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## STUDY OF THE CAUSES OF SPORTS INJURIES AMONG FOOTBALL GOALKEEPERS IN BABYLON GOVERNORATE

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**ABSTRACT**

*The purpose of this study was to determine the most common types of sports injuries among Jordanian soccer goalkeepers, the most common locations of injury in the body, the time of injury (game and training), the type of injury (artificial turf, natural grass, or sand), and the cause of injury. The results showed that the most common type of injury was muscle tear (28.88%), followed by wrist (21.28%), while the most common injury sites for goalkeepers were head (29.39%), wrist (8.45%) and fingers (8.45%). Injuries sustained during training were more common than injuries sustained during matches (52.36%), compared to 47.64% of injuries sustained during matches. The most common comments related to submitted injuries were submitted turf (44.43%) artificial (43.92%) and more in submitted sand (11.66%). The most common cause of injury was lack of medical checks (13.18%), followed by lack of sports rehabilitation techniques (11.82%). According to the results of this study, the researchers recommend more attention to comprehensive medical checks (having all athletes undergo medical checks, maintaining safe processes in training and competition, and regular field maintenance).*

**KEYWORDS:** *Sports, Injuries and Football.*

**INTRODUCTION**

The goalkeeper plays an important role in the team and any mistake that can cause a goal against his own goal and this is what exposes him to criticism from colleagues, the coach and the press, so he must have serious, mental and psychological specifications as any goal has an impact on the rest of the players, both morally, practically and the public, in addition to its effects on the opponent and increases his excitement and helps the team to snatch victory.

According to his position in the back of the team, it allows him to direct the attack operations by sending fast and accurate balls to his colleagues who are safe without control, in addition to that he can direct the cannons who play in front of him, many coaches consider him the backbone of the team and one of the basic factors for building the team.

In addition to protecting his goal, there are other duties that the goalkeeper must be able to and master, as he sometimes has to get out of the penalty area to defend the goal, so there must be special training that differs from the rest of the players, so he must master repelling fast balls, whether by hand, foot or arm, and from different positions such as standing, jumping, flying, or throwing himself on the ball, and he must estimate the appropriate conditions when he decides to get out of his goal, so he must To master his skill accurately and attentively so that he can address the balls far, near and near.

From the above, it is clear that the goalkeeper has special functions and duties that he must enjoy, so he must have special talents and skills and train on ways to protect himself from exposure to injuries in various circumstances and occasions, whether in training or in competitions, especially as he is exposed to situations characterized by step and friction, and this is a factor causing him injuries during play, as contact with players causes him injuries.

The exposure of goalkeepers to sports injuries may be an obstacle in keeping them away from training and their participation in competitions, which negatively affects the achievements of football teams and the progress of their level, in addition to that sports injuries limit the achievement of the main goal of practicing physical activities, which is to maintain and upgrade health.

**OBJECTIVES OF THE STUDY THE STUDY AIMS TO IDENTIFY**

1. The most common types of sports injuries among goalkeepers in football
2. The most injury-prone areas in football goalkeepers
3. The most common causes of injuries among goalkeepers in football.

**STUDY QUESTIONS**

1. What are the most common types of injuries in goalkeepers in football?
2. What are the most injured areas for goalkeepers in football?
- 3 What are the most common causes of injury to goalkeepers in the foot area?

**LIMITATIONS OF THE STUDY**

Human field: The study sample included (40) H-Ars Marm-YF-Z football from the clubs of Babylon province from the premier, first and second divisions

Spatial field: This study was conducted in Babylon province

**Study Procedure**

**Study Methodology:** The researcher used the survey method (descriptive) for its suitability to the subject of the study.

**Study Population:** The study population consisted of all players in the center of goalkeepers in the middle Euphrates regions, from the teams of the excellent class and the first division, and the number of 20 players of the premier class clubs and 20 players of the first division clubs.

