

## EVALUATION OF KNOWLEDGE ATTITUDE AND PRACTICE OF COACHES TOWARDS SPORTS INJURY MANAGEMENT IN NIGERIA

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### ABSTRACT

This paper evaluated the knowledge, attitude and practice of coaches in towards sports injury management Nigerian Universities. The paper explores the attitude and perception of coaches in Nigerian Universities towards the management of their athletes' injuries. Injury management is a much broader concept than previously considered in the health and medical literature. A descriptive survey research design was employed, the study population comprised of all coaches who were present at the Nigerian Universities Games Association (NUGA) 2022 in Lagos, Nigeria. The researcher employed purposive sampling to sample forty one (41) coaches who were willing to participate in the study. Data was collected basically through the use of a structured questionnaire, with the reliability coefficient of 0.78. Data collected was coded and analyzed using the Statistical Product for Service Solution (SPSS) version 23.0. Results were presented using descriptive statistics such as mean, standard deviation, frequencies and percentages. The finding of this study revealed that majority of the respondents 40(97.6%) have good knowledge of injury management. The findings revealed that the grand mean ( $\bar{X} = 1.34$ ,  $SD = .480$ ) is less than ( $< 2.5$ ) which the criterion mean, thus indicating coaches in Nigerian Universities positive attitude towards injury management. Furthermore, results revealed that the grand mean ( $\bar{X} = 1.97$ ,  $SD = .156$ ) is less than ( $< 2.5$ ) which the criterion mean, thus indicating coaches in Nigerian Universities have good practice of injury management. The study concluded that the coaches in Nigerian Universities have good knowledge of injury management, positive attitude towards injury management, as well as good practices of injury management. Based on the conclusion, the study recommended that the Nigerian University Games Association, Should timely organize training for coaches on how to manage their athletes in order to improve participation and performance. Coaches are also recommended to improve their coaching abilities by going for seminars and other coaching related courses which will improve their capacity in relating with their athletes.

**Keywords:** Attitude, Coaches, Injury Management, Knowledge, Nigerian Universities, Practice



## INTRODUCTION

Injuries are the unpleasant effect of an accident. They usually occur as a result of human activities, and there therefore categorized according to their nature. Sports injuries are injuries that are sustained by athletes while performing sports activities. Sports injuries could be fatal if appropriate care is not taken. Management of sports injuries is not only left to the athletes, it is very important to note that coaches have a vital role to play in the management of their athletes' injuries.

Even if sports help young people's physical and mental health, without the right knowledge, attitude, and abilities for managing and preventing sports injuries, the loss will always outweigh the benefit. This is especially true of the repercussions of sports injuries. Students should increase their understanding of sports injury prevention and management, as stated in numerous studies pertaining to the risk and incidence rates of sports injuries, in order to prevent both physical and mental ailments as a result of sports (Wang & Huang, 2006). To design effective sports injury prevention strategies, it is important we understand the attitudes of players towards safety (Finch et al., 2002). According to Vehagen et al. (2010), the sequence of prevention (e.g. risk factors and injury mechanism) has been widely adopted in sports injury prevention research over past decade.

To help the injured person return to work quickly and safely, injury management focuses on early reporting, rehabilitation, and return-to-work measures. It doesn't need to be difficult. This Guide's knowledge and assortment of resources are intended to assist your company in comprehending and upholding its legal requirements. According to a report from Minnesota, high school coaches there assisted in saving the life of a student-athlete who experienced a cardiac arrest during basketball practice (NFHSA, 2017).

Injury management, which refers to the supervision of an injured employee and their prompt, secure, and long-lasting return to work following an injury, is a word that is frequently used in athletes' compensation. In this context, injury management refers to a philosophy that acknowledges employers and injured athletes as the system's main stakeholders, with an injury management procedure that is open, affordable, and successful. Early intervention, proactive treatment, and rehabilitation strategies to meet "return-to-work" objectives are important components of injury management. While safe athlete return to work is a priority for athletic organizations, how well the injury is handled affects how soon athletes can compete again. Additionally, avoiding injuries helps to reduce the number of tournaments missed. Injury prevention and understanding the most frequent injuries and their causes are now part of the responsibilities of a top sporting organization. This can help medical professionals come up with injury-prevention plans, and it ought to happen in every sport. While the clubs compete on the field, the organizational dynamics of professional sporting codes or associations demand that there be extensive communication and cooperation between clubs over shared objectives.

