

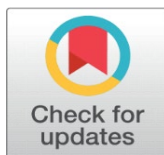
IMPACT OF SOCIO-ECONOMIC STATUS ON SPORTS INJURIES

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ABSTRACT

Despite substantial statistical and infrastructural investments in sports, it is paradoxical that the status of our athletes remains terribly deficient in the country. A negligible investment is required for the athletes. An athlete's fitness is fundamentally dependent on nutritional intake, suitable equipment, and the enforcement of safety measures. The economics of athletics clarifies the safety of athletes regarding injuries and physical fitness. The protective equipment is, in fact, somewhat costly. A nutritious diet is costly for an athlete from a middle-class family. A study was undertaken on the Sports Injury Centre, a part of Safdarjung Hospital in Delhi to analyze 50,768 patient records. Among these, 31,699 were non-athletes, while 19,069 were athletes from diverse sports disciplines. The results depicted that Approximately 50% of the injured athletes come from the disciplines of cricket, football, and athletics. The inadequate use of protective equipment, including shin guards, led to the injuries. The widespread popularity of cricket among the city's residents will likely lead to a rise in cases. Protective equipment, including pads, gloves, and helmets, significantly impacts the occurrence of injuries. Athletics, being a rigorous activity, significantly depends on physical condition and a nutritious nutrition. The athletes generally originated from disadvantaged socio-economic situations, which may be the principal cause of their injuries.

Keywords: Sports, Socio-Economic Status, Athletes, Injuries



1. INTRODUCTION

Delhi attains the status of the foremost business center in northern India. In the fiscal year 2021-22, Delhi's per capita income was Rs 3.76 lakh, ranking third in India, behind Sikkim and Goa. From 2017 to 2022, Delhi's Gross Domestic Product (GDP), adjusted to 2014-15 prices, exhibited an average growth rate of 30.7%, positioning it among the fastest-growing cities in the area. The Union Budget of 2022 allotted Rs 3,452 crore to the Sports division, with Rs 1000.98 crore earmarked for Sports & Games and Rs 400.22 crore set aside for the Youth Welfare scheme. This amount is considerably high than the approved budget of Rs 3000 crore designated for 'Sports and Games' in 2021. Delhi is the most populous metropolitan area in the world, with an estimated population of 31,181,000 in 2021 and a current population of 35,438,946. This group comprises 70% of the youth population. The Delhi government's education budget for 2021 and 2022 amounts to Rs 17,638.95 crore. Out of which 1105 crore was put or sports. As a result, around Rs1016 has been spent per athlete annually in Delhi. Football and cricket are the prominent sports in Delhi. Delhi hosted the Nehru Cup, where India defeated Syria 1-0. The Delhi Defenders, Delhi's initial professional American football franchise in the Elite Football League of India, began their first event in the city of Maharashtra i.e. Pune.

The challenges confronting football players, particularly junior athletes, predominantly pertain to socioeconomic status, psychological conduct, and emotional well-being. Such issues typically emerge from the novel lifestyle of professional athletics, the visibility associated with fame, the pursuit of excellence among contemporaries, and the

obligations linked to the numerous responsibilities assigned to them at a young age. The capacity to navigate novel circumstances, formulate strategies, and manage results with professionalism to attain victory in competitions and acquire recognition, which is essential for a career in sports (Bull, 2005). Socioeconomic position significantly influences the success of every individual, as it relates to psychological variables and emotional conduct. Psychological stress impacts the playing abilities and performance of players at both low and high levels. The psychological and emotional demands necessitate professional intervention. The psychological preparation of players through various ways, together with medical and behavioral treatments, enables social workers and psychiatrists to engage with players professionally. Players experience socio-economic, psychological, behavioral, and emotional issues throughout training and competition, as well as in their daily interactions with others. The behavioral symptoms stem from the individual's prior experiences and have inherent reasons and repercussions, necessitating a specialized skill set from the psychiatrist to address them effectively. This pertains to restricting his primary issue, which is active awareness of his internal thoughts, thereby influencing his behaviors and performance. Consequently, the researcher deems it essential to implement an auxiliary program alongside the technical and physical training for young athletes by establishing a mentoring initiative to facilitate their subsequent phase of achievement and success. The objective of the study is to determine whether the athletes from different socioeconomic status along with the factors associated with psychology can enhance the skills of playing ability between low level and high-level performance of the football players of state-level.

Despite substantial statistical and infrastructural investments in sports, it is paradoxical that the status of our athletes remains terribly deficient in the country. A negligible investment is required for the athletes. An athlete's fitness is fundamentally dependent on nutritional intake, suitable equipment, and the enforcement of safety measures. The economics of athletics clarifies the safety of athletes regarding injuries and physical fitness. The components of fitness collectively improve the body's ability to handle physical demands. Higher efficiency of body functions correlates with an improved degree of fitness. Optimal fitness includes lifestyle, diet, and habits; yet, it cannot be achieved without a requisite level of physical exercise. Optimal physical performance includes all fitness components; depending on the specific demands of the sport or activity, some components may require more emphasis than others, yet all should be integrated into a comprehensive training program. The primary cause of sports injuries is insufficient warm-up before intense activity; nevertheless, inappropriate equipment use and inadequate safety measures may exacerbate mishaps. Competitive and professional athletes are particularly vulnerable to sports injuries due to their hard training schedule. It is challenging to entirely prevent injuries; nonetheless, preventative measures can be adopted to diminish the probability of injury development. In some sports, protective equipment is crucial to ensure the safety of participants, particularly when the activity involves physical contact with others. Protective equipment may include shin guards (used in football and hockey), boxing gloves, or helmets. All these devices are designed to protect vulnerable regions of the body from harm. The choice of suitable footwear is crucial when participating in physical activities. Proper footwear can offer support to the foot and ankle, assisting in the avoidance of sprains and injuries. Protective headgear is essential because helmets can shield the brain parts and skull from harm. The protective equipment is, in fact, somewhat costly. A nutritious diet is costly for an athlete from a middle-class family. This study investigates athlete injuries that may be linked to unfavorable socio-economic conditions.