**Study sample:** The study sample included 40 goalkeepers in football, **20 players** of the first class and 20 players of the first class

**Table 1** Description of the study sample in terms of height , weight and age N40

Variable	Average	Deviation
Variable	HM80.93	6.9 6
Weight (kg )(	AED184.14	2 6.3
Length (cm)(	25.23	5.37

Table (1) shows a description of the study sample in terms of medians of weight, height and age , where they were Respectively 93.80 kg (W) 184184.14cm And age ( 25.23) years

**Data collection**

The researcher used the sports injuries form

**Statistical processing :** The researchers used frequencies, percentages , and chi-square values .

**PRESENTATION AND DISCUSSION OF RESULTS**

**The first question: What is the most common type of injury among goalkeepers in the foot area?**

To answer the question , the researchers used frequencies, ratios , and the results of Table 2 showed that

**Table (2) Frequencies and ratios of types of injuries among goalkeepers**

genre	Total	
	reiteration	%
Malakh	60	9.98
Fractures	31	6.25
take off	34	5.74
Lacerations	171	28.88
Buckling	47	7.94
Wound	83	14.02
Bruised	126	21.28
Abrasions	29	4.90

Table 2 shows the frequencies and percentages of types of injuries in Goalkeepers where It appears that the tears were the most frequent injuries with a frequency of (171) injuries and a rate of (28.88%) followed by bruises with a recurrence of (126) injuries and a rate of (21.28.%) followed by Wounds with repetition (83) injuries and a rate of (14.02.(%) and it was found that the least frequent injuries are abrasions with repetition (29) Injury by (4.90).

The researcher believes that the increased incidence of injuries mentioned in goalkeepers may be related to medical factors, as it appears from Table (8), which shows the causes of injuries, that the most prevalent is the lack of comprehensive medical examinations and the lack of use of rehabilitation methods , which Leads to the continued occurrence of microscopic or microscopic injuries that may lead to injuries that My-Share Makarov (2004, shoilov, 1986) suggest that the impact of severe injuries is often due to an increase in Minor injuries , so the variety of movements that are often performed by goalkeepers may be Movements in the air and on the ground, falling or hitting the goal posts, friction and collision, which may lead to tears and bruises in goalkeepers, in addition to that, the goalkeepers' lack of knowledge of the science of injuries and the mechanism of occurrence of injuries and their causes may lead to an increase in the spread of injuries among them.

This is consistent with what Renstrom (Nielson (1989) pointed out that contact between players is a cause of injury to goalkeepers. The results of this study are consistent with what Smillie pointed out that tears are the most common injuries in football goalkeepers.

**The second question: What are the most vulnerable areas for injury to goalkeepers in football ?**

To answer the question, frequencies and percentages were used.

**Table (3) Frequencies and Percentages of Injury Areas for Goalkeepers**

Sites	Total	
	reiteration	%
Head	170	4 29.3
Shoulder joint	4 1	1 7.7
Clavicle	2 1	3.72
Wrist and fingers	45	8.45
Elbow joint	34	6.40
Noon	30	5.41
Chest	30	5.07
Belly	28	4.73
Tub	30	5.07
Rubble joint	43	7.43
Kasbah	42	7.09
Foot joint	34	5.74
Achilles tendon	22	3.72
<b>Total</b>	<b>592</b>	<b>SR 100.00</b>

Table 3 shows the values of repetitions and percentages attributable to the location of injuries to goalkeepers and by reviewing the values contained in the table shows that the head is the most exposed areas to injury, which amounted to (170) and by (29.34%) followed by wrist and fingers injury where it reached (45) and by (8.45%) and then injury to the shoulder joint (41) and by (7.71%) while the least site injuries suffered by goalkeepers is Achilles tendon injury and clavicle (22) and by (3.72) and the researcher believes that the reason why goalkeepers are exposed to injuries in the area The head may be related to defensive operations and contact with attackers to catch balls or during attempts to catch balls from a falling position from the attackers or this may be the result of the head and shoulder hitting the ground.

As for the occupation of the wrist and fingers area in second place, the researcher attributes this to the fact that this area and because of picking up balls or repelling them in the air, and this may be related to the poor technical application of the process of picking up or repelling balls.