A study on the knowledge and attitudes of senior high school athletes in Taiwan about the prevention and management of sports injuries was done in 2012 by Kuo-Ming et al. Three hundred



student athletes from seven public and private senior high schools in Hsinchu County who agreed to participate in the study were chosen using purposive sampling. Using self-administered questionnaires, data were gathered. 86.0% of participants reported recent sports injuries; gender (po.001), school type (po.001), grade (po.01), and the total number of practice days per week (po.01) were statistically significant for SIPM knowledge. All participants believed that none of the sports injury related courses provides adequate knowledge; and the highly positive correlation between knowledge and attitude of SIPM was found ( $r = .608, p^{\circ}.001$ ).

Strand, et al (2019) investigated high school coaches' knowledge of basic FA, CPR, and AED. Coaches (N= 89, 21.3% females, 78.2% males) at a high school coaches' association state conference completed a demographics questionnaire and 20- question, multiple-choice survey about emergency medical care. Although 87.6% of coaches who participated were FA certified and 91% were CPR certified, results of the survey indicated a lack of knowledge of basic skill-related questions in the topics of youth CPR and AED. Based on the results of the current study, coaches did not retain adequate knowledge to act competently in the event of an emergency of cardiac origin.

Similarly, Patil, et al. (2017) conducted a descriptive study was carried out to evaluate knowledge of 40 voluntarily participated coaches regarding sports injury & mechanism causing it in sports participants along with their attitude towards injuries and prevention practices. The result revealed that all 40 coaches had observed musculoskeletal injuries in past one year, of which maximum i.e. 85% was during competition. Sprain or strain or pulled muscle/ligament was common injury noted by 92.5% coaches. Specific sports action which involved skilled movement (100%) and running (80%) was identified mechanism of injury. Ankle joint (75%) was commonly injured area and poor technique (80%), lack of flexibility (75%), inadequate warm up (70%) and poor field conditions were the noted risk factors causing musculoskeletal sports injuries in participants. None of the coach had undergone the specific training for injury prevention and was neither acquainted with Cardiopulmonary resuscitation (CPR) technique. Though coaches had knowledge of protective gear use, but still 32.5% allowed sports participants to practice without sports gear.

Knowledge of Physiology of sports injuries and the Physiologic processes after injuries and repair process is important for early rehabilitation, recovery and achievement of performance level (Kelc, 2013) Sports participants rely on coaches, as Knowledge of coaches about the sports injury prevention can brings about the behavioral changes thus modifying the causative factors of injury (Priya, et al, 2016; Jang, 2013). The issue of coaches' knowledge on the proper measures towards the management of sports injuries, their attitude towards injured athletes, and their level of performance or participation of injury management is alarming. Many athletes have reportedly gave up the zeal to participate in sports or competitive sports due to the coaches' attitude and practice (assistance) towards injury management. This therefore leads to this examination, among coaches in Nigerian Universities.

### **Objectives of the study**



This paper is an evaluation of the knowledge, attitude and practice injury management among coaches in Nigerian Universities. The paper achieved the following objectives, which are to;

1. examine the knowledge of injury management among coaches
2. investigate the attitude of coaches towards injury management
3. evaluate coaches practice of injury management

### Research Questions

In order to achieve the above stated objectives, the following research questions were answered

1. What is the knowledge of injury management among coaches in Nigerian Universities?
2. What is the attitude of coaches in Nigerian Universities towards injury management?
3. Do coaches in Nigerian Universities have good practice of injury management?

### Methodology

A descriptive survey research design was carried out among during the Nigerian Universities Games Association (NUGA) 2022 in University of Lagos, Nigeria. The researcher employed purposive sampling to sample forty one (41) coaches who were willing to participate in the study. Data was collected basically through the use of a structured questionnaire, with the reliability coefficient of 0.78. Data collected was coded and analyzed using the Statistical Product for Service Solution (SPSS) version 23.0. Results were presented using descriptive statistics such as mean, standard deviation, frequencies and percentages.

### Results and Discussion

The findings of this study are revealed hereunder in tables 1, 2, and 3, and are discussed according one by one.

