



Research Paper

Impact of Injury on Confidence, Performance and Feelings of Sport Persons

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ABSTRACT

Data on 60 sport persons, experienced with sports injury, taken at random at KIIT University, Bhubaneswar, Odisha were included in the present study. Garrett's Ranking Technique was adopted to rank the responses, obtained through putting the questionnaire with regard to the confidence, performance and feelings after getting injury during sporting event by the respondents. Confidence of regaining after getting healed was preferred response with mean score of 69.60 against 53.87, 45.00 and 30.40 with other comparable factors. Performing well despite shortcomings was primary response with mean score of 64.25 against 50.23, 44.58 and 39.83 with other proposed factors. More critical evaluation of self was rated as the least important response with mean score of 34.20 as against other three factors having almost similar scores ranging from 50 to 60 indicating a casual response to the injury incurred in sports among the subjects.

HIGHLIGHTS

- Confidence of regaining after getting healed was ranked as the most preferred response against other factors with regard to confidence. Performing well despite shortcomings was the primary response under impact on performance. More critical evaluation of self was rated as the least important response against other factors under impact on feelings of sport persons, who have faced injury in sports.

Keywords: Confidence, Feelings, Injury, Performance

"Many of the injuries suffered by sports persons can be comparable when it comes to the physical recovery side of things, yet some athletes never make it back onto the field even after they have physically healed. Experiencing an injury is one of the most traumatic things to happen to an athlete, yet no athlete is immune to injury despite experience or ability" (Lattimore, 2017). Social support happens to be a very important part of the psychological recovery process that an athlete should get from all quarters of his ecosystem. Athletes going

through or just coming out of injury should receive social support from their trainers, coaches, teammates, physiotherapists, friends, and family. Revival of the sports person after healing mainly depends on the psychological impact on the athlete. The confidence of the sport person, performance after revival from

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injury and the feelings of the athlete affect the intensity of come-back both individually and cumulatively. Keeping the above facts in backdrop, the present study is designed with an objective of analysis of the impact of injury on confidence, performance and feelings of the sport persons.

MATERIALS AND METHODS

The present study was carried out at KIIT University, Bhubaneswar, Odisha. Data on 60 sport persons, experienced with sports injury, taken at random were involved in the present study. The subjects were requested to rank the attributes proposed to them through the structured questionnaire. Garrett’s Ranking Technique was employed to rank the responses with respect to themes viz. confidence, performance and feelings after getting a sport injury in this study.

The major advantage of Garrett’s technique over simple frequency distribution is that the rankings were arranged based on respective intensities from the view point of the respondents. So, equal number of individuals on two or more preferred attributes might have been given separate ranks.

The formula for converting ranks into percent as per Garrett was:

$$\text{Percent position} = 100 * (R_{ij} - 0.5) / N_j$$

Where, R_{ij} = rank assigned for i^{th} factor by j^{th} respondent;
 N_j = number of factors ranked by j^{th} respondent.

The percent position on each rank was converted into respective scores with reference to the Table (Garrett and Woodworth, 1969). The scores on individual sport persons were added together across factors with respect to suggested answers under each theme and further divided by the total number of respondents, involved in such exercise. The average scores for all the factors being arranged in descending manner, the responses were ranked under each theme.

The sport persons were asked to rank the four responses, identified against each theme for the purpose of the

present study as 1 to 4 in order to know the preference of respondents as a response under sports-injury. The calculated percentage position for the rank 1 to 4 and their corresponding Garrett table value are shown in Table 1. The total score was calculated with multiplication of the number of respondents ranking the factor as 1, 2, 3 or 4 on individual factor or response and further, the mean score of the individual factor was estimated by dividing the same with total number of individuals / respondents and thus finally ranked as per the obtained mean score.

