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Factors Causing Injuries in the Game of Football: Literature Review

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ABSTRACT

Physical activity is very important for humans to improve their health, one of which is playing football. Football is very popular throughout the world and is played by people of all ages, however, football carries a high risk of injury. Injury is a condition in the body that experiences tissue damage caused by direct physical trauma from sports activities. This article discusses the factors causing injuries to soccer players through a literature review based on secondary data from various indexed journals. This article was created with aim that readers can minimize the occurrence of injuries through more thorough preparation. The results obtained from several indexed journals that have been collected are that the causes of injury can be divided into external and internal factors. External factors include sports equipment (shoes, balls) and non-ideal field conditions, such as uneven, slippery, or muddy surfaces. While internal factors include body anatomy (such as imbalance in leg length or foot deformities), technical errors (such as incorrect kicking techniques), decreased muscle strength, low fitness, and injuries due to overuse. Physical condition factors such as power, speed, flexibility, and agility, as well as mastery of shooting techniques, have a significant correlation with the risk of injury.

1. Introduction

Sports are certainly very good for our health, such as increasing endurance, burning calories, keeping the heart healthy, preventing obesity, maintaining body balance and reducing stress. Sports are one of the basic human needs that help maintain physical and mental health. However, in sports activities there are several risks, one of which is sports injuries (Harmianto et al., 2024). Setiani & Priyonoadi. (2015) also added that if exercise is done excessively and does not follow the correct rules, this can cause injury. Injuries can appear suddenly, every type of physical activity has the possibility of injury and if the activity is more strenuous then the possibility of injury is higher (Asri et al., 2024).

Football is a type of sport that requires various technical abilities such as statistical, semi-dynamic, and dynamic skills. For example, passing, kicking the ball into the air, dribbling, or receiving the ball, these activities occur with one foot as a support (Emily & Wibisono, 2021). Another study reported that soccer is a very energetic sport and requires a variety of physical skills when playing. The physical aspects needed in soccer include agility, speed, muscle strength, and coordination skills (Komarudin, 2021). Football is a sport that often involves physical interaction. In addition, athletes and football coaches need to have knowledge not only about the game itself but also about the potential injuries that can occur. This is important so that appropriate treatment can be given to injuries (Hadi & Sari, 2023).

Injuries that occur as a result of sports activities can appear when a person is practicing, competing, or even after participating in sports (Amrisyah & Bakti, 2022). This injury is caused by the inability of body tissues, such as muscles, joints, tendons and skin, as well as other organs to withstand the load given during exercise (Supriaten, 2020). Prasetyowibowo et al. (2022) added that causes of injury can occur due to intrinsic factors include age, gender, anatomy, previous injury history and movement techniques. Extrinsic factors refer to elements that influence the characteristics of the load applied to the athlete's tissue during exercise. Injuries can interfere with the normal physiological functions of the body and even have the potential to cause permanent disability that can damage the career development of an athlete. It is important for athletes to know what elements can cause injuries during sports (Harmianto et al., 2024). Injuries are generally divided into several categories, namely minor injuries (category 1 injuries) injuries that are not too severe, for example abrasions, bruises, minor sprains, moderate injuries (category 2 injuries) injuries that occur due to tissue damage that can cause pain, swelling and problems with muscle or tendon function. In addition, serious injuries (category 3 injuries) are injuries that involve tears or fractures that require further treatment such as complete rest and even surgery (Nopiana et al., 2024).

Based on the time of occurrence, there are two categories of injuries commonly experienced by athletes, namely acute and chronic trauma. Acute trauma Refers to injuries that appear suddenly, such as torn ligaments, muscles, tendons, or sprains, and can even be broken bones. For this type of injury, professional help is needed. On the other hand, chronic trauma is often experienced by athletes and usually starts from overuse syndrome, where slightly exceeding the limit force is used repeatedly over a long period of time (Nugroho & Ambardini, 2016).