**Research Question 1:** What is the knowledge of injury management among coaches in Nigerian Universities?

**Table 1: Descriptive statistics showing the knowledge of injury management among coaches in Nigerian Universities**

		Frequency	Valid Percent	Cumulative Percent
Valid	Good knowledge	40	97.6	97.6
	poor knowledge	1	2.4	100.0
Total		41	100	

The above findings revealed responses on the knowledge of injury management among coaches in Nigerian Universities. The table revealed that majority of the respondents 40(97.6%) have good knowledge of injury management. This finding is expected, and could be as a result of the fact that the respondents were enlightened and are experienced in their line of duties. This findings may



also be as a result of the fact that the environment in which the coaches operates, and the nature of their athletes (Students), requires they should be knowledgeable about such issues as injury management. In a similar manner, the study of Kuo-Ming, et al (2012) showed that 79.4% of the respondents had good knowledge of injury management. The reports of Strand, et al (2019) disregards the findings of this study as they revealed a deficiency in the knowledge of coaches regarding youth CPR and AED mechanics. Similarly, Kallestedt et al., (2012) suggested that formal and recurrent education can assist healthcare providers with their overall knowledge and confidence in performing CPR.

**Research Question 2:** What is the attitude of coaches in Nigerian Universities towards injury management?

**Table 2: Descriptive statistics showing the attitude of coaches in Nigerian Universities towards injury management**

	N	Mean	Std. Deviation
Athletes who are treating injuries should be given enough time to rest without training	41	1.46	.552
It is not the duty of the player to manage their injuries	41	2.34	1.109
The player's parent are not supposed to be responsible for injury management	41	2.19	1.005
Athletes on treatment should be given and shown much care and concern by the team	41	1.34	.480
I usually visit any of my injured athlete while on treatment and ensures their return to the team is secured at any time	41	1.51	.553
<b>Grand Mean</b>		<b>1.34</b>	<b>.480</b>

Table 2 in this study revealed responses on the attitude of coaches in Nigerian Universities toward injury management. The findings revealed that the grand mean ( $\bar{X} = 1.34$ ,  $SD = .480$ ) is less than ( $< 2.5$ ) which the criterion mean, thus indicating coaches in Nigerian Universities have positive attitude towards injury management. This finding is not suppressing, because the results in table 1 revealed that the respondents have good knowledge of injury management, this therefore is expected to influence their attitude towards injury management. This result corresponds to that of Lin, et al. (2002). Furthermore, Pi and Yeh (2004), suggested that sports safety attitude was a significant predictor of safe sports behaviors. They added that the more positive the sports safety attitude was, the safer the sports behavior will be. Similarly, Finch, et al. (2002) pointed out that more than 90% of their respondents believed that it was not safe to play with an injury, thus revealing a positive attitude. It was noteworthy that although all subjects hold a positive attitude toward sports injury prevention. According to McQuillan and Campbell (2006), students with sports injury history generally tend to challenge risky behaviors.



**Research Question 3:** Do coaches in Nigerian Universities have good practice of injury management?

**Table 3: Descriptive statistics showing the practice of injury management among coaches in Nigerian Universities**

	N	Mean	Std. Deviation
I encourage my athletes/players to have enough rest when they manage to get any kind of injury.	41	1.46	.504
I prepare my athletes psychologically whenever on treatment.	41	1.58	.546
I allow my players to manage their injuries on their own.	41	3.43	.672
It is the duty of the family to manage injuries therefore I do not involve myself.	41	3.58	.590
I have nothing to do in the management of any injury among my players	41	3.70	.512
<b>Grand mean</b>		<b>1.97</b>	<b>.156</b>

The above table 3 revealed responses on the practice of injury management among coaches in Nigerian Universities. The findings revealed that the grand mean ( $\bar{X} = 1.97$ ,  $SD = .156$ ) is less than ( $< 2.5$ ) which the criterion mean, thus indicating coaches in Nigerian Universities have good practice of injury management. This finding is anticipated based on the responses realized on the knowledge of injury management. Positive attitude and good practices are expected whenever there is a good or high level of knowledge of a variable. This is no different from the issue of injury management. This finding is akin to the report of Kuo-Ming, et al (2012) who revealed that 53.5% being majority of the respondents had good practices towards sports injuries management.

### Conclusion

The findings of this study revealed a relatively positive results which indicated that the coaches in Nigerian Universities have good knowledge of injury management, positive attitude towards injury management, as well as good practices of injury management.

### Recommendations

With reference to the findings of this study, the following were recommended

1. The Nigerian University Games Association, Should timely organize training for coaches on how to manage their athletes in order to improve participation and performance.
2. Coaches are also recommended to improve their coaching abilities by going for seminars and other coaching related courses which will improve their capacity in relating with their athletes.
3. The government and non-governmental agencies should organize seminars and training for both coaches and athletes on sports psychology so that the coaches may learn more on the athletes' psychology and perception of coaches' effectiveness, and also that athletes' may know what they need to do in order to function as a complete team player.

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