

Common Postural Deformities Of Agedgroup Football Players

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Abstract

Objectives

The primary objective of this study was to identify the postural deformities of aged group Football players.

Methods

The data was collected from 500 football players of different Academies, Clubs, States and Universities affiliated to all India football federation separately, investigator contacting footballers personally and some cases at the venue of Inter-varsity, State tournaments. In collecting the data, the researcher followed ethical guidelines, principles, and standards for studies conducted with human beings. The aged group of the football players from 14- to 30 and divided into three groups are as 14-30, 14-21 and 22 - 30.

Results

The findings of the study indicate that, 6.27% football players reported their postural deformities with respect to Bow leg 7.58%, football players reported postural deformities with respect to Knock Knee, 07.94% football players reported their postural deformities with respect to Flat foot and 75.89% football players were reported no postural deformities.

Introduction

The high incidence of postural disorders in certain branches of sport, especially among adolescents has questioned the influence of sports activities on the posture of athletes. Deviations from correct posture, as a result of a specific sport or excessive training loads can be found in the works of many authors (Grabara, 2010; Grabara, 2012). Athletes' posture is an area of interest for numerous researchers, all of whom have found that physical training affects body posture. However, there is no consensus on the direction of this effect, which could be due to the fact that studies usually involve groups of athletes quite diverse in age and the sport they practise. Posture development, whether normal or defective, also depends on the sports discipline practised by an individual. Postural defects are defined as asymmetries in the frontal and horizontal planes and abnormal, i.e., deepened or flattened, anteroposterior (AP) spinal curvatures. There is not a single sport nowadays where athletes do not have a disorder of the spinal column, whereas the level and the type of disorder depend on the nature of the sport.

The most common postural abnormalities that occur in most sports are Bow leg, knock knee, flat foot, scoliosis and kyphosis, while lordosis occurs to a slightly smaller extent (Asghar&Imanzadeh, 2009). The appearance of such postural disorders in sport is usually associated with the highly repetitive nature of sports that cause great stress on the still underdeveloped spine of professional or non-professional teenage athletes, weakness of the muscle joints that can occur during the adolescent period, etc.

Methods

Total 500 football players from different states, districts and varsity were selected as sample size of the study. The age also will be categorized in two groups as (14-30) (14-21), and (22-30). The

method of sample was purposive –A non-random method of sampling design for football players with a specific purpose. The data was form of Questionnaires from 500 football players of different Academies, Clubs, States and Universities affiliated to all India football federation separately , investigator contacting footballers personally and some cases at the venue of Inter-varsity, State tournaments. In collecting the data, the researcher Follow to ethical guidelines, principles, and standards for studies conducted with human beings .Instructions was given to the footballers before filling these questionnaires by the researcher.

Demographic Information:

The data was collected through respondents in the form of different descriptive tests. The demographic information about, age, height, weight etc. was obtained before seeking responses..

Procedure Of The Test:-

For the present study, self-made questionnaires for assessing Psychological experience of football players were utilized the test -retest reliability was found out 0.84 by the researcher. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and putup into the SPSS Descriptive statistics for all studied variables, percentage, was considered statistically technique throughout the study.

Result And Discussion

Table – 1

Mean Scores and Standard Deviations of selected components of the Football players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	22.30	8.28
2.	Weight (Kg)	68.35	17.40
3.	Height (cm)	170.33	58.90
4.	Training (days/week)	04.60	01.76
5.	Training duration (hours)	2.45	0.50
6.	Warm up (minutes)	10.10	3.33
7.	Competition in one year	5.88	2.09

Table-1, shows that the mean scores and standard deviations of the selected components of the football players.

Table – 1.1

Morphological characteristics of selected components of the 14-21 age group Football players

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	18.45	5.20
2.	Weight (Kg)	65.66	15.42
3.	Height (cm)	168.30	57.95
4.	Training (days/week)	04.22	01.43
5.	Training duration (hours)	2.50	0.54
6.	Warm up (minutes)	10.00	3.21
7.	Competition in one year	5.88	2.09

Table-1.1, shows that the mean scores and standard deviations of the selected components of the football players.

Table – 1.2

Morphological Characteristic of selected components of the 22-30 age groups Football players.

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	24.32	8.66
2.	Weight (Kg)	70.23	17.99
3.	Height (cm)	171.30	58.95
4.	Training (days/week)	04.65	01.77
5.	Training duration (hours)	2.47	0.51
6.	Warm up (minutes)	10.18	3.43
7.	Competition in one year	6.43	2.17

Table-1.2, shows that the Morphological Characteristics of selected components of the 22-30 age group Football players.