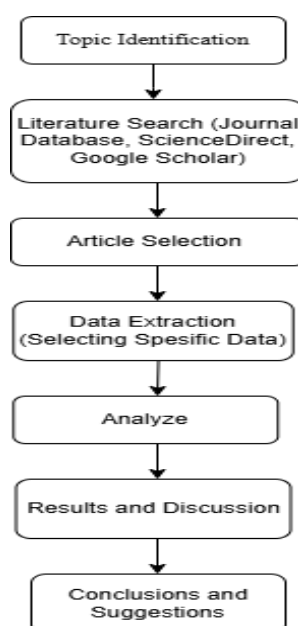
Balance plays an important role in dealing with challenging situations, such as when facing opponents, changing the direction of the ball or interacting with other players during the game (Emily & Wibisono, 2021). Physical health is one of the important things to maintain body strength. In order to increase fitness, it is important to get nutritious food, get enough sleep, and exercise regularly and in a planned manner (Sumartiningsih et al., 2023). On the other hand, warming up can improve heart performance, which is directly related to increased heart rate and blood circulation to the muscles. In addition to increasing heart performance, respiratory efficiency will also be better, and muscle temperature increases due to increased metabolism that occurs during active warming up (Van den Tillar et al., 2019; Akkase, 2023).

During one year, an estimated 8.6 million injuries occur related to sports and recreational activities, with an average rate of 34.1 injuries per 1000 individuals. The most common injuries are musculoskeletal injuries, such as sprains, strains, joint injuries, and soft tissue damage (Sharma et al, 2021). The most common injuries include hamstring strains, fractures and adductor strains from 2014 to 2019 (Forsythe et al., 2022). Research by Sonesson et al. (2023) showed that men reported 95 injuries, while women experienced 350 injuries in 1206 injury weeks. For men, the most common injuries occurred in the hip (3.8% weekly prevalence), ankle (2.1%), hamstring (2.0%), and knee (2.0%); Meanwhile in women, the most common injuries were found in the knee (4.3%), followed by the ankle (2.5%), and achilles tendon (2.0%).

Injuries in the world of football are a problem that we often see and hear in various parts of the world. Through this article, it is hoped that football athletes can understand more deeply about the factors that can cause injuries. This article was created with aim that readers can minimize the occurrence of injuries through more thorough preparation. With a better understanding of the risk of injury, athletes are expected to be able to take the right preventive steps to reduce the chances of injury.

2. Methodology

The method used is Literature Review searching for relevant articles on Google Scholar, ScienceDirect and other websites. Literature review is a process carried out to find written sources from books, journals, articles related to issues from the topic being researched. Literature review is a method that is designed systematically and clearly in identifying and evaluating written works that have been written by researchers (Nurcahyani, 2023). In a systematic way, the research stages can be seen in Picture 1.



Picture 1. Research flow diagram

Collecting information is done through several steps: determining the main topic, searching for scientific journals using the keywords "football injuries" and "risk factors for sports injuries" through indexed journals, selecting journals with clear research methods, both quantitative and qualitative, and focusing on the selected football players, and collecting important information such as objectives, methodology, and research results to be included in the table. The data collected is then analyzed to compile a discussion and formulate conclusions about research findings.

3. Result and Discussion

Results

After analyzing various existing studies, it was found that the main factors causing injuries in football games are internal and external conditions. This can be seen in (Table 1):

Table 1. Analysis of Various Articles on Factors Causing Injuries in Football Games

Author, year, title	Research objectives	Research results
Wijaya, R. A., & Supriyono. (2023). Identification of Injuries in Young Indonesian Football School Students in Purworejo Regency in 2021.	To determine the type of injury and understand the factors that cause injuries among students of the Young Indonesian Football School in Purworejo Regency in 2021 using qualitative descriptive.	Identifies various types of injuries experienced by students at the Young Indonesian Football School in Purworejo. The most commonly reported injuries include bruises, cramps, dislocations, strains, sprains, wounds, and bleeding. External factors causing injuries (external violence) occur due to physical contact with teammates or opponents during training or trial matches. Meanwhile, internal factors include lack of warm-up, lack of concentration, and weak physical condition, which can increase the risk of injury, especially among students of SSB IM Purworejo. In addition, overuse injuries occur due to excessive training loads and repetitive routines (repetitions) given by coaches to students in Purworejo Regency.
Nopiana, R., Hariadi., & Amri, H. (2024). Identification of Sports Injuries in Football Teams throughout the District.	To Find Out the Parts of the Body that Often Experience Injuries and the Types of Injuries that Often Occur in Soccer Athletes in Soccer Teams in Suralaga District using qualitative descriptive.	The areas of the body that are most susceptible to injury for soccer players include the thighs, knees, calves, and ankles. These parts are at high risk for injury when playing soccer, because during the game, these parts are used the most. Injuries experienced by soccer athletes are generally more related to injuries to the lower extremities. One type of injury that often occurs in soccer athletes in

