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Descriptive study of sports injuries in Kho-Kho

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Abstract
Sports Injuries is an integral part of athlete's life. Sometimes a serious injury can end player's carrier. Sports injuries can stop a player from playing and training properly. The purpose of this study was, to analyze the sports injuries in Kho-Kho. For which 100 national Kho-Kho players age from 18 to 40 years (playing from past 5 years) were selected using purposive sampling technique. Descriptive survey method was used to study the sport injuries in the game of Kho-Kho. The collection of data regarding the sports injuries in Kho-Kho, the closed ended questionnaire by Hole Savita, (year 2015) was administered. Before administering the test, researcher has checked the reliability of questioner. Which included the area such as types of injury, number of injuries, types of treatments used, injury occurrence during training or competition. The collected data was analyzed statistically using percentiles. The result indicates that types of injuries sustained by Kho-Kho players showed that most common injuries were muscle strain (26.70%), sprain (19.90%), swelling (13.59%), ligament tear (12.62%) trick (8.25%) dislocation (5.34%) fracture (4.85%) other (4.85%) appeared. Also, out of 100 Kho-Kho players (62%) injuries were occurred during competition while (38%) injuries occurred during practice.it was also found out that Kho-Kho players were more likely to be get injured during competition. The present study indicates that the risk of suffering an injury in Kho-Kho is high: however more research is needed in order for practitioners and clinics to prevent injuries in training and competitions.

Keywords: Kho-Kho, sports injuries, national players, injury prevent

Introduction
Sports injuries, defined as damages resulting from participation in athletic activities or training, have been a growing concern in competitive environments. In high-intensity games like Kho-Kho, common injuries may include muscle strains, ligament tears, sprains, and even fractures due to high-speed chases and dives (Kumar *et al*., 2021) [4]. Understanding the nature, causes, and frequency of these injuries is essential to guide coaches, physiotherapists, and sports administrators in injury prevention and management strategies.

Kho-Kho, one of the traditional Indian tag sports, has been widely played across the country, particularly in schools, colleges, and national-level tournaments. This sport, which emphasizes agility, speed, and reflexes, is not only culturally significant but also physically demanding. The nature of the game, involving sudden sprints, rapid changes in direction, dives, and frequent physical contact, places athletes at a heightened risk for sports-related injuries (Shetty & Pai, 2014) [6]. Despite its widespread popularity and inclusion in school and university-level championships, limited scientific literature exists on the prevalence and nature of injuries sustained by Kho-Kho players.

Previous studies have predominantly focused on popular sports like football, basketball, and cricket, with traditional Indian sports receiving relatively less attention in terms of injury surveillance and preventive protocols (Patel & Shah, 2018) [8]. Given that the risk of injury increases with the intensity and frequency of play, especially during competitive matches, it is important to document injury patterns in Kho-Kho using systematic research approaches.

The current study, therefore, aims to bridge this gap by describing the types, locations, and frequency of sports injuries among national-level Kho-Kho players aged 18 to 40 years, who have been actively participating in the sport for over five years. A retrospective descriptive approach was adopted for this study, utilizing a teacher-made, close-ended questionnaire developed by Hole, Savita (2015), to gather comprehensive data on injuries sustained during

training and competition. This research is intended to serve as a foundation for developing evidence-based injury prevention programs tailored to the unique demands of Kho-Kho.

Materials and Methods

- **Method:** Descriptive survey method was used for the study of sports injuries in Kho-Kho.
- Participants: Male national Kho-Kho players age from 18 to 40 years (playing from past 5 years) were the population. From which 100 Kho-Kho players were selected as sample using purposive sampling.
- **Variable and tool:** Sports injuries which refers to an event that causes physical damage to the body during a physical activity, which may interfere with an individual's ability to perform effectively in sport or daily life was measure using close ended questionnaire Hole Savita, (year 2015) this questionnaire contains 17 statements. there are two types of section the 1st one is check list which contains types of injuries, how many time you got injured, how long you were in that injury, types of treatment did you take, when did you had injury, how much days it took to recover form that injury and second section player participation information post injury which contains after getting injured have participated in any competition, after recovering from injury at what level have you played, and how often. Scoring was done in percentile.
- **Procedure:** For this study, a descriptive survey method was used to examine the sports injuries in Kho-Kho. The data was collected with the help of questioner they conducted field visits to various clubs and tournaments to gather data directly from participants. The permission was taken from the coaches and tournament organizers. After total 100 male national Kho-Kho players were selected purposively the researcher explained briefly what the research was about to the male Kho-Kho player. After collecting the data, the researcher used statistical tool percentile for statistical analysis.

