International Journal of Physical Education, Sports and Health 2021; 8(1): 228-230

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2021; 8(1): 228-230

www.kheljournal.com
Received: 22-11-2020
Accepted: 25-12-2020

Ranjit Kumar Singh
Research Scholar, Dr. C.V. Raman University, Kota Bilaspur, Chhattisgarh, India

Dr. Jai Shankar Yada
Associate Professor, Department of Physical Education, Dr. C.V. Raman University, Kota Bilaspur, Chhattisgarh, India

Dr. Santosh Bajpai
Senior Sports Officer, Seepat, Bilaspur, Chhattisgarh, India

Corresponding Author:
Ranjit Kumar Singh
Research Scholar, Dr. C.V. Raman University, Kota Bilaspur, Chhattisgarh, India

Effect of sports injury on self confidence of national male hockey players

Ranjit Kumar Singh, Dr. Jai Shankar Yada and Dr. Santosh Bajpai

Abstract
Sports rehabilitation primarily aims at providing a platform for injured players to return to sports safely. The rehabilitation mainly concerns about the treatment of physical injuries but the psychological aspects of sports injuries also need scrutiny because self confidence is very much important for sports performance. The present study aimed to assess self confidence among national male hockey players returning to sports after an injury. The researchers recruited 25 national male hockey players with the mean age being 25.37 years. The selection of these injured hockey players was based on nature and type of injury, duration of rehabilitation, and coaches perspective. In this way, 10 male hockey players with common injuries and 15 male hockey players with severe injuries were selected. The players who sustained common injuries were unable to take part in hockey for one week and those with severe injuries were unable to take part in hockey for more than one month. To assess self confidence in injured male hockey players, A Sports Injury Rehabilitation and Sports Self Confidence Scale prepared by Yadav and Bajpai (2015) was used. Results revealed that 44% of male hockey players returning to the sport after injury had a high level of self confidence, 44% had a moderate level of self confidence and 12% had a low level of self confidence. It was concluded that majority of the male hockey players returning to the sport after an injury did not have a high level of self confidence and needs some psychological intervention to manage this issue.

Keywords: Injury, hockey, self confidence

Introduction
Field hockey 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 hockey the majority of the injuries occur due to a rising ball or accidentally by a hockey stick. The injuries are common in hockey which can be external, internal, or overuse injuries. Jamison and Lee (1989) [4] reported that external injuries in hockey 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 hockey players. According to Roberts *et al*. (1995) [8] sometimes hockey 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) [1] 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) [5], Eaton (1996) [2], Podlog and Eklund (2009) [6], Wiese-Bjornstal (2010) [9], Ricardo de la Vega (2016) [7] have documented psychological consequences of sports injuries but so far self confidence of injured male hockey 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 male hockey players.

Objective
The single objective of this study was to evaluate the impact of sports injury on self confidence of national male hockey players.

Hypothesis
It was hypothesized that the sports injury will have a significantly negative impact on self confidence of national male hockey 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 male hockey players with the mean age being 25.37 years. The selection of these injured hockey players was based on nature and type of injury, duration of rehabilitation, and coaches' perspective.
In this way, 10 male hockey players with common injuries and 15 male hockey players with severe injuries were selected. The players who sustained common injuries were unable to take part in hockey for one week and those with severe injuries were unable to take part in hockey for more than one month.

Tools
Sports Injury Rehabilitation and Sports Self Confidence Scale
To assess self confidence in injured male hockey 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 are 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 male hockey 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). $\chi 2$ 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 male hockey 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 male hockey players returning to sports had a high level of self-confidence, 44% had an average level of self-confidence while 12% of injured male hockey 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 male hockey players did not possess a high level of sports self-confidence. A study conducted by Hemery (1986) [3] revealed that 90% of elite athletes do possess a high level of self-confidence and in this perspective only 44% of injured male hockey 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) [7] 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 male hockey 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 male hockey players can return to the field with an optimum level of sports self confidence.

References

1. Brewer B, Van Raalte J, Linder D. Athletic identity: Hercules' muscles or Achilles' heel? Int J Sport Psychol 1993;24:237-254.
2. Eaton, Donna S. A Study of the Emotional Responses and Coping Strategies of Male and Female Athletes with Moderate and Severe Injuries. Dissertations 1996, 1689. https://scholarworks.wmich.edu/ dissertations/1689.
3. Hemery D. The Pursuit of Sporting Excellence. London: Collins 1986.
4. Jamison S, Lee C. The incidence of female hockey injuries on grass and synthetic playing surfaces. Aust J Sci Med Sport 1989;21:15-7.
5. Leddy MH, Lambert MJ, Ogles BM. Psychological consequences of athletic injury among high-level competitors. Res Q Exerc Sport 1994;65(4):347-54.
6. Podlog L, Eklund RC. High-level athletes' perceptions of success in returning to sport following injury. Psychol Sport Exerc 2009;10(5):535-544.

7. Ricardo de la Vega, Roberto Ruiz Barquín, Enrique Aguayo and Sara Márquez. Restoration of confidence and perception of coaches following sports injury, Cogent Psychology 2017;4:1.
8. Roberts P, Geljon A, Kolt G. A Comparison of Retrospective and Prospective Injury Data in Australian Rules Football and Field Hockey Participants. Australian Conference of Science and Medicine in Sport Canberra, Australia: Sports Medicine Australia 1995.
9. Wiese-Bjornstal DM. Psychology and socioculture affect injury risk, response, and recovery in high-intensity athletes: a consensus statement. Scandinavian Journal of Medicine and Science in Sports 2010;20:103-111.