Likert

variable	Mean	Standard deviation	Hypothetical mean	T value	Level Sig	Type Sig
The reality of injuries as a result of training and competition	46.32	4.99	50	8.21	0.000	Sig

(The deviation is smaller, the more there is an agreement, and the larger it is, the more there is disagreement)

Table (1) shows the statistical and inferential description of the results of the injury prevention measure as a result of training and competition, where we found that the hypothetical mean value is higher than the arithmetic mean calculated at an error rate (0.05), and this confirms the weakness of the applied aspect of coaches and injury prevention and that most of the sample members enjoyed football players Basketball with various injuries as a result of training and competition (Mohammed. 1994).

Presentation and analysis of the results of the questionnaire paragraphs for basketball players:

Table (2) shows the results of the questionnaire paragraphs for basketball players

paragraphs	answers	Repetition	Percentages	Chi-2 value calculated	Chi-2 value tabular	degree of freedom	Type sig
1	Always	60	%48	26.8	5.99	2	Sig
	Sometimes	50	%40				
	Never	15	%12				
2	Always	30	%24	19.6	5.99	2	Sig
	Sometimes	30	%24				
	Never	65	%52				
3	Always	60	%48	48.4	5.99	2	Sig
	Sometimes	60	%48				
	Never	5	%4				
4	Always	65	%25	19.6	5.99	2	Sig
	Sometimes	30	%24				
	Never	30	%24				
5	Always	110	%88	170.8	5.99	2	Sig
	Sometimes	15	%12				
	Never	0	0				
6	Always	40	%32	0.400	5.99	2	Sig
	Sometimes	40	%32				
	Never	45	%36				
7	Always	40	%32	14.8	5.99	2	Sig
	Sometimes	60	%48				

	Never	25	%20				
8	Always	20	%16	41.2	5.99	2	Sig
	Sometimes	30	%24				
	Never	75	%60				
9	Always	20	%16	31.6	5.99	2	Sig
	Sometimes	35	%28				
	Never	70	%56				
10	Always	50	%40	2.8	5.99	2	Sig
	Sometimes	40	%32				
	Never	35	%28				
11	Always	20	%16	41.2	5.99	2	Sig
	Sometimes	30	%24				
	Never	75	%60				
12	Always	10	%8	122.8	5.99	2	Sig
	Sometimes	15	%12				
	Never	100	%80				
13	Always	30	%24	29.2	5.99	2	Sig
	Sometimes	25	%20				
	Never	70	%56				
14	Always	10	%8	103.6	5.99	2	Sig
	Sometimes	20	%16				
	Never	95	%76				
15	Always	0	0	205	5.99	2	Sig
	Sometimes	0	0				
	Never	125	%100				
16	Always	10	%8	103.6	5.99	2	Sig
	Sometimes	20	%16				
	Never	95	%76				
17	Always	5	%4	125.2	5.99	2	Sig
	Sometimes	20	%16				
	Never	100	%80				
18	Always	0	0	194.8	5.99	2	Sig
	Sometimes	10	%8				
	Never	115	%92				
19	Always	10	%8	86.8	5.99	2	Sig
	Sometimes	25	%20				
	Never	90	%72				
20	Always	20	%16	24.4	5.99	2	Sig
	Sometimes	40	%32				
	Never	65	%52				
21	Always	21	%16.8	19.26	5.99	2	Sig
	Sometimes	61	%48.8				
	Never	43	34.45				

22	Always	15	%12	122.8	5.99	2	Sig
	Sometimes	10	%8				
	Never	100	%80				
23	Always	10	%8	86.5	5.99	2	Sig
	Sometimes	25	%20				
	Never	90	%72				
24	Always	72	57.6	34.96	5.99	2	Sig
	Sometimes	31	24.8				
	Never	22	17.6				
25	Always	100	%80	146.39	5.99	2	Sig
	Sometimes	11	%8.8				
	Never	4	%3.2				

It is clear from the above table and based on the results that resulted in the field study through which we concluded that the reality of sports injuries as a result of training and competition among the players of the Basketball Premier League and the presence of weakness in the coaches in the training process by focusing on warming up and developing physical qualities and abilities and their ignorance of the types of training, and methods that he used in a scientific and legal way during the training sessions, and the special times through the sizes and intensity, periods of rest and hospitalization, and the lack of a scientific background to deal with the injury of the trainers, focusing on the results, which leads to the injury of the player through his basketball training, which affects the performance and results of the players and the team.

