

# Effect of Sports Injury on Self- Confidence of National female Football Players

**Pushkar Gaur**

Assistant Professor,

Department of Physical Education

M.B.G.P.G college, Haldwani, Nainital, Uttarakhand

## Abstract

The primary goal of sports rehabilitation is to provide a safe platform for injured athletes to return to sports. Rehabilitation is primarily concerned with the treatment of physical injuries, but psychological components of sports injuries must also be considered because self- confidence is crucial for sports performance. The purpose of this study was to examine self- confidence in female national football players who were returning to sports after an injury. The researchers enlisted the help of 25 female football players from around the country, with an average age of 25.37 years. These wounded football players were chosen based on the severity and kind of their injuries, the length of their recovery, and the opinion of their coaches. Ten female football players with common injuries and 15 female football players with serious injuries were chosen in this manner. Players who had common injuries were unable to play football for one week, while those who suffered serious injuries were unable to play for more than one month. A Sports Injury Rehabilitation and Sports Self Confidence Scale developed by Yadav and Bajpai (2015) was used to measure self-confidence in injured female football players. According to the findings, 44 percent of female football players returning from injury had a high degree of self-confidence, 44 percent had a moderate level of self-confidence, and 12 percent had a low level of self-confidence. It was determined that the majority of female football players returning to the sport after an injury lacked self-confidence and required psychological help to address this problem.

**Keywords:** football, Injury, self -confidence, sport etc.

## Introduction

Field football is a popular sport across length and breadth in the Indian sub-continent and especially in India and Pakistan. Due to the nature of sports injuries are part and parcel of the game. In football the majority of the injuries occur due to a rising ball or accidentally by a football stick. The injuries are common in football which can be external, internal, or overuse injuries. Jamison and Lee (1989) reported that external injuries in football include laceration, contusion, abrasion, and associated swelling on the affected part. Sometimes these injuries may be severe such as a ball deflected off the stick to the player's head, eyes or neck, etc. The players also suffer hand and finger injuries. Apart from this, internal injuries such as ligament tear, rupture of muscle, etc. may also occur in football players. According to Roberts et al.

(1995) sometimes football players are also affected by an overuse injury. While some of these injuries heal quickly but sometimes injury can be severe and takes a long road to recovery. The rehabilitation process of sports injury is very intricate and it has been noted that even after physical recovery the psychological wound of injury remains with athletes. Sports medicine and sports rehabilitation trainers are good at taking care of the physical recovery of injured athletes but there are more than physical aspects when the athlete returns to sports after injury. One of the factors is the fear of re-injury. Brewer et al.

(1993) opined that players are in a dilemma that whether they get reinjured again when they return to sports after the rehabilitation program. This fear creates in anxious thought in athletes when they return to sports. So may researchers namely Leddy et al. (1994), Eaton (1996), Podlog and Eklund (2009), Wiese-Bjornstal (2010), Ricardo de la Vega (2016) have documented psychological consequences of sports injuries but so far self- confidence of injured female football players has not been assessed by the researchers. Hence the present study was conducted to assess the effect of sports injury on self - confidence of national female football players.

## Objective

The single objective of this study was to evaluate the impact of sports injury on self - confidence of national female football players.

## Hypothesis

It was hypothesized that the sports injury will have a significantly negative impact on self - confidence of national female football players.

## Methodology

The following methodological steps were taken to conduct the present study.

## Research Design

A comparative survey research design was used in this study.

## Sample

In this study the researcher recruited 25 national female football players with the mean age being 25.37 years. The selection of these injured football players was based on nature and type of injury, duration of rehabilitation, and coaches' perspective.

In this way, 10 female football players with common injuries and 15 female football players with severe injuries were selected. The players who sustained common injuries were unable to take part in football for one week and those with severe injuries were unable to take part in football for more than one month.

## Tools

Sports Injury Rehabilitation and Sports Self Confidence Scale.

To assess self confidence in injured female football players, Sports Injury Rehabilitation and Sports Self Confidence Scale prepared by Yadav and Bajpai (2015) was used. This scale consists of 20 questions. The response accrued was based on five-point Likert scale namely strongly Disagree, Disagree, Neutral, Agree, Strongly Agree. The nature of statements is positive and negative and accordingly, the numerical weightage was assigned. The reliability coefficient of this scale is 0.79 while the construct validity coefficient was 0.69 denoting that this scale enjoys a sufficient level of statistical reliability and validity.

## Procedure

25 injured national-level female football players were selected. Sports Injury Rehabilitation and Sports Self Confidence Scale prepared by Yadav and Bajpai was administered and the responses were evaluated as suggested in the manual. Afterward, subjects were divided into three categories i.e. low (Scores below or equal to 47 on a scale), moderate (scores between 47 and 65), and high level of self- confidence (score above 65 on a scale). Two test was used to compare the distribution of data in different categories of self-

confidence. The result is shown in table 1.

## Result and Discussion

Table 1: Distribution of injured national female football players on the basis of grades of self confidence

Grades of Self Confidence	Frequency	Percentage (%)	$\chi^2$
High (More than 65)	11	44%	$\chi^2 = 5.12 (p > .05)$
Moderate (Between 47-65)	11	44%	
Low (Less than 47)	03	12%	
Total	25	100.0	

$\chi^2 (df=2) = 5.99$  at .05 level and 9.21 at .01 level

Results presented in table 1 indicate that 44% of injured female football players returning to sports had a high level of self- confidence, 44% had an average level of self-confidence while 12% of injured female football players returning to sports had a low level of self-confidence. The  $\chi^2 = 5.12$  showed non-significant results but it is very much clear that 56% of injured female football players did not possess a high level of sports self-confidence. A study conducted by Hemery (1986) revealed that 90% of elite athletes do possess a high level of self- confidence and in this perspective only 44% of injured female football players in this study showed a high level of self- confidence. It may be due to fear of reinjury and anxiety about attaining the standard of play before the injury occurred. Ricardo de la Vega (2016) also noted low self confidence in athletes after a sports injury. Since various sports models predicting psychological readiness to return to the sport in the light of personality, individual difference, the influence of coach, support from family, and sports career- related factors some of the athletes do inevitably feel low in confidence after suffering from a sports injury.

## Conclusion

The authors conclude that sports injury inflicts negative psychological consequences on female football players and some of them showed a low level of confidence when returning to sport after rehabilitation. The authors recommend a strong need to construct psychological rehabilitation program along with physical injury rehabilitation so that female football players can return to the field with an optimum level of sports self- confidence.

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