**Sixth question: What are the most common causes of injuries to goalkeepers in football?**

To answer the question, the researchers used frequencies and percentages **Table (8)** Frequencies and percentages of the causes of injuries in goalkeepers.

Reason	Ratio%	Iteration
Not warming up well	1.52	9
Overtraining	SR 2.20	13
Lack of good behavior of athletes	0.34	2
The training floor is not good	6.08	36
Poor skill preparation	SR2.03	12
Continuity in training when injury occurs	3.55	21
Invalidity of sportswear	0.68	4
Non-adherence to a clear training program	SR 0.00	Zero
Invalidity of used sports equipment	SR 2.20	13
Lack of coach guidance to the player and awareness	0.34	2
Non-compliance with security and safety rules	SR 2.20	13
Bad weather	2.70	16
Poor selection of exercises for muscle groups	SR 0.00	Zero
The coach does not notice the player and follow him during training	SR2.03	12
Not giving enough rest between and after exercises	0.34	2
Allow the player to return to training before recovery	0.84	5
Not relaxing well after exercise	3.89	23
Insufficient supply of tools and equipment for training and matches	5.74	34
Non-use of sports rehabilitation methods	11.82	70
Incorrect timing of matches and training	7.43	44
Failure to carry out periodic comprehensive examinations	13.18	78
Non-adherence to a diet program	6.93	41
Not taking into account the differences between players	4.90	29
Psychological poor preparation	4.90	29
Lack of knowledge and knowledge of sports injuries and their causes	9.29	55
Inaccuracy and detail in the type of appropriate sport	0.68	4
Lack of gradual overload training	1.69	10
The coach's failure to take into account the goalkeeper's physical and technical potential	1.18	7
Other reasons	1.35	8
<b>Total</b>	<b>SR 100.00</b>	<b>592</b>

Table 8 shows the values of repetitions and proportions of sports injuries among goalkeepers, where it is found that the most common cause of injuries is the failure to carry out comprehensive periodic sessions, as they came with a frequency of (78) and a percentage of (13.18), followed by the lack of use of rehabilitation methods with a frequency of (70) and a percentage of (11.82.) followed by lack of knowledge and knowledge of sports injuries and their causes by repeating (55) and by 9.29 (while the least causes leading to injuries to goalkeepers were lack of adherence to a clear program and poor selection of exercises for muscle groups.

The researcher believes that the lack of interest in the medical job and its impact on the occurrence of injuries is a result of the lack of knowledge of the teams and the management of clubs of the importance of medical care in terms of periodic examinations or the use of rehabilitation methods or athletes' knowledge of the science of injuries in terms of causes and the mechanism of their occurrence and that these aspects in the opinion of the researcher are the basis for the preparation of athletes and their achievements and it is one of the factors that help athletes in the regularity of training processes and it is the main entrance to obtain health fitness and Batali improve sports achievement where (2009, (Lapta) indicates that the number of athletes is not only linked to training and matches, but there are so-called complementary factors for training and competitions and their importance, the use of sports rehabilitation methods, nutrition, daily regime, and others.

## CONCLUSIONS

In light of the results of the study, the researchers conclude the following:

1. The most common types of injuries to goalkeepers in football are tears followed by bruises
2. The most injury-prone places for goalkeepers in football are the head, followed by the wrist and fingers.
3. Injuries occur in football more in training than in competitions
4. Increase the prevalence of injuries in covered courts more than grass courts
5. The failure to carry out comprehensive periodic examinations and not to use sports rehabilitation methods are the most common causes of injuries among goalkeepers in football

## RECOMMENDATION

In light of the objectives and results of the study, the researchers recommend the following recommendations

1. The need to take all preventive measures and provide safety and safety factors during training and competitions
2. The need to raise the level of knowledge associated with sports injuries in players
3. The need to carry out periodic maintenance of stadiums, especially covered with natural grass, and to ensure their suitability for use
4. The need to pay attention to periodic examinations and integrated medical procedures that help detect and reduce injuries among goalkeepers in football and the use of sports rehabilitation methods

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