Table 1: Percent position on factors under a theme and their corresponding Garrett Table value

Rank	Percent position		Garret Table
1	100 (1 - 0.5)/4	12.5	73
2	100 (2 - 0.5)/4	37.5	56
3	100 (3 - 0.5)/4	62.5	44
4	100 (4 - 0.5)/4	87.5	27

RESULTS AND DISCUSSION

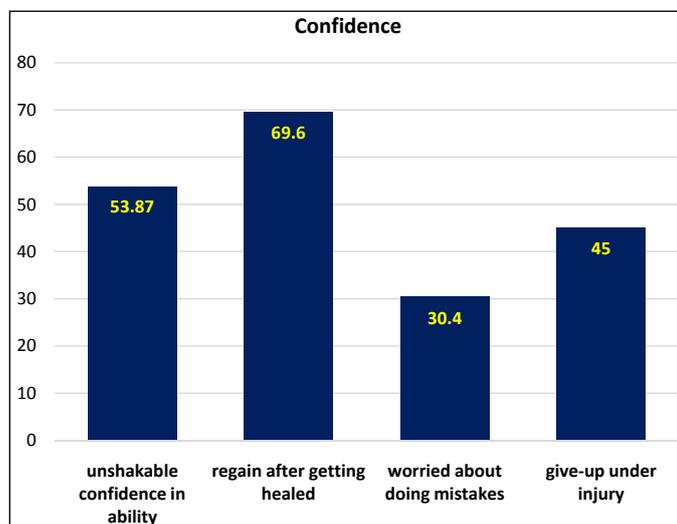
Results obtained on analysis of confidence level of sport persons with injury in Table 2 revealed that, “regain after getting healed”, “unshakable confidence in ability”, “give-up under injury” and “worried about doing mistakes” were ranked as 1st, 2nd, 3rd and 4th, respectively in the present study. “Confidence of regaining after getting healed” was tagged as very important and dominating response with average score of 69.60 against 53.87, 45.00 and 30.40 estimated for associated factors. This result depicts optimism of the sport persons and need further boosting. In contrary, worries on committing mistakes having poor average score of 30.40 is indication of very low level of repent revealing acceptance of mistakes as a part of sport. This attitude may be critically analysed with positive thinking towards getting optimum confidence triggering optimal performance. Graphical comparison of differential preferences on factors for confidence is presented in Fig. 1.

Analysis of preferences on performance of subjects under injury ranked the factors “do well on shortcomings in performance”, “may not perform as usual”, “apprehend performing poorly” and “worried

Table 2: Ranks on different factors across themes

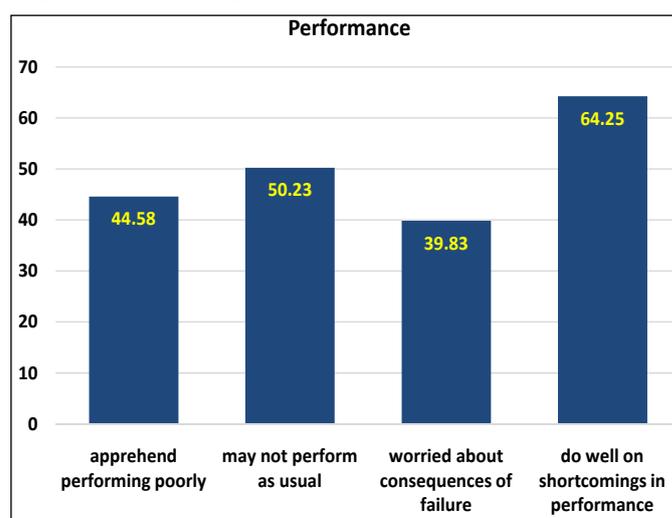
Theme	Factor	Rank 1	Rank 2	Rank 3	Rank 4	Total Score	No of respondents	Mean Score	Rank
Confidence	Unshakable confidence in ability	10	28	20	2	3232	60	53.87	2
	Regain after getting healed	48	12	0	0	4176	60	69.60	1
	Worried about doing mistakes	0	0	12	48	1824	60	30.40	4
	Give-up under injury	0	22	26	12	2700	60	45.00	3
Performance	Apprehend performing poorly	9	19	18	6	2675	60	44.58	3
	May not perform as usual	8	26	16	10	3014	60	50.23	2
	Worried about consequences of failure	0	16	18	26	2390	60	39.83	4
	Do well on shortcomings in performance	45	1	8	6	3855	60	64.25	1
Feelings	Feel tired very quickly	22	28	9	1	3597	60	59.95	1
	Feel restless	0	30	30	0	3000	60	50.00	3
	Evaluate myself more critically	0	2	22	36	2052	60	34.20	4
	Worried about the future with uncertainty	38	0	0	22	3368	60	56.13	2