Fitriani., Arimbi., & Saharullah. (2023). Identification of Sports Injury Cases in Female Soccer Players at the Rajawali Global Cakrawala Club. To find out the Body Parts and Types of Injuries that Often Occur in Female Soccer Players at the Rajawali Global Cakrawala Club (RGC) using quantitative methods.

Candra, R., Widyaningsih, H., Sari, E. F. N., Mighra, B. A., Robianto, A., & Mitsalina, D. (2022). Massage Segment Analysis of Ankle Injury Pain in Amateur Football Players. To find out how much pain, level of injury, cause of injury, and how to treat ankle injuries for amateur football players in East Jakarta Asprov using quantitative methods.

Suralaga District is a fracture. Serious injuries such as fractures can be caused by mistakes during the match or collisions between athletes. In addition, injuries to athletes can be triggered by various factors, both from within the athlete himself and from the environment. The risk of injury will increase if athletes do not pay attention to their physical and mental conditions. Female soccer players at the Rajawali Global Cakrawala Club (RGC) often experience injuries, especially to the legs and feet, as well as to the arms, hands, head, spine, and other parts of the body. The most common types of injuries are bruises, followed by sprains or strains, fractures, shifts, scratches, and cramps. The causes of these injuries include collisions with opponents, use of inadequate facilities, incorrect movements, and fatigue during the match.

1. All amateur football players in East Jakarta Asprov have experienced ankle injuries, both during training and matches.

2. Based on the level of pain experienced, there were 17 cases (34%) that felt mild pain, 24 cases (48%) experienced moderate pain, and 9 cases (18%) experienced severe pain.

3. The most common ankle injury among amateur football players is grade 2 strain, which is experienced by 30% of them.

4. The main cause of ankle injuries among amateur soccer players in Askot East Jakarta is internal violence, with 30 cases (60%) experiencing this type of injury. In addition, 15 athletes (30%) experienced injuries due to external violence, and 5 athletes (10%) experienced injuries due to over-use. Thus, internal violence is the most common cause of injury to amateur soccer players in Askot East Jakarta, where the incident originated from internal factors.

5. Treatment carried out by amateur soccer players in Asprov East Jakarta includes medical treatment in the form of segment massage, which was carried out in 50 cases (100%).

Discussion

Research conducted by researchers revealed that injuries often occur in the ankles, knees, thighs, and calves. The most common types of injuries found include bruises, sprains, and strains. There are two categories of causes of these injuries, namely internal factors that include errors in playing techniques, lack of warm-up, low fitness, and excessive training. Meanwhile, external factors consist of less than ideal field conditions, inadequate equipment, and physical interaction with opponents (Arieputra et al., 2023).

A sprain occurs when one or more ligaments in the ankle are torn, either partially or completely. This injury is a common type of injury experienced by athletes, accounting for between 80% and 100% of ankle injuries that occur (Lakshakar et al., 2022). Pfirrmann et al. (2016) added that in football, 30% of sprains and strains are recurrent injuries with the same type and location. A thorough recovery process and proprioceptive training are carried out to reduce the risk of recurrent injuries. In addition, Hadi & Faridah. (2024) also added that injuries that are often experienced by footballers mainly occur in the lower extremities with a percentage of 75-85% mostly ankles, knees and hamstrings.

