www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

FACTORS CONTRIBUTING TO SPORTS-RELATED INJURIES IN YOUNG ATHLETES

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Abstract: In recent years, participation in sports has increased significantly as the population ages. However, if adequate measures are not taken, the high level of physical performance required by sports causes many sports injuries due to various internal and external factors. Although this condition creates a significant economic burden, it also seriously reduces the athlete's ability to return to the sport at the same level after the injury. Preventing sports injuries before they occur is more socially and economically beneficial than treating them after the injury. It is important to study the factors that can lead to sports injuries, develop prevention programs and apply this information in practice. The purpose of this article is to explore the factors that cause sports injuries in young athletes and to focus on injury prevention. We believe that the healthy continuation of sports life by young athletes and the reduction of injuries in sports will bring socio-economic benefits to our country in the long term.

Anatatsiya: So'nggi yillarda aholining yoshlari ko'payib borayotgani sababli sport bilan shug'ullanish sezilarli darajada oshdi. Biroq, agar etarli choralar ko'rilmasa, sport talab qiladigan yuqori darajadagi jismoniy ko'rsatkichlar turli xil ichki va tashqi omillar tufayli ko'plab sport jarohatlarini keltirib chiqaradi. Bu holat jiddiy iqtisodiy yuk tug'dirsa-da, sportchining jarohatdan so'ng yana bir xil darajada sportga qaytish imkoniyatini ham jiddiy kamaytiradi. Sport jarohatlarini ularning paydo bo'lishidan oldin oldini olish, jarohatdan keyin davolashdan ko'ra, ijtimoiy va iqtisodiy jihatdan foydaliroqdir. Sport jarohatlariga olib kelishi mumkin bo'lgan omillarni o'rganib, profilaktika dasturlarini ishlab chiqish va bu ma'lumotlarni amalda qo'llash juda muhimdir. Ushbu maqolaning maqsadi yosh sportchilarda sport jarohatlarini keltirib chiqaradigan omillarni o'rganish va jarohatlarning oldini olishga e'tiborni qaratishdir. O'ylaymizki, yosh sportchilarning sport hayotini sog'lom davom ettirishi, sportdagi jarohatlarning kamayishi uzoq muddatli istiqbolda mamlakatimizga ijtimoiy-iqtisodiy foyda keltiradi.

Kalit so'zlar: Sport jarohatlari, odat, oldini olish, ko'rib chiqish

Key words: Sports injuries, habit, prevention, review

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Physical activity and sports; It has a significant positive impact on physical health, cognitive function and quality of life. It is especially important for young people to have and maintain proper sports habits. However, if adequate measures are not taken, the high level of physical performance required by sports causes many sports injuries due to various internal and external factors. It is estimated that 14% of injuries requiring medical treatment are sports-related. It has been estimated that approximately 6 million people require treatment as a result of sports injuries, and 10% of these individuals require at least one day of inpatient treatment in hospitals. In addition, about 7,000 fatal sports injuries are reported each year.

Injury rates are independent of age, gender or sport. It is reported that the rate of sports injuries of various degrees in young athletes at the Olympic Games is about 67%. These injuries prevent the athlete from continuing his professional sports life or cause him to be unable to achieve his pre-game performance. Injury Sports injuries account for 30% of the reasons why athletes leave sports. These injuries not only endanger the athlete's sports career, but also have a negative impact on the athlete's physical and mental health. This situation creates an economic

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burden for the athlete, for the club, and for the country. It is clear that sports injuries depend on many factors and therefore a multidisciplinary approach is required to prevent sports injuries.

It is known that sports injuries are more common in young athletes; However, the reasons do not seem to have been revealed in detail. This study examines the factors influencing the risk and frequency of injury in young athletes, interprets the results, and provides information on prevention methods.

External and internal factors affecting sports injuries

In case of a sports injury; Many variables are thought to play a role, including equipment, weather conditions, terrain, overtraining, and previous injury history. Significant and positive support was shown for the effectiveness of specific training programs, such as the use of internal soles, external joint supports, and balance boards.

However, some approaches like warming up and stretching seem to need more scientific evidence. The ground, shoes, equipment, characteristics of the sports facility and its maintenance and repair conditions are among other important factors affecting sports injuries. For example; The hardness of the pitch and turf has been proven to increase the risk of injury. Other potential hazards include field smoothness, surface roughness, grass height and type. However, wearing the correct footwear for the sports surface has been shown to be important in reducing the risk of injury. Scientifically, these extrinsic factors are serious but modifiable risk factors that can lead to sports injuries. The injury rate is expected to be reduced through proper notification of the athlete, club, health professionals, field and ground maintenance team and periodic inspections by the relevant institutions.