about consequences of failure” were ranked as 1st, 2nd, 3rd and 4th, respectively in the present study. Performing well against shortcomings was the preferential response with average score of 64.25 against 50.23, 44.58 and 39.83 with other counter factors.

**Fig. 1:** Preferences of factors with regard to confidence

This was the only positive response asked to the sport persons and all other factors were little negative. That might have influenced the preference of respondents. However, all the three other factors were found to have average estimates ranging from 40 to 50 against the most preferential response score of 64, indicating that,

most of the subjects were in doubt, whether they could perform at optimum level after getting injured once. Past incidences or history of such happenings with senior sport persons might have influenced the views of respondents in the present study. So availability of high level recovery treatments, better facilities on modern trainings and coachings are the requirement of present day sport persons and case studies on stronger come-backs of athletes and sport persons may be put to such individuals towards boosting their views in this context. Graphical comparison of preferences of factors on performance is presented in Fig. 2.

**Fig. 2:** Preferences of factors with regard to performance

Analysis of responses with regard to feelings of subjects under injury ranked the factors “feel tired very quickly”, “worried about the future with uncertainty”, “feel restless” and “evaluate myself more critically” were ranked as 1st, 2nd, 3rd and 4th, respectively in the present study. “Evaluation of self more critically” was rated as the least preferred response with mean score of 34.20 as against other three factors having almost similar estimates ranging from 50 to 60 in the present study indicating a very casual response to the injury, incurred in sports with the sport person. This attitude is very positive and need to be firm with sport persons to perform to their threshold. Though highest rated response was feeling tired quickly over worries on uncertainty and restless feeling, the three responses can be taken similarly. So psychological counselling may be helpful in overcoming the issues, generated due to sport injury. Graphical comparison of preferences of factors with regard to feelings is presented in Fig. 3.

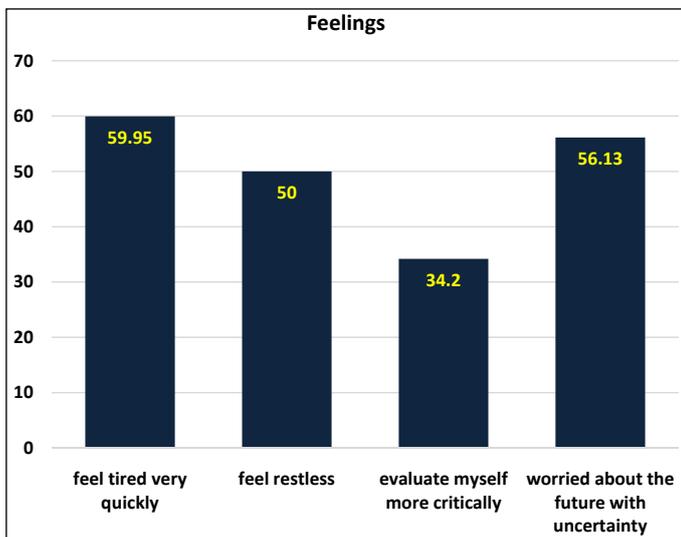


Fig. 3: Preferences of factors with regard to feelings

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