

STUDYING THE ACTUAL FACT OF SPORT INJURIES TO THE WEIGHT LIFTING PLAYERS WOMEN IN THE IRAQI SPORT CLUBS

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Abstract.

The definition in the research involves the introduction, research problem, objectives, its impositions & fields. The weight lifting sport to the women in Iraq has been going in hard stage because it's new for the Iraqi woman and its difficult especially for the women, the act of falling in the sport injuries problem is inevitable due to the difficulty upon the women and the sport injuries are the larger troubles for both sexes of players. Both the researchers trying to study the sport injuries, causes, avoiding, uplift the physical fitness to develop the weight lifting sport upon the women. The research intent to know some kinds of the sport injuries faces the weightlifters women during the exercise and the daily training & to know the reasons of the sport injuries happening with its places in the body of the lifters during the weight lifting. Both employed the descriptive research , the sample was chosen with intentional way , they derived that the muscular or cramps , backaches , arms aches , lacerating the palm of both hands are the most sport injuries of the women by the weight lifting , with showing some causes to that injuries .

Both researchers recommend to attend with the warming up process & developing the physical fitness to the whole body organs using exercise to the abdomen and the back muscles then attending to correct the common faults during the training.

Keywords: sport injuries, weight lifting, women, Iraqi.

1. INTRODUCTION :

The muscles regards the mobilizing part of the locomotor apparatus involves from the bones , muscles , joints , in order to perform the much and hard movements requires to the athletic achievement , the muscles make the big act to free the required energy to perform that achievement . As a result of that the muscles and ligament be exposure to the injuries and disease cases that directly correlated with the high effort located on the muscular apparatus during sport actions exercising

The sport injury is define as (effect of tissue or group of tissues by internal , external or self-acting that results to defuse the act & function of that tissue - kub`a , 1996 , 52) according to the firm correlation between the muscular apparatus injuries with the training process , so the sport injury is one of the problems facing the athletes on both sex of players during the daily training of all actions in the athletic courts and clubs . While the woman have a big act in the sport field beside the man , she faces many problems during practice her sport act , the injury became the big problem with hurt and harden to her motion with ache feeling . The injuries are occur because of the medical culture weakness of both the coaches and players (Yousif , 2009 , 18) and many of the modern studies assure that there is a noticeable topping in the averages of the women injuries , so the weightlifter woman be more faces the injury because of her ability is less than that at the man , that injury make the passive training process upon the women by the aches and difficulty the locomotive performance or probably loss the efficiency intransitive to resume the sport act . The research importance is coming with trying to know the important injuries between the weightlifters women doing the weightlifting sport in Iraq when its new and fewness players acts to this hard sport , and studying the common kinds of injuries , causes , happening places in order to diagnose and saving , with humble contribution of both researchers to support the female weightlifting , with the result of reduce the injuries ratios facing the lifters during the daily sport training acts and the official competitions and championships .

Research problem:

The sport injuries that has been happening during the daily training or competitions are differs with its physicality, causes and the body parts those exposures to the injury coming after the sport effort. For each kind of sport actions there is a specified grade of risks depends on that practiced action or activity. While both the researchers attend with the weightlifting for both men & women in Diyala governorate clubs, they saw multi injuries have been happening which reflects in passive on the achievement. When there is no detailed limitations to that injuries will appearing the searching problem both researchers trying to focus to know the injuries kinds happening to the weight lifters women , its body places & es in order to reduce or minimize during the daily training or competitions .

3. Research aims:

The research aims to know:

- The common kinds of injuries to the weight lifters women.
- The injuries causes and its places on the body of the weight lifters women.

Research program:

Both researchers applied the descriptive research with the surveying manner that suitable with the study nature.