Internal factors such as an athlete's muscular strength, endurance, flexibility, core stability, balance, and proprioception are also important in terms of injury risk. Depending on the type of sport performed, athletes having sufficient muscle strength, flexibility and endurance are key factors in successful performance of the sport and avoiding the risk of injury. It is well known that there is a critical need for health professionals and coaches to establish programs that are tailored to the athlete's physique and needs and are based on scientific evidence. In recent years, regardless of the type of sport, the importance of core stabilization has been noted, especially in terms of reducing the risk of injury. Core stabilization is considered a natural corset formed by the abdominal and back muscles. Although there are scientific studies that show a positive relationship between core stabilization and the performance of athletes, this type of exercise is not sufficiently practiced by all health professionals, and this is a significant shortcoming.

It has been noted that inadequate core stabilization predisposes to injury and that this risk can be reduced with appropriate training and education. Repetitive and intensive training performed by an athlete during the season is thought to lead to posture and balance problems, which are important risk factors for sports injuries. Balance and proprioception exercises performed before and after training during the season have been shown to reduce the risk of falls and traumatic injuries. The literature shows that even athletes with good postural balance and proprioception are at high risk of injury due to anaerobic stress during training and fatigue by the end of the season. And to reduce this risk, it was recommended to continue to study balance and proprioception. Recent studies have shown that trunk stabilization reduces the incidence of injuries in athletes and protects from the point of view of injuries.

Psychological factors

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Another issue related to sports injuries is psychological factors such as the behavior of the athlete and his opponent, the athlete's success in managing stress, the desire to win and the sense of competition. It is hypothesized that these factors, if not managed well, lead to the formation of a sports-oriented personality, which leads to antisocial behavior, physical and verbal attacks, and violence and aggression in sports. It was emphasized that the pressure and expectations created by the family, coaches, clubs and the media play an important role in the formation of a sports-oriented personality. If the athlete tries to perform above his physical capabilities, the risk increases. Aggression has been shown to cause injuries ranging from the lowest level to the highest level of injury, such as concussions.

The most important reasons for continuing to play sports are to play sports, make new friends, and have a nice and fun time while playing sports. However; When playing sports professionally, increased chronic stress due to competition, lack of motivation, lack of personal and environmental expectations, overtraining can lead to psychological deterioration and fatigue. Burnout in athletes is an important psychological syndrome characterized by emotional and physical exhaustion and feelings of failure. In many young athletes, burnout syndrome, even if it does not become a clinical condition, can cause emotional disturbances such as helplessness and failure, stress, and avoidance of sports activities. It is noted that athletes' overloading and improper training experience are associated with an increased risk of injury.

All this psychological stress and personality disorders cause the athlete to lose strength, weaken under the influence of psychological and physical factors, become a sports-oriented person and injure both himself and his opponents. Therefore, a detailed study of psychological factors and taking the necessary measures is one of the most important issues for the athlete's success and success.

Sport bilan bog'liq ovqatlanishning buzilishi

The rise of eating disorders in the young population is alarming. In an epidemiological study conducted under the name ESEMeD in six European countries, the prevalence of anorexia nervosa, bulimia nervosa, binge eating disorder, and other eating disorders was found to be 0.48%, 0.51%, 1.12%, and 2.85%, respectively. Eating disorders are 3-8 times more common in women than in men. However, this rate is higher in athletes than in non-athletes. Young athletes are at greater risk due to the pressure to achieve a body composition that increases their performance, especially in sports that favor low body weight. Eating disorders seen in athletes also cause vitamin deficiencies. The literature suggests that vitamin D deficiency can lead to injuries, stress fractures, and deterioration of tendon structures in athletes.

Summary: Although playing sports has many positive effects; Bad sports habits, bad nutrition and psychological factors are serious risk factors for sports injuries in young athletes. It is important to study these factors and correct them in order for young athletes to participate in sports in a healthy way. it is very important to form sports habits. We believe that the healthy continuation of the sports life of young athletes, their individual performance and the high sports success of our country are realized by considering these factors together and developing them.

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