Table – 2

Percentage of Physical deformities of football players.

<i>Bow leg</i>	<i>Knock Knee</i>	<i>Flat foot and others</i>	<i>No Postural deformities</i>
6.27%(25)	7.58%(32)	07.94%(5)	75.89 %

Table 2.illustrates the postural deformities of football players.

Table – 3

Percentage of Physical deformities of 14-21 age group football players.

<i>Bow leg</i>	<i>Knock Knee</i>	<i>Flat foot and others</i>	<i>No Postural deformities</i>
7.12%	7.50%	08.01%	73.80 %

Table 3 illustrates the postural deformities of 14-21 age group football players.

Table – 4

Percentage of Physical deformities of 22-30 age group football players.

<i>Bow leg</i>	<i>Knock Knee</i>	<i>Flat foot and others</i>	<i>No Postural deformities</i>
6.02%(25)	7.12%(32)	07.34%(5)	78.99 %

Table 4 illustrates the postural deformities of 22-30 age group football players. 6.02% Aged group (22-30) football players reported their postural deformities with respect to Bow leg 7.12% , football players reported postural deformities with respect to Knock Knee , 07.34% football players reported their postural deformities with respect to Flat foot and 78.99% football players were reported no physical deformities.

Discussion

The primary objective of this study was to determine the postural deformities of football players among aged group Football players. The mean (S.Ds.) age of football players was 22.30 (8.20) years, mean score (S.Ds.) weight was 68.35 (17.40) Kg., mean score (S.Ds.) height was 170.33 (58.90) cm., their training mean score (S.Ds.) was 4.60 (1.76) days, their training duration mean score (S.Ds.)

was 2.45 (.50) hours, their warm up mean score (S.Ds.) was 10.10 (3.33) minutes and competition mean score (S.Ds.) was 5.88 (2.09) in one year.

In addition, the mean Score (S.Ds.) age of Age group (14-21) football players was 18.45 (5.20) years, mean score (S.Ds.) weight was 65.66 (15) Kg., mean score (S.Ds.) height was 170.33 (58.90) cm., their training mean score (S.Ds.) was 4.60 (1.76) days, their training duration mean score (S.Ds.) was 2.45 (.50) hours, their warm up mean score (S.Ds.) was 10.10 (3.33) minutes and competition mean score (S.Ds.) was 5.88 (2.09) in one year.

Furthmore, the mean Score (S.Ds.) age of Age group (14-21) football players was 24.32 (8.66) years, mean score (S.Ds.) weight was 70.23 (17.99) Kg., mean score (S.Ds.) height was 171.30 (58.95) cm., their training mean score (S.Ds.) was 4.65 (1.77) days, their training duration mean score (S.Ds.) was 2.47 (.51) hours, their warm up mean score (S.Ds.) was 10.18 (3.43) minutes and competition mean score (S.Ds.) was 6.43 (2.17) in one year.

The findings of the study indicates that, 6.27% football players reported their postural deformities with respect to Bow leg 7.58% , football players reported postural deformities with respect to Knock Knee , 07.94% football players reported their postural deformities with respect to Flat foot and 75.89% football players were reported no postural deformities. 7.12% aged group(14-21) football players reported their postural deformities with respect to Bow leg 7.50% , football players reported postural deformities with respect to Knock Knee , 08.01% football players reported their postural deformities with respect to Flat foot and 73.80% football players were reported no postural deformities. 6.02% Aged group (22-30) football players reported their postural deformities with respect to Bow leg 7.12% , football players reported postural deformities with respect to Knock Knee , 07.34% football players reported their postural deformities with respect to Flat foot and 78.99% football players were reported no physical deformities. The studies on young football players (Grabara 2012), girl gymnasts (Grabara 2010) and swimmers (Maćkowiak 2010) showed that children who practised sports had better posture than their non-training peers. Age did affect posturediformities in the football players, indicating that training duration did not have negative influence on posture quality. Previous studies revealed that the frequency of posture defects and their persistence increased with sexual maturation and a decrease in physical fitness (Wilczyński 2006). Wodecki, Guigui, Hanotel, Cardinne&Deburge (2002) concluded that football players had a smaller thoracic kyphosis and more pronounced angle and pelvic inclination and lumbar lordosis compared to non-athletes.

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