Results and Discussion

The collected data was statistically analysed using the percentiles. Results have been presented in the tables given below.

Table 1: Types of injury

Types Injury	Frequency	Percentage
fracture	10	4.85%
dislocations	11	5.34%
muscle strain	55	26.70%
sprain	41	19.90%
ligament tear	26	12.62%
abrasion	8	3.88%
swelling	28	13.59%
trick	17	8.25%
other	10	4.85%
Total	206	

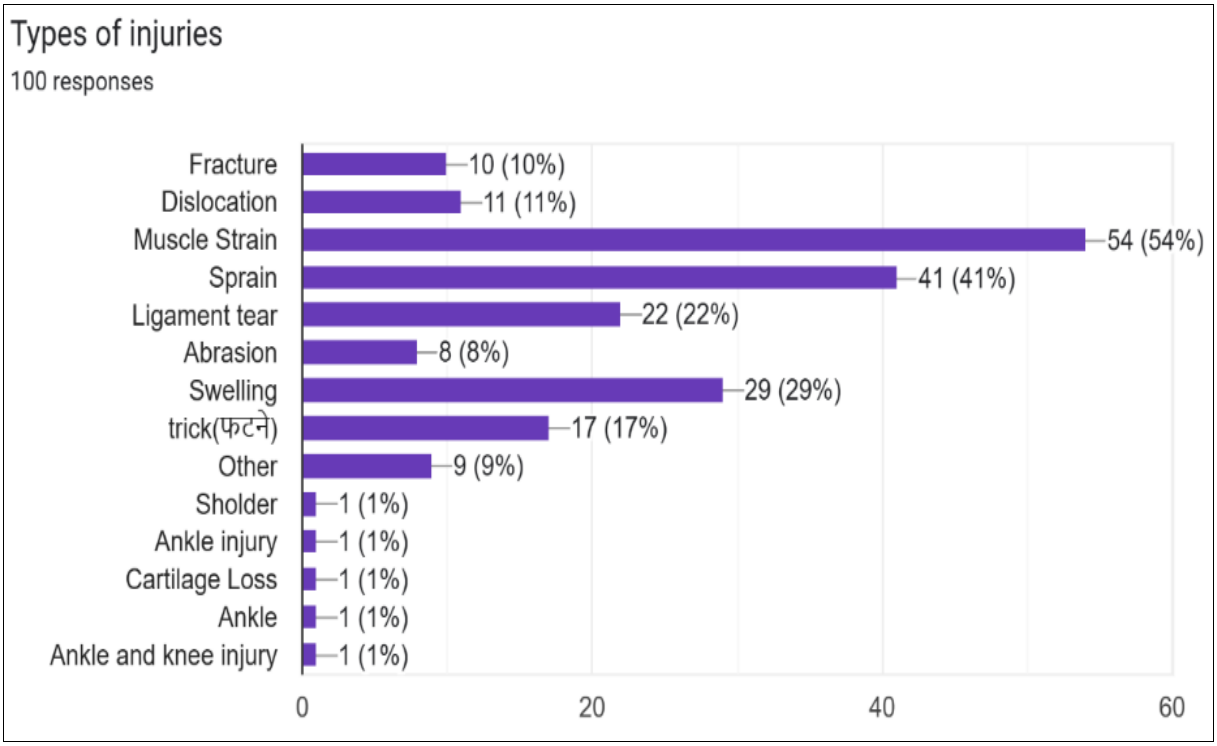

Fig 1: Types of injuries

From Table 1 and graph no 1 injury KHO-KHO players suffered 206 injuries. The percentage of types of injuries sustained by KHO-KHO players showed that most common injuries were muscle strain (26.70%) sprain (19.90%) swelling (13.59%) ligament tear (12.62%) trick (8.25%) dislocation (5.34%) facture (4.85%) other (4.85%) appeared.
Table 2 and graph no 2 shows that out of total 100 injuries to KHO-KHO Players (62%) during competition while (38%) injuries occurred during practice. It was found out that KHO-KHO players were more likely to be injuries during the competition.