2. METHODOLOGY

A case study was undertaken on the Sports Injury Centre, a part of Safdarjung Hospital in Delhi. The information has been collected from the center. This pilot study analyzed 50,768 patient records. Among these, 31,699 were non-athletes, while 19,069 were athletes from diverse sports disciplines. The percentages of wounded patients were established according to the type of sport in which they engage. Outcomes of Sports Injury Center, Safdarjung Hospital Comprehensive report on total sports patients from January 1, 2021, to December 31, 2021

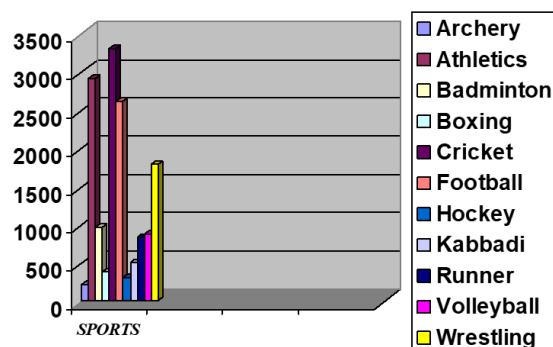
3. FINDINGS

Sports Injury Centre, Safdarjung Hospital			
Summary report for total sports patients between Jan 1,2021- Dec 31,2021			
Serial No.	Sports Name	Total Patients	Percentage
1	Archery	216	1.13
2	Athletics	2907	15.27
3	Badminton	960	5.04

4	Baseball	3	0.01
5	Basketball	1031	5.41
6	Body Building	175	0.92
7	Boxing	377	1.98
8	Climbing	33	0.17
9	Cricket	3298	17.33
10	Cycling	11	0.06
11	Discus Throw	53	0.28
12	Football	2616	13.74
13	Golf	70	0.36
14	Gymnastics	208	1.09
15	Hammer Throw	4	0.016
16	Hand Ball	106	0.55
17	Hockey	309	1.62
18	Horse Riding	7	0.032
19	Javelin Throw	83	0.43
20	Judo	527	2.76
21	Kabaddi	495	2.6
22	Long Jump	84	0.44
23	Lawn Tennis	39	0.2
24	Martial Arts	436	2.29
25	Power Lifting	5	0.02
26	Rugby	11	0.06
27	Runner	825	4.33
28	Shooting	75	0.39
29	Skating	5	0.02
30	Soccer	19	0.09
31	Squash	9	0.04
32	Swimming	186	0.97
33	Table Tennis	194	1.02
34	Taekwondo	33	0.17
35	Tennis	428	2.24
36	Volley Ball	872	4.58
37	Water Polo	8	0.04
38	Weight Lifting	494	2.59
39	Wrestling	1793	9.42
		Total= 19069	

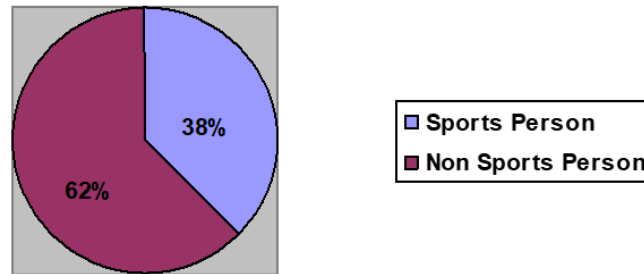
2021		
Type	Total	Percentage
Sports Patients	19069	37.54
Non-sports patients	31699	62.46
All patients in 2021	50768	

Patients as Percentage of Sports



A pie chart is generated from this data, depicting the sports with the greatest probability of injuries that may lead to hospitalization, depending on the injury's severity.

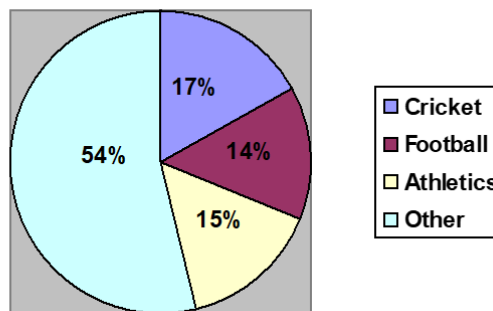
Sports Vs. Non-Sports Patients



4. RESULT

Approximately 50% of the injured athletes come from the disciplines of cricket, football, and athletics. Basketball and Volleyball also had the injuries, but quite limited. However, the contact sports like Kabaddi, Judo, wrestling also had significant injuries other than major sports.

Percentage of Injured Patient



5. INTERPRETATION AND CONCLUSIONS

Ratio of Injured Patients Conversation Injuries in sports like football may result from the intrinsic nature of the action. Football is generally played on irregular surfaces and is categorized as a contact sport. The vast area of the field also assesses the athletic fitness of participants. The inadequate use of protective equipment, including shin guards, led to the injuries. The widespread popularity of cricket among the city's residents will likely lead to a rise in cases. Protective equipment, including pads, gloves, and helmets, significantly impacts the occurrence of injuries. Athletics, being a rigorous activity, significantly depends on physical condition and a nutritious nutrition. The athletes generally originated from disadvantaged socio-economic situations, which may be the principal cause of their injuries.

6. RECOMMENDATION

This study should be conducted in multiple states nationwide. The figures must be compared with those from other industrialized and growing countries. Awareness must be developed from the grassroots level to guarantee a prolonged, healthy, and secure future for athletes.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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