Research society & sample:

The research sample involved with (30) players of weight lifters women in Iraq represents (% 100) ratio of the origin society , which means that this sample acts the real representation of the whole number in Iraq , when (6) weightlifters represents Arbil governorate , (7) weightlifters represents Kirkuk governorate , (6) weightlifters represents Diyala governorate , (7) weightlifters represents Baghdad governorate, (2) weightlifters represents SalahulDeen governorate, (2) weightlifters represents Wasit governorate , there was not any weightlifters from the other governorates .

2. RESEARCH TRACK PROCEEDINGS:

Mechanism preparing of the questionnaire form:

To achieve the research objectives both researchers depends on the scientific resources to fill up the questionnaire form especially the research title which taken from both researchers (Huda Shihab jari studying & Fadhel Ali Akbar) that corresponds with the research sample of women. To confirm the objectivity of this questionnaire, it's seen by a group of experts to act the survey process by the questionnaire form to achieve the research objectives to appropriate with the sample individuals.

Questionnaire applications mechanism:

At June 15, 2015 the track survey and pilot study process was done by distributing the questionnaire form to the research sample individuals during them attendance to the Iraqi women championship before the weighing process in Al T`ameem hall in Baghdad at 9:00 am . The sample individuals were answered about all questions with the help of the work team, then collecting the forms.

Data deflating:

A special forms had been preparing to deflate all the data obtained from the questionnaire each one according the prepared form to this purpose.

3. SHOWING - ANALYZING - DISCUSSING AND DISPLAY THE RESULTS:

After getting the questionnaire results that divided on the participants in the championship in order to reach the scientific form to achieve the research objectives and aims of the study, the researcher has been showing, analyzing and discussing the results as following:

Display of results to the injuries kinds:

Table (1) shows the sample individuals injuries, the answers number and the percentage ratio to each answer:

No	Injuries	No. of injuries	% to each injury	Notes
1.	General muscular lacerations	15	% 50	
2.	Bruises	1	% 33	
3.	Wounds	1	% 33	
4.	Muscular spasms or cramps	20	% 66.6	
5.	Fractures	Zero	% Zero	
6.	Dislocation	Zero	% Zero	
7.	Muscular stress	10	% 33.3	
8.	Backaches or low back pain	30	% 100	

9.	Joints inflammation or Arthritis	1	% 3.3	
10	Contusion	1	% 3.3	
11	Upper limbs aches or pain (wrist, elbow, fingers)	20	% 66.6	
12	Shoulders aches	10	% 33.3	
13	Lower limbs aches	2	% 6.6	
14	Laceration the Palm of the hands due to catch the shaft (Bar) or soft tissue injuries	25	% 83.9	

Analyzing the percentage results to the injuries kinds of the research sample individuals:

From table (1) shows the injuries kinds for the lifters during the athletic training , number of the correct injuries to each kind and the percentage ratio to each injury , it's clear that the number of the agreed answers to the injure (General muscular lacerations) is (15) with ratio (%50) , the (Bruises , Wounds , Muscular spasms) is (1) with ratio (% 3.3) , Muscular stress and the upper limbs aches is (20) with ratio (66.6) , in the (Fractures & dislocation) is zero with ratio (% zero) that clear it's not coming to the sample individuals . In the backaches is (30) answer with ratio (%100), in the shoulders aches is (10) answer with ratio (% 33.3), in the palm of hands lacerations due to couch the shaft is (25) with ratio (% 83.9) that belong to the skin delicacy , the shaft aspiration & friction during the daily training , but the other higher injuries as in the table that causes by (general muscular weakness , lifting the high loads , not well warming and the physical fitness weakness to the women leads to the injury) (Yousif , 1997 , 20) .