Table 2: Surface where injury occurred

During competition	65	65%
During practice	35	35%
total	100	

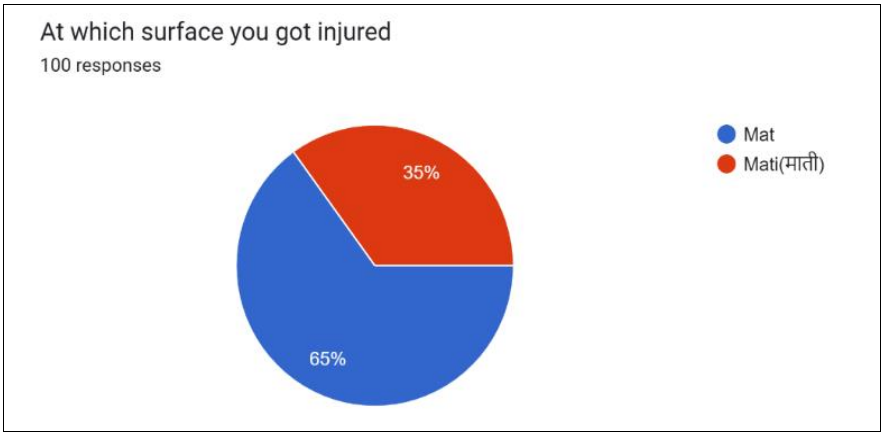

Fig 2: At which surface you got injured

Table 3: Types of treatment used by player to cure injuries

Therapeutic method	59%
medicine	28%
surgery	23%

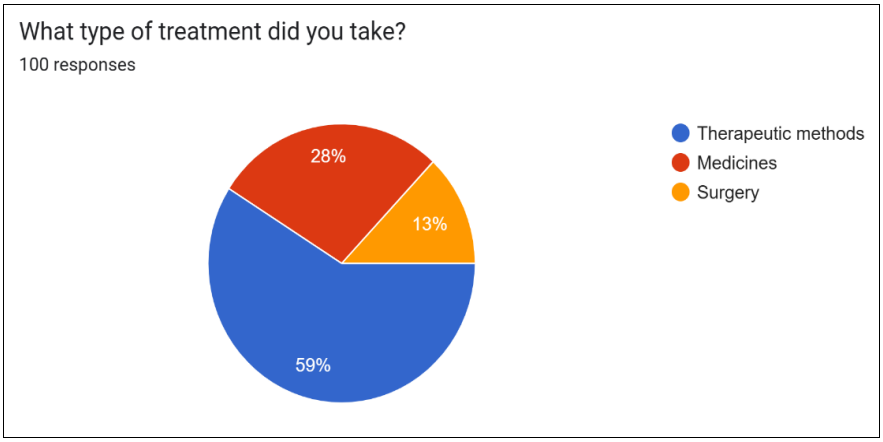

Fig 3: Types of treatment used by player to cure injuries

Table 3 and graph no 3 shows that Kho-Kho players took three treatment methods after injury. Among them maximum number of players took therapeutic method (59%), medicines (28%) and (13%) surgery respectively.

