

Awareness Of The Players Regarding Safety Measures And Risk Management In Cricket

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Abstract

Background: With the gradual evolution, cricket is generally regarded as a symbol of representation and tradition, but it has undergone appropriate changes over the last 50 years to sustain its growth and popularity. It would not be wrong to say that in this fast-paced and highly competitive world of sports, cricket needs to adapt to survive and thrive. **Objectives:** The present study was completed with following two objectives, which included (a) to determine the levels of awareness of safety measures of cricket players and (b) to explore the relationship between safety measures and risk management of cricket players. **Hypotheses:** The following hypotheses were formulated for the study; (a) There will be no significant differences between the levels of awareness of safety measures of cricket players and (b) There will be no significant relationship between the levels of awareness of safety measures and risk management among cricket players. **Methodology:** Respondents of the study comprised of the volunteer university Cricket players. Data were collected using the Safety Awareness Scale (SAS). **Results:** Out of the total respondents, 32.5% reported a history of diverse type of injuries. All participants showed a good level of safety awareness with a mean value of 17.95 and risk management with a mean value of 17.32. A significant relationship was found between safety awareness and risk management of the Cricket players.

Keywords: Awareness, Measures, Risk, Management, Cricket, University

Introduction

Cricket is the most popular game that has generally been well known and played in the Commonwealth countries. It is governed by the International Cricket Council (ICC). Cricket is the second most famous game on the planet after Football. With the progressive advancement, Cricket is by and large viewed as an image of portrayal and custom, however it has gone through proper changes in the course of the most recent 50 years to support its development and prominence. Cricket was acquainted with North America through the English states in the mid seventeenth century and spread to different parts of the world in the eighteenth century.

The International Cricket Council (ICC), formerly named as the Imperial Cricket Conference, was established in 1909. At that time, officials from Australia, South Africa and England were the main figures governing the organization. With the passage of time, other nations playing Test Cricket became members of the ICC. Pakistan became the test playing nation in 1952. Test match, One Day International (ODI) and Twenty20 (T20) are the three different playing

formats of Cricket followed at the global level. Test match Cricket format that lasts as long as five days and is viewed as the most ideal and classical format of the game. Test match has the duration of five days and it is generally considered as the overall test of the temperaments, fitness, skill competency and patience of the players. One-day international competition is held with an innings of 50 overs for each team. In this format of Cricket, both the teams try to score more runs than the other team during their allotted fifty overs inning. This configuration has attracted most attention of the Cricket fans on account of its one-day duration. T20 is the most recent, briefest and quickest format of the game offering only 20 overs inning to each team. This format has also attracted in more crowds to the Cricket which is normally finished in three hours offering chances of stunning bowling, batting, and handling strategies to the spectators. The first ICC World T-20 was held in South Africa in 2007, which was won by India defeating Pakistan in the finals. One Day International Cricket competition started in 1971 and the first One Day International Cricket match took place between Australia and England at the Melbourne Cricket ground on January 05, 1971. Similarly, in June 1975, the first ICC World Cup was organized in England which was won by West Indies defeating Australia by 17 runs. England women's team stood on top in the first ICC Women's World Cup in 1973.

Awareness of the players regarding the different aspect of the game that can affect the nature of performance as well as safety of the player play significant role in showing standard performance. Focus of the present study was to evaluate the awareness level of the Cricket players regarding safety measures and risk management. For this research study, forty volunteer Cricket players from the University of Lahore were engaged for the collection of data. Data were collected using the 5-point Likert scale "Safety Awareness Scale" (Lin et al., 2016).

Literature Review

As a matter of fact, Cricket is not amongst the contact sport yet players are liable to injury during playing; and the most common reason for that is simply the excessive and overuse of the body or ignorance of the safety precautions. In addition to the overuse of the players, there is another factor that also endangers the health and wellness of the players as well as spectators. Cricket is mostly played during summer season wherein dehydration, sun-stroke, heat-stress and excessive loss of water may cause problem to the player and spectators. There are a number of injuries which occur most frequently during playing Cricket including sprain, strain, bruising, and mild fracture may also occur in rare cases (Byers, Duffield, Carney & Karppinen, 2019). Interesting thing in this regard is that upper limb particularly fingers of the payers are the most common target of these injuries. Further that, ball related injuries; which are often referred to the doctor for treatment; affect the face as well as fingers of the Cricket players. So for as the question of injury to the bowler are concerned, overuse injuries like shoulder, thigh and back problems are most prevalent among them. Need of the hour is to use multi-dimensional measures for the safe conduct of the game. Player is required to be careful in terms of readiness for the play, their level of fitness, playing environment and use of the playing safety equipment are a few wise steps in eradicating the chances of possible mishaps during the play.

