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Research Article

STUDYING THE EFFECTIVE CAUSE TO PREVENT THE INJURY IN STUDENTS

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ABSTRACT

The purpose of this study was effective cause in reducing injury in students from teachers' viewpoints. To do this, 118 physical education in Shiraz were selected randomly and questionnaire made were collected and distributed among them. questionnaire include effective causes in prevention from education injury (5.73%) students in schools that categorized in four sector such as method of teacher management, facilities and equipment's in school, student's behaviors and other factors. Descriptive and inferential statistics used for analyze data.

The result of study show that the most cause of student's injuries respectively are method of teacher's management (6.41%) student's behaviors (2.33%), places and equipment's of school (4.17%) and other factors (8.7%). in below the method of teacher's management introduced respectively knowledge and science of teacher from physical injuries, teacher 'guidance in prevention from injury and codification and regulation of class was the most causes of injury from physical teacher viewpoint. between classroom supplies management of physical education teacher and scale of physical injuries in school was observed meaningful relationship. totally among effective components on physical injury of schools students, awareness and knowledge of physical education teacher has the most effect. holding workshops and conferences in the field of injury and highest level of physical education's teachers awareness and using education and training only from graduate of physical education as a teacher of physical education can effective and useful in prevention and reducing injury in students.

Keywords: Injury, Students, Classroom Supplies.

INTRODUCTION

Education and training in provided environment safe and joyful with using highest level of health care and utilization from teachers, coaches and healