

THE IMPACT OF INJURIES ON NATIONAL HOCKEY PLAYERS' SELF CONFIDENCE

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ABSTRACT

Sports rehabilitation primarily seeks to provide a platform for wounded athletes to safely return to sports. The rehabilitation process is primarily concerned with the treatment of physical injuries, but the psychological elements of sports injuries must also be examined because self-confidence is crucial for sports performance. The purpose of this study was to measure self-confidence in national male hockey players who were returning to sports after an injury. The researchers enlisted the services of 25 national male hockey players, with a mean age of 25.37 years. These wounded hockey players were chosen based on the kind and severity of their injuries, the length of their recuperation, and the coaches' perspectives. As a result, ten male hockey players with common injuries and fifteen male hockey players with serious injuries were chosen. Players with minor injuries were unable to play hockey for one week, while those with serious injuries were unable to play hockey for more than a month. A Sports Injury Rehabilitation and Sports Self Confidence Scale developed by Yadav and Bajpai (2015) was used to measure self-confidence in injured male hockey players. According to the findings, 44 percent of male hockey players who returned to the sport after an 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 male hockey players returning to the sport after an injury lacked self-confidence and require some psychological counselling to address this issue.

Keywords: Injury, hockey, self confidence

INTRODUCTION

Field hockey is a popular sport in the Indian subcontinent, particularly in India and Pakistan. Because of the nature of sports, injuries are unavoidable. The majority of injuries in hockey are caused by a rising ball or by a hockey stick being used incorrectly. In hockey, injuries are prevalent and can be external, internal, or overuse. External injuries in hockey, according to Jamison and Lee (1989) [4], include laceration, contusion, abrasion, and accompanying swelling on the afflicted area. These injuries can be severe at times, such as when a ball is deflected off the stick and strikes the player's head, eyes, or neck, among other things. Hand and finger injuries are also sustained by the players. Internal injuries, such as ligament tears and muscle ruptures, can also occur in hockey players. According to Roberts et al. (1995)[8], overuse injuries can also afflict hockey players. While some of these injuries heal rapidly, others are serious and require a lengthy healing period. The rehabilitation process of a sports injury is highly complex, and it has been seen that even after physical healing, players' psychological wounds of damage persist. Sports medicine and sports rehabilitation experts are excellent at assisting injured athletes with their physical recovery, but there are more than just physical elements to consider when returning to sports after an injury. Fear of re-injury is one of the causes. According to Brewer et al. (1993) [1,] athletes are in a quandary over whether they will be reinjured when they return to sports after completing the rehabilitation programme. When athletes return to sports, they have nervous

thoughts as a result of this anxiety. Many researchers, including Leddy et al. (1994) [5], Eaton (1996) [2], Podlog and Eklund (2009) [6], Wiese-Bjornstal (2010) [9], and Ricardo de la Vega (2016) [7], have documented the psychological consequences of sports injuries, but researchers have yet to assess the self-confidence of injured male hockey players. As a result, the current study was carried out to examine the influence of sports injury on the self-confidence of national male hockey players.

OBJECTIVES

The sole purpose of this study was to assess the influence of sporting injuries on the self-confidence of national male hockey players.

METHODOLOGY

To carry out the current investigation, the following methodological procedures were followed.

DESIGN OF THE RESEARCH

In this study, a comparative survey research approach was employed.

SAMPLE

The researcher selected 25 national male hockey players with an average age of 25.37 years for this investigation. The kind and type of injury, time of recovery, and coaches' perspectives were used to pick these wounded hockey players.

PROCEDURE

A total of 25 injured national-level male hockey players were chosen. Yadav and Bajpai's Sports Injury Rehabilitation and Sports Self-Confidence Scale was used, and the results were analysed as recommended in the handbook. Following that, participants were classified into three categories: low (scores less than or equal to 47 on a scale), moderate (scores between 47 and 65 on a scale), and high (scores more than 65 on a scale). The 2 test was used to compare the distribution of data in different self-confidence groups. Table 1 shows the outcome.

RESULTS

Table 1: Distribution of injured national male hockey players on the basis of grades of self confidence

Grades of Self Confidence	Frequency	Percentage	χ^2
High (More than 65)	10	43%	$\chi^2 = 5.12$ ($p > .05$)
Moderate (Between 47-65)	12	45%	
Low (Less than 47)	04	12%	
Total	24	100.0	

According to the findings in table 1, 43 percent of wounded male hockey players returning to sports had a high level of self-confidence, 45 percent had an average level of self-confidence, and 12 percent of injured male hockey players returning to sports had a low level of self-confidence. The $\chi^2 = 5.12$ result was non-significant, but it is apparent that 56 percent of injured male hockey players did not have a high degree of sports self-confidence. A research done by Hemery (1986) [3] indicated that 90 percent of top athletes have a high degree of self-confidence, but only 44 percent of injured male hockey players in this study had a high level of self-confidence. It might be related to apprehension about reinjury and worry about returning to the level of play that existed before to the injury. Ricardo de la Vega (2016) [7] discovered a lack of self-confidence among sportsmen following a sporting injury. Since many sports models predict psychological preparedness to return to the sport based on personality, individual differences, the impact of the coach, family support, and sports career related variables, some players unavoidably feel low in confidence after suffering from a sports injury.

CONCLUSION

The authors suggest that sports injuries have a detrimental psychological impact on male hockey players, and some of them lack confidence while returning to sport after recovery. The authors emphasise the need of developing a psychological rehabilitation programme in addition to physical injury recovery so that male hockey players can return to the field with an optimal degree of sports self-confidence.

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