Conclusions and Recommendations:

Conclusions:

- Basketball is one of the most common injuries that occur
- Exaggeration by coaches during training is one of the important causes of injuries
- The intensity of sports competition is one of the direct causes of sports injuries
- Most of the trainers do not have acceptable educational qualifications for training
- Increasing the effectiveness of not neglecting the training process to achieve good results

Recommendations:

- Emphasis on the physical qualities and abilities associated with the good performance of the players
- Emphasizing the medical examinations of the players periodically to avoid injuries
- Conducting accredited and scientific courses for trainers in the science of training in all aspects
- Emphasis on coaches in the principle of individual differences for players and the selection of training dates because of its impact on the increase in injuries

References:

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- Mufti Ibrahim Hammad. 2001. Modern Sports Training, Planning, Implementation and Leadership, Dar Al-Fikr Al-Arabi 2, Cairo, Egypt.

Muhammad Hassan Al-Alawi. 1999. The Psychology of Sports Injury, 1st Edition, Al-Kitab Center for Publishing, Cairo.

Osama Riad and Imam Hassan Muhammad Al-Najmi. 1999. "Sports Medicine and Physiotherapy", 1st Edition, Al-Kitab Publishing Center, Cairo, Heliopolis.

Appendix (1)

A questionnaire shows the reality of sports injuries as a result of training and competition among the players of the Basketball Premier League in Iraq

		Always	Sometimes	Never
1	Special physical preparation allows you to finish the sports season without injuries			
2	There is a lot of focus on the warm-up process for basketball players during the training session and before matches			
3	The coach is interested in a good relaxation after a high load during training and competition			
4	Random implementation of the training session increases the risk of injury			
5	During the competition, the coach focuses on the result			
6	The training intensity used by the coach is specific to the development of physical qualities and abilities in the game			
7	The coach takes into account the training intensity according to individual levels and playing centers			
8	The trainer relies on modern training theories related to different training methods			
9	The volume of training during the daily and weekly training dose is appropriate with the nature of the training intensity used			
10	The trainer stresses the proportionality of the in-between rest of the exercises with the nature of the intensity of the performance			
11	The trainer takes into account the gradual intensity to suit the training need within the current level			
12	The coach takes into account the establishment of orthodontic doses to determine the level of the player's training condition			
13	The trainer considers the use of positive and negative rest for recovery			
14	The intensity of the training load between successive doses and during the training session is balanced with the intensity and volume of training			
15	The trainer adopts the scientific method in legalizing the training load through physiological indicators			
16	The trainer gradually selects muscle groups during the training session			
17	The coach adopts the correct waveform for the weekly circuit for the preparation and competition period			
18	Player level fluctuation as a result of training			
19	The coach assures the presence of the medical team during training			

20	The coach takes into account the ideal ratios for the public and private numbers according to the league championship curriculum			
21	The trainer takes into account the specificity of the training objectives in multi-directional doses			
22	The trainer takes into account the time period for the body to adapt to the goal of each exercise			
23	Does the trainer take into account the type of training according to the seasons (summer, winter)?			
24	The coach is more interested in the skill side than the physical side in general preparation			
25	Players accurately implement everything the coach asks of them during training and competition			

Appendix (2)

Shows the experts

No.	Name	Specialization	College
1	Prof. Ammar Hamza Hadi	sports medicine	University of Babylon/ Faculty of Physical Education and Sports Sciences
2	Prof. Haider Gomaa	Sports Medicine/Basketball	University of Babylon/ Faculty of Physical Education and Sports Sciences
3	Prof. Dr. Mohamed Yasser	Basketball	University of Kufa/ Faculty of Physical Education and Sports Sciences
4	Assist. Prof. Dr. Ahmed Kazem Abdel Karim	Training / Tests	University of Kufa/ Faculty of Physical Education and Sports Sciences
5	Assist. Prof. Dr. Hassanein Gomaa Asri	Training / Basketball	University of Kufa/ Faculty of Physical Education and Sports Sciences