The availability and completeness of infrastructure that meets standards is crucial for the sustainability of a sport (Manurung & Siskariyanti, 2021). Without the support of adequate facilities and infrastructure, both athletes and the participating community will face difficulties in carrying out sports activities properly, and may even be at risk of injury (Arrasyid & Hafidz, 2023). According to Mandorino et al. (2022) injuries can arise due to several aspects, both from within the individual and external factors. From the internal side, in addition to inadequate warm-up, injuries can be triggered by various things such as physical fatigue, decreased body function, failure to focus during training, and indiscipline in carrying out the training process. On the external side, injuries can be caused by facilities that are not yet ideal and a learning process that is too fast. Injuries generally occur due to accidents, inadequate implementation, inadequate infrastructure, and poor physical preparation during warm-up (Simatupang & Suprayogi, 2019).

According to (Puspitasari, 2019) there are several elements of physical condition as follows: Flexibility is the ability of muscles and joints to move with a full range of motion without pain. This is important in reducing the risk of muscle or joint injury. Agility is the ability to change direction quickly and accurately in avoiding opponents and moving efficiently on the field. Endurance is the ability of the heart, lungs and circulatory system to continue functioning during long-lasting activities, important in maintaining performance during long matches. Stamina is overall physical endurance, allowing players to stay energized and focused throughout the match. Strength is the capacity of muscles to produce maximum power. This is very important in physical duels, such as fighting for the ball and defense. Muscle power is the ability to produce power quickly. Needed in jumping, kicking and sprinting. Muscle endurance refers to the ability of muscles to operate for long periods of time without experiencing fatigue, this is very important for activities that involve repetitive movements such as running and dribbling. Speed is the ability to move

quickly on the field, both when attacking and defending. Every athlete must be able to pay attention to all of these elements to improve performance and reduce the risk of injury.

Physical balance and body ability are essential for various types of sports. Each sport has its own characteristics and unique needs, thus requiring the right physical condition. For example, in soccer, crucial physical components include physical endurance, explosive leg muscle strength, speed and agility (Maliki et al., 2017).

When the quadriceps, hamstrings, and calf muscles are stretched, this will trigger a pressure response from the mechanoreceptors in the knee, which will inhibit the motor nerves that go to the muscle. As a result, this can affect the function of the stretched muscle. The activity of these muscles can contribute to improving the balance and stability of the knee joint. In addition, some steps that can be taken include doing regular exercises to strengthen the leg and knee muscles to maintain muscle strength balance, as well as doing activities that aim to strengthen the hip, pelvis, and lower abdomen areas on a consistent schedule (Gusma, 2022).

Initial treatment for sports-related injuries aims to provide fast and appropriate care before further action is taken. In addition, this step also serves to maintain the victim's endurance until primary care can be applied. By doing this, it is hoped that pain can be reduced and the injury does not develop into a more serious or painful condition (Nirmalasari et al., 2020). According to Fahmi et al. (2015) there are several actions that can be taken when experiencing an injury, such as the RICE Method. RICE consists of several steps, where "Rest" means that the patient needs to be given time to rest and protect the injured muscle area. If there is pain when giving weight, it is better to use support, and if moving the injured area causes pain, it is important to protect it with a splint or hard object such as wood. Furthermore, "Ice" means compressing the injured area with ice or a cold object. This cooling process is effective in reducing swelling and pain at the injured site. Get a cold cloth and apply it to the injured area for 20 minutes three times in the first 24 hours. Furthermore, Candra et al. (2021) the first step in protection is to protect the injured area. The goal is to prevent more serious injuries. For example, in the case of a sprained or dislocated ankle, it is advisable to wear shoes that provide support and elevation to the foot.

4. Conclusion

Based on the analysis of various factors causing injuries in football, it can be concluded that injuries occur due to the interaction between internal and external aspects. Internally, three critical aspects include the player's physical capacity (muscle strength, flexibility, and endurance), technical errors in executing movements, and fatigue. Meanwhile, the dominant external factors are non-ideal field conditions, inappropriate equipment, and physical contact. The analysis shows that injuries most often occur in the joints and muscles of the lower extremities (knee, ankle, thigh), with a higher incidence in amateur players and female athletes due to limited physical and technical training. To prevent injuries, a

multidimensional approach is needed that includes optimizing physical and technical training programs, standardizing facilities and equipment, implementing strict safety protocols, and education for players and coaches. By implementing these steps, the risk of injury can be minimized so that player performance can be maintained optimally.

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