Table 4: Total no of days it took to recover from injury

Days it took to recover from injuries	Frequency	Percentage
30 days	22	23.40%
365 days	9	9.57%
15 days	10	10.64%
180 days	13	13.83%
60 days	10	10.64%
10 days	6	6.38%
90 days	5	5.32%
14 days	3	3.19%
7 days	5	5.32%
150 days	5	5.32%
240 days	2	2.13%
1825 days	2	2.13%
300 days	2	2.13%
Total days = 3324	94	

There are total 3324 days required to recover from the injury and return to their previous condition after receiving that treatment, of which maximum number of days for KHO-KHO players was 1825 in which 2 player required 1825 days (2.8%), 9 players required 365 days (9.38%), 2 players required 300 days (2.13%) and 240 days (2.13%), 13 players required 180 days (13.83%), 5 players required 150 days (5.32%) and 90 days (5.32%), 10 players required 60 days (10.64%) 22 players required 30 days (23.40%), 10 players required 15 days(10.64%) and 3 players required 14 days (3.19%), 6 players required 10 days (6.38%), 5 players required 7 days (5.32%)

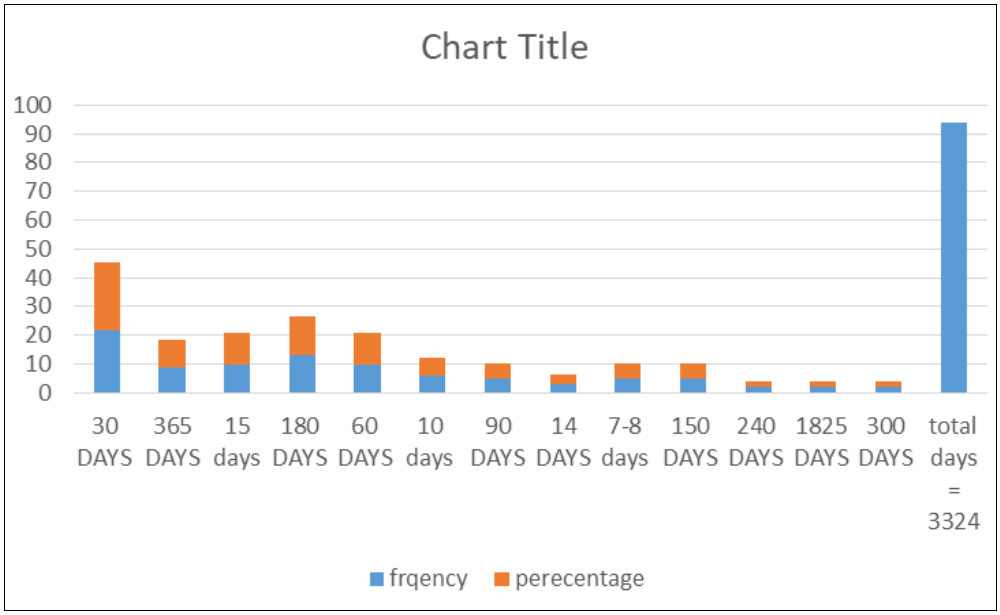

Fig 4: Total no of days it took to recover from injury

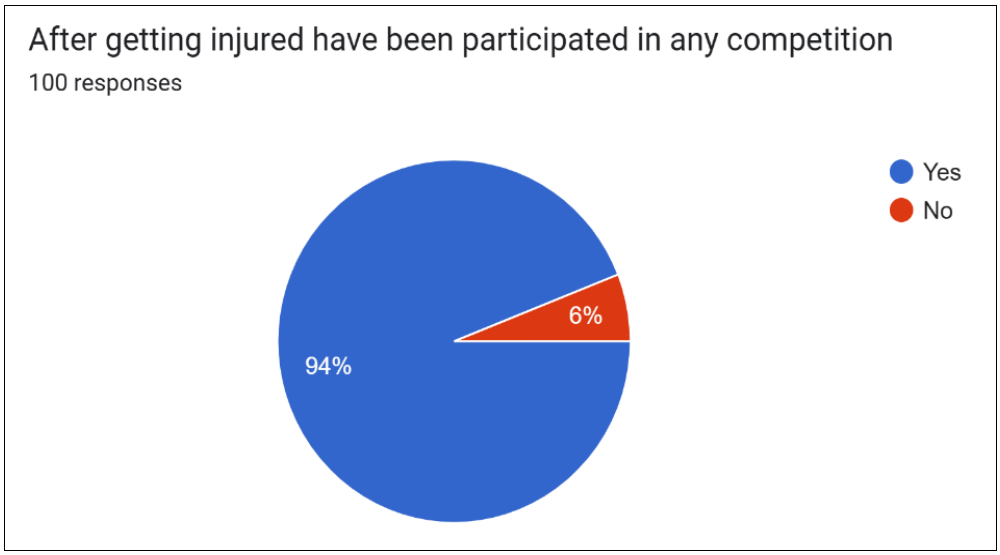

Fig 5: Post recovery participation

After recovering from injuries 94% players have participated in competition and only 6% players have not participated in any type of competition.

