

Intrinsic And Extrinsic Risk Factors Of Injuries In Football**Dr.Vandana Singh,**
Arah Bihar**Abstract**

Football injury may be defined as any physical complaint caused by football during training and matches. injuries are a significant cause for concern—for athletes, sports, and society. ... This includes information on why a particular athlete may be at risk in a given situation (risk factors) or how injuries happen (injury mechanisms). There are many factors responsible for injuries in football, of which psychological factors are one of them. Several studies have shown the impact of psychological characteristics of athletes in determining risk of injuries. The psychological risk factors reported are for example live-event stress, fighting mentality and risk-taking behavior. The high expectations from the team management and supporters, players will be playing robustly and aggressively therefore; there are many incidences of injury occurrences in football and the possibility of players getting injured. Psychological factors such as stress levels and certain predisposing attitudes have all been identified as psychological antecedents to athletic injuries. Football has been demonstrated to be among the most hazardous of organized team sports and injury is a frequent event in football

Introduction

Football is one of the most popular sports in the world. Currently FIFA Unifies 203 National associations and represents about 200 million active players of which about 40 million are women. Factors that increase the risk of injury include the load being too heavy, large, difficult to grasp or unstable, the task being too strenuous or involving awkward postures or movements, and the working environment lacking sufficient space, having slippery, uneven or unstable floors and having extreme temperatures. Football being collision sport, largely involved in tackling, heading, kicking, and so on and as a result, a number of football injuries may be expected. Sometimes, because of the high expectations from the team management and supporters, players will be playing robustly and aggressively therefore; there are many incidences of injury occurrences in football and the possibility of players getting injured. There are many factors responsible for injuries in football, of which psychological factors are one of them. Several studies have shown the impact of psychological characteristics of athletes in determining risk of injuries.

Risk factors of injuries

The increased numbers of participation and under preparation are also the factors that may account for an increase in risk of injuries in football (Franke, 1977). When discussing about sport injuries, people cannot ignore the fact that physical factors are obviously the primary cause of injuries in sports and exercise. For instance, a poor tackle in football, an awkward landing in gymnastics or poor warm-up in sprinting.

Intrinsic and extrinsic risk factors

Risk factors for injuries in sport are commonly divided in intrinsic and extrinsic risk factors. Intrinsic related risk factors can further been classified in physical and psychological risk factors.

Physical Risk Factors

The physical risk factors consists of age, gender, previous injuries, level of play, flexibility, joint instability, generalized joint laxity, muscle strength, aerobic fitness, functional performance, prolonged reaction time, players height, weight and BMI, and anatomical alignment (Ostenberg and Roos 2000).

Psychological risk factors

The psychological risk factors reported are for example live-event stress, fighting mentality and risk-taking behavior (Dvorak et al. 2000). The psychological factors and sports injuries emerge from clinical experience or directly from training sessions. Historically, attention regarding the relationship between psychological variables and sport injury was focused toward the study of stress and personality. Psychological researchers such as Andersen and Williams (1998a), Smith et al. (1990b), Gould and Weinberg (2000) and Junge (2002) have stated that thoughts, perceptions, and aspects of psychological factors may be linked to the occurrences of injury. Psychological factors such as stress levels and certain predisposing attitudes have all been identified as psychological antecedents to athletic injuries.

From a psychological perspective, it is important to consider the causes of injury as a result of many different factors, although on occasion the evidence seems to show an uncaused relationship. However, most authors nowadays assume that sports

injuries have a multifactorial origin, with some of these factors having a greater or lesser influence on a certain injury, depending on the reality and the context in which it happens. Weinberg and Gould (2003) and Kellmann and Kallus (2001) have stated that psychological factors such as state-trait anxiety, self-esteem, and stress levels are possible psychological antecedent of injury. Based on these situations, this study attempts to look at psychological factors that can influence the occurrence of injury and whether these can be assumed to be predictors of injury occurrence among football players.

Extrinsic related risk factors

Extrinsic related risk factors may be the playing surface, player exposure, playing position, time in match, equipment, coaching-related factors, rules and foul play. Intrinsic risk factors may predispose an individual to injury, but are seldom sufficient to cause the injury. Then extrinsic risk factors may interact with the intrinsic risk factors, and when both intrinsic and extrinsic risk factors are present the athlete is defined as "susceptible" for injury. However, this is usually not sufficient for injury to occur. Personality traits and coping resources can moderate the stress response without taking into consideration the daily levels of stress or problems.

Conclusions

Traditionally divided into contact and non contact mechanism in which case contact refers to players contact. Football playing largely involves starting, running, stopping, twisting, jumping, kicking, and turning movements that place the players to greater risk of injury. Football has been demonstrated to be among the most hazardous of organized team sports and injury is a frequent event in football.

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