INTRODUCTION

Physical education & sports helps us to develop physical, mental, and intellectual health. We must know how to balance these three factors. Then only we can achieve success in sports & education. If we cannot keep proper balance in the above factors, then we have to face injuries.

It has been observed that sports are a medium of recreation. The main reason behind it is that with the help of sports we can avoid tension and get recreation of our self. Due to this fact we can perform our daily work with good efficiency. But sports are a competitive event. While playing in competition we have to work hard concentrate more. Through the sports competition human being get ready for the preparation of competition and get power to face the competition. When we take participation in sports from the view of recreation or competition we get happiness through it.

Sports are natural, physical process which includes running, jumping, throwing, climbing, dozing, skipping etc. While performing these activities there is a possibility of injuries anytime and anywhere, any skill of sports if done by wrong method. Injuries can happen, the reason behind all injuries depends upon circumstances, and wrong uses of sports equipment are directly or indirectly responsible for it. In any condition we must win, such type of fillings may one of the reasons of injuries of sports.

We cannot avoid sports injuries totally but we can minimize sports injuries by considering and playing sports as fun and recreation. Generally while living normal life injuries can take place but in sports area the possibility of injuries are more. According to Fox & Earn Heim- “Lake of sports infrastructure, lack of scientific program me in competition of pre-coaching camp, lack of physical fitness, wrong selection of sports equipment, participating in sports with old injuries, various mental reason are also reason of injuries of a good sportsman.”
Sports and injuries are attached with each other. There are no sports which did not cause injuries. The injuries happen in sports are called sports injuries. While playing one of the players gets injured, he gets affected in physical and mental way. Sometime he gets retired from sports. The resent example of such type is caption of Indian football team Bhaichung Bhutia takes retirement due to continuous injuries in football.

As per singh, “Quantity of injuries in sports grows increasing the knowledge about the reason behind injuries precaution to avoid injuries treatment of injuries is required. Due to which the physical and mental stress on sportsman can be avoided.”

While applying sports skill a minor mistake cause injuries. If sports skill are difficult then the possibility of injuries are more. Team event sports are become more competitive in which the player are under pressure of wining the event. A person involved in sports more and world more, naturally he gives more stress to his body. A common man did not give such stress to his body that is why more injuries happen to sportsman. In sports due to physical activity physical stress is develop and his stress is observed more in the sports, where the same activity have to performed often (for example running, swimming) These accident are of internal type and these accident happen due to self activity. In this case no external factor work. In the same way, the sports in which a player have to change his technique often. In that sports (for example football, tennis, ruckbey) Players suffer from external accident and such accidents happens due to external factors.(players, sports equipment) It is clear that injuries cannot be avoided completely but it is necessary to reduce them.

The objective of sports medicine is to introduce development of proper life style, precaution from disease, education of moral value to players and coach is necessary and participation in sports and attachment about players depend upon sportsman behavior, but
accident effect them. Sports and medical science, capacity and treatment are complementary concepts. Individual safety is also very important and basic need, while playing in competition the emotion of competition, due to which the powerful physical exhibition, powerful effects to success by which the possibility of injuries due to accident is more. Improper and the wrong time injuries which happiness to sportsman are dangerous in sports personality development and also dangerous to whole life. The health of sportsman is very important in sports. Injuries to sportsman while training or competition is sad situation. It is always related with coach. Injuries happening to sportsman can create handicappeness in the body of sportsman due to which his efficiency gets less. Due to handicappness a negative effect may also develop on a person, it proper treatment at the right time is not done, this may increases and convert in to lose of life.

Physical and mental injuries in sports mean loss of time and human resources. We cannot neglect accident in sports. Injuries are a major problem in sports safety.

Every day millions of people (of all ages) in the world participate in games and sports activities, but sports activity is more than play. Participation in sports improves physical fitness, coordination, and self discipline and gives children/individual valuable opportunities to learn team work. Games and sports can also result in injuries-some minor, some serious and still other resulting in lifelong medical problem.

Young sports person, athlete of the same age can differ greatly in size may be physically less mature than there peers and try to performed at levels for which they are not ready, thus. Thus coaches, physical educators, and parents should try to group youngsters according to skill level and size, not chronological age, particularly during contact sports. If this is not practical they should modify the sports/game to accommodate the needs of children with varying skill level.
Statement of the Problem

The purpose of the study was to Injuries occurred to the volleyball players participating in west zone inter university.

Delimitation

The Study was conducted only Volleyball Male player participating in West Zone inter university tournament 2011-12. Irrespective of their affiliation to a geographical region of India, socio-economic status, cast, colour or creed.

Limitation

1. This research work will be done only on data collection (information) received through questionnaire and interview.
2. The research work includes the injuries occurred only during tournament.
3. The research work includes only external injuries from head to foot.
4. It is decided that the safety measures will be suggested only on injuries which are more in quantity or which are serious.
5. There will be no control on players from whom the questionnaire is filled up.
6. There will be no control on thoughts, emotions of players.
7. There will be no control on diet, and atmosphere.

Hypothesis

The hypothesis got important place in research. Hypothesis helps researcher to bring light in his reserves the researcher from danger in research and also saves the researcher from going in wrong direction and keeps him in proper direction. That is way the hypothesis got important place can be consider.
The hypothesis of researcher can be considered as under:

1) The possibility of cramp or fracture in ankle is more in volleyball.
2) The possibility of injuries or fracture in knee may be seen in volleyball.
3) The shoulder may got injured by cramp or fracture while playing in volleyball.
4) The other body parts may got scratch or inflammation while playing in volleyball.
5) The cramp, inflammation and fracture can be happen to wrist and fingers to volleyball players.

**Objective of the study**

Every research work is done keeping in view of some objective. The researcher is also working with following objective.

1) Through this research the quantitative information about injuries, while playing volleyball can be obtained.
2) The different result behind injuries can be known.
3) The precautionary measures to avoid injuries or to reduce it can be known.
4) The injured players will get information about their present situation and the problems in future.

**Definition and Explanation of the Terms**

1. **Inter University Tournament**: - The all India level tournament which is organized by one of the university of India which includes players of university decided by all India university organization.
2. **Injury**: - The damage in the continuity of skin, muscles and joints of any part of body is called injury.

3. **Sports Injury**: - Sports injury is a injury which happens due to participation in sports and keep the player away from playing sports for minimum one day.

4. **Source of Injury**: - The source of injury is either players or ground. They are directly responsible for injuries and they come directly in contact with accident. The source of injuries are always comes in direct contact with injured body part.

5. **Reason of Injury**: - The reason behind injuries can be explain in which various negative and positive factors control the injuries. These factors can be seen in human life and surrounding.