Precautionary steps for Avoiding injuries in Cricket

There are a few steps which need to be followed before the start of the game. Metal preparedness of the player for the game is vital for the smooth beginning of the game. Required amount of fitness and expertise are also the basic factors playing significant role in this regard. Next important step is to be physiologically properly warmed up before taking part in the active play. To have proper level of fitness, training sessions need to be attended regularly. Timely using water before feelings of thirst prevail and to avoid dehydration is a wise step. After taking part in the game, cooling down the body renders the person safe and brings functioning of the various systems of the body to normalcy. For the safety of the players, a number of safety equipment are used in Cricket which minimize the chances of occurrence of injuries and harm to the players. Safety equipment vary with the nature of assignment of the player either batting, bowling or fielding. Batters are always required to wear protected equipment as they are to face the bowling attack. Helmet, gloves, pads, batting boots, chest-guard, mouth-guard, thigh-pad, Elbow-guard are the basic belongings of the better. In case of wicket-keeping, using keeping-gloves, face-guard and keeping-pads renders the player safe with regards to occurrence of injuries during playing or practicing. Apart from the above, playing conditions also need to be ideal for playing; dusty atmosphere, uneven playing field and scarcity of sunlight endanger health and safety of the

player, so it should always be avoided. In case of grassy field, grass need to be properly cut, surface of the ground should be smooth, dry and plain.

A few years back, Cricket was generally considered as the game having very limited or no chances of injury, however, the growing interest, popularity of the game and thrill of competition has made the game very crucial demanding high quality of fitness, skill, dedication and commitment on part of the players (Mechelen, Hlobil and Kemper, 2019). In the race for competition and domination in performance, players are likely to fall victim of the different types of injuries. Now the game is taken more serious by the spectators as well as the competitors. Matches between the traditional rivals like India-Pakistan and Australia-England particularly reflect classic hostility during outdoing one another in the game (Aginsky et al., 2019). This type of situation has increased the chances of injury seen in the game including running, jumping, tossing, catching, preventing the runs being made and hitting the ball. In any case, no measure can completely eradicate the chances of occurrence of injuries, however, safety measure renders the player comparatively safe in this regard (Crawford et al., 2020). Despite the safety measures adopted by the batsman; as the 5.5-ounce hardball bounces to the batsman at the speed of 140-160 km/h and can swing all around, may hits the better at any un-protected part of the body causing severe injury (Menaspà, Paoloni, Kandwal and Diwan, 2017). The severity of the injury in a match is characterized as either keeping a player from being completely fit for playing; to bat, bowl and field during the match or it will need medical intervention. In all games including Cricket, players are the key factors round which the whole story of the game revolves. Safety and wellbeing of the players is the main point with regards to having safe and dominating performance in the game (Clumpner et al., 2019).

Material and Methods

Population

Forty volunteer Cricket players from the university of Lahore constituted population for this study.

Objectives

1. To determine the levels of awareness of safety measures of cricket players
2. To explore the relationship between safety measures and risk management of cricket players

Hypotheses

1. H₀: There will be no significant differences between the levels of awareness of safety measures of cricket players
2. H₀: There will be no significant relationship between the levels of awareness of safety measures and risk management among cricket players

Results

Table 1: History of Injuries

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	13	32.5	32.5	32.5
	No	27	67.5	67.5	100.0
	Total	40	100.0	100.0	

Participants were asked about their previous injury history. Only 32.5% of respondents reported a history of diverse type of injury. However, 67.5% reported no injury history as depicted in Table-1 above.

Table 2: Safety Awareness

	N	Minimum	Maximum	Mean	Std. Deviation
SAS	40	16.00	20.00	17.9500	1.06096

Valid N (List-wise)	40				
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One of the main objectives of this study was to measure the level of awareness of safety measures of Cricket players. Table-2 is showing a good level of safety awareness with a mean value of 17.95 and standard deviation 1.060 as reflected in figure below.