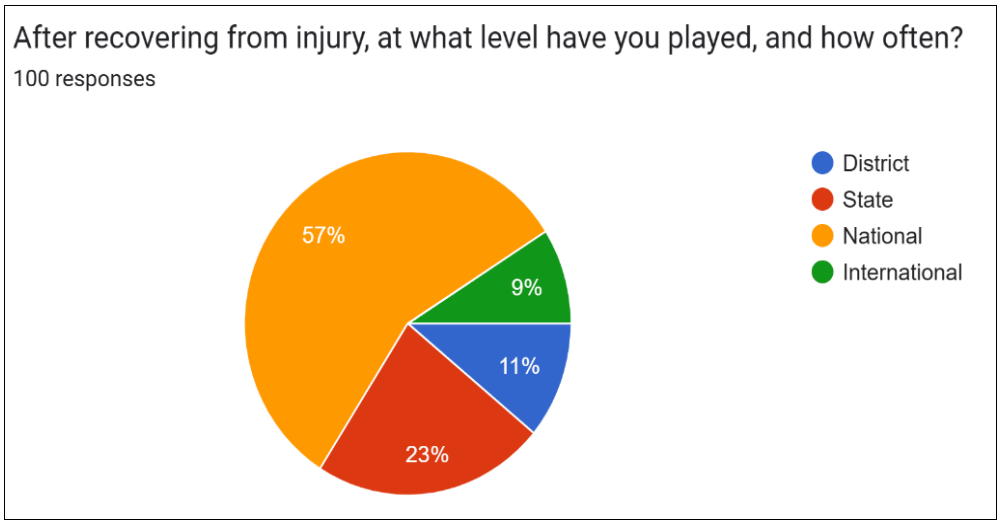

Fig 6: Post recovery participation level

After recovering from injuries 94% players have participated in competition in which 57% have participated in national competition, 23% in state level competition, 11% players have participated in district level competition, 9% in international competition.

Discussion

This study investigated the prevalence and nature of sports injuries among national-level male Kho-Kho players aged 18 to 40 years, each with a minimum of five years of experience. The results confirm that Kho-Kho is a high-risk sport, with muscle strains (26.70%), sprains (19.90%), and swellings (13.59%) being the most common injuries. A majority of injuries (65%) occurred during competition, highlighting the intense physical and psychological demands of match situations. These findings are consistent with Singh *et al*. (2018), who also reported a higher incidence of injuries during competition in Kho-Kho, attributing them to the game's dynamic movements and frequent physical contact. The data suggest inadequate warm-up and conditioning practices, particularly affecting the lower limbs, and support the implementation of neuromuscular training for injury prevention.

However, this study's results contrast with those of Mahato and Datta (2023) [2], who examined physical fitness in state-level Kho-Kho players and Chhau dancers and found that Chhau dancers demonstrated higher flexibility and balance, which may contribute to lower injury risk. Their findings suggest that incorporating alternative training forms, such as dance or balance-based exercises, could potentially reduce injuries in Kho-Kho players. While 94% of injured athletes in this study returned to play, the long recovery periods up to 1,825 days in some cases raise concerns about rehabilitation quality and psychological readiness. Future studies should address gender diversity, biomechanical analysis, and training protocols to develop more comprehensive injury prevention strategies in Kho-Kho.

Conclusion

The study found a high incidence of injuries among national-level Kho-Kho players, with muscle strains, sprains, and ligament tears being the most prevalent. Most injuries occurred during competition; it was found out that most of the injuries were occurred while playing on the mat. The maximum number of days it took to recover from the injury is 1825 days. It shows that after recovering from injury 94% players returned to competitive sports.

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