Showing or display the important reason leads the injury with the sample individuals, answers number, the percentage ratio to each answer:

Table (2) shows the important reasons leads to the women injury during the daily exercise:

No	The reason during injury	No. of answers	%to each answer	Notes
1.	Not enough warming up before the exercise	30	% 100	
2.	Continuation of the exercise during the injury	5	% 16.6	
3.	Returning to the training before full recovering	9	% 30	
4.	Low physical fitness of the women	20	% 66.6	
5.	Bad training approach or program	5	% 15.00	
6.	Weakness of the women muscles	3	% 10	
7.	Common mistakes during the skill performance of the lifters, bad technique	10	% 33.3	
8.	Other mistakes	-----	% Zero	
9.	Other additions	-----	% Zero	

The results discussion to the important reasons of the injuries in the weight lifters for women:

Table (2) shows the important reasons leads to injure the sample individuals , number of answers with the percentage ratio to each reason & answer , its became %100 due to not made the warming up before the exercise , this reason occur to most athletes with them ignorance , it's necessary they must prepare the muscles , joints and bands or ligament to the sport act before peaking with the training load (Nasif , others , 1988 , 51) . The physical fitness of the women appear in high weakness ratio (% 66.6) it regards that there is a defectiveness in the general physical fitness , when the athlete must be prepared with well setting work to avoid the injury (Jasim , 2010 , 44) .

In the commonly mistakes during the skill performance of the weightlifters appeared in ratio (% 33.3) , its relatively high while most the athletes have a problem to not applying the technical skill performance to the lifting (technique) causes the difficulty in the lifting may leads to the injuries in some muscles , that be assured by (Abd Ali Nasif & Sabah Abdi : when do not applying the well & proper technique leads to occur the injuries in some joints & muscles especially in both hands , feet , shoulders) (Nasif & others , 1988 , 126) , but the other items with the medial ratios it regards acceptable in all sports due to the physical differences & weakness in

some muscles because it needs to general physical preparing . While the buckskin laceration of the palm of both hands, its inevitable result of the shaft aspiration & friction in accordance of the game nature.

4. CONCLUSIONS:

In view of the research objectives and aims with showing the results, both researchers conclude the following:

The most common injuries in the weight lifting sport for women are:

- * The muscular spasms and cramp & stress, backaches, upper limbs aches & shoulders, lacerations of the palm of both hands due to the friction of the shaft.
- * While the important reasons that leads to the injury with high ratio are: not take care with the enough warming up, weakness in the physical fitness, not applying the technical locomotor skill performance to the liftings.

Recommendations:

- * Necessary caring with the own & general warming up with gradating & giving the intransitive time for warming up.
- * Caring & assuring to lift the physical fitness elements to the players (preparing, warming up, entitling).
- * The coach assuring to regard the technical locomotor skill performance applying to the weightlifters.
- * Necessary to give the curative or therapeutic exercises to avoid the technical common mistakes.
- * Using the paws saving Palm of both hands, driving bands to the knee & hands joints, buckskin belt to the back.
- * Necessary caring & assuring to apply the exercises for the abdomen & back seriously.
- * Using the curative ointments to the joints of the hands, shoulders & back before the training.

Research appendixes:

Appendixes (1)

The questionnaire form items

No.	Sport injuries	Answers	Notes
1.	General muscular lacerations		
2.	Bruises		
3.	Wounds		
4.	Muscular spasms and cramps		
5.	Fractures		
6.	Dislocating		
7.	Muscular stress		
8.	Backaches or pain or low back pain		
9.	Joints inflammation or Arthritis		
10.	Contusing		
11.	Upper limbs aches (wrist, ancon, fingers)		
12.	Shoulders aches		
13.	Lower limbs aches		
14.	Laceration the Palm of both hands		

Appendixes (2)

Reasons of happening the athletic injuries

No	The reason during injury	No. of answers	%to each answer	Notes
1.	Not enough warming during the exercise			
2.	Continues with the exercise during the injury			
3.	Returning to the training before full recovering			
4.	Physical fitness weakness to the women			
5.	Bad training approach			
6.	Weakness muscles of the women			
7.	Common mistakes during the skill performance of the lifters			
8.	Other mistakes			
9.	Other additions			

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