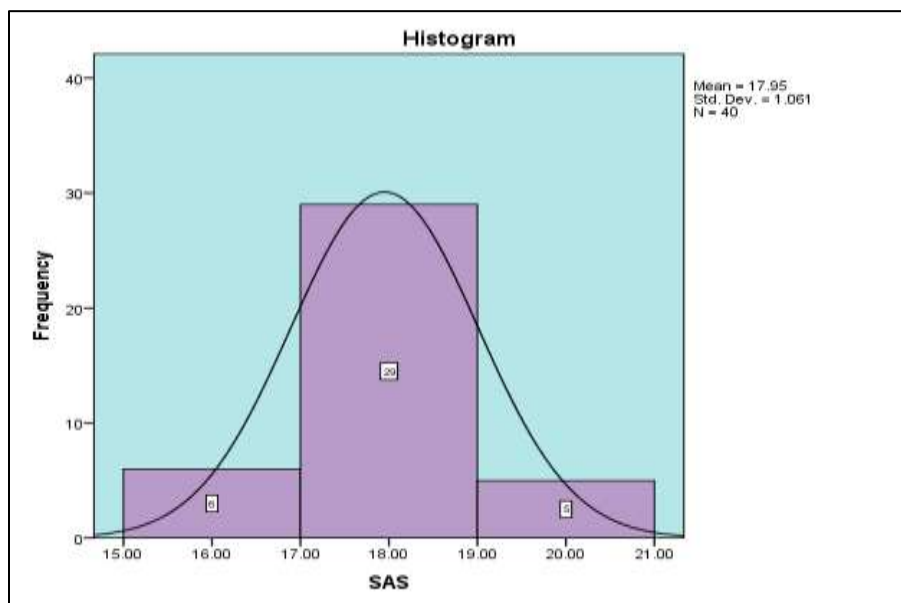


Figure-1

Table 3: Risk Management

	N	Minimum	Maximum	Mean	Std. Deviation
Risk Management	40	16.00	18.00	17.3250	.91672
Valid N (List-wise)	40				

All participants showed a good level of risk management with a mean value of 17.32 and standard deviation .917 as depicted in Figure-3 below.

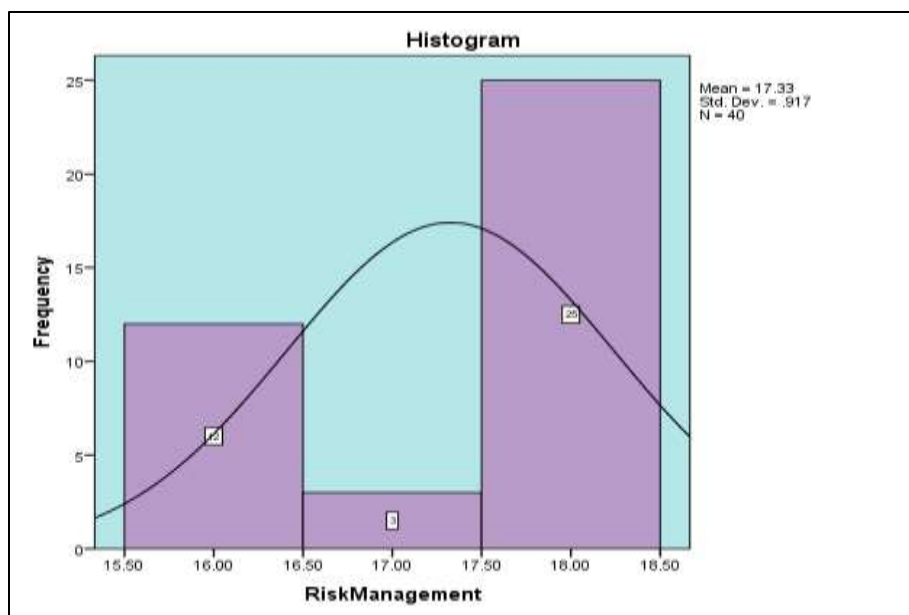


Figure-2

Table 4: Safety Awareness and Risk Management

		SAS	Risk Management
SAS	Pearson Correlation	1	.315*
	Sig. (2-tailed)		.047
	N	40	40
Risk Management	Pearson Correlation	.315*	1
	Sig. (2-tailed)	.047	
	N	40	40

A significant relationship between safety awareness and risk management of Cricket players was found at 0.05 level. These results are shown in Table-4 and Figure-4 below.

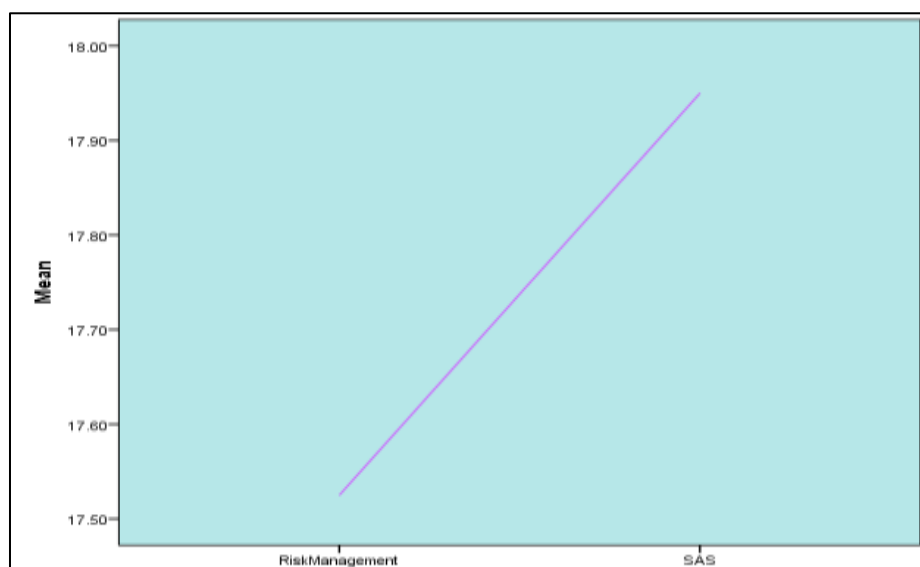


Figure-3

Hypotheses testing:

1. There will be no significant differences between the levels of awareness of safety measures among the Cricket players. Accepted
2. There will be no significant relationship between the levels of awareness of safety measures and risk management among the Cricket players. Rejected

Discussion

Different types of injuries often occur during playing Cricket including sprain, strain, bruising etc. Mild types of fracture are also likely to occur in Cricket in rare cases (Byers, Duffield, Carney & Karppinen, 2019). Analysis has confirmed that in the preset study 32.5% of respondents have reported a history of diverse type of injuries including sprain, strain, bruising and mild types of fracture. An important factor in this regard is that, in Cricket, the most common target of these injuries are the upper limb particularly fingers of the payers (Toohey et al., 2019). The in hand study also confirms that majority of the respondents who had suffered from injuries and had history of injuries indicated to the same parts of body in perspectives of injuries. Another aspect of injuries in Cricket is related to the issues caused by the ball and which are often referred to the doctor for medical care; affect face as well as fingers of the players (Stewart & Bahr, 2019). The same stance has also been confirmed in the present study that injuries caused by the ball are often referred to the medical intervention. The present study has confirmed that bowlers are frequently confronted to the overuse injuries. The most common injuries to the bowlers are concerned, include overuse injuries like shoulder, thigh and back problems (Bahr et al., 2020). Need of the hour is to use multi-dimensional measures for the safe conduct of the game. Player is required to be careful in terms of readiness for the play, their level of fitness, playing environment and use of the playing safety equipment are a few wise steps in eradicating the chances of possible mishaps during the play.

Conclusion

Despite the fact that Cricket has been one of the non-contact games and it has generally been presumed that there are limited chances of injuries in this game. But the situation on ground presents another story. On account of competitive nature and stern hostility skill acquisition and high level of physical fitness are the two primary demands of the safe performance in Cricket. The present study has confirmed that out of the total respondents, 32.5% reported a history of diverse type of injuries meaning that they had been victim of injuries during their playing tenure. With reference to awareness about the safety measures in Cricket, most of the respondents showed a good level of safety awareness with a mean value of 17.95 and risk management with a mean value of 17.32. A significant relationship was found between safety awareness and risk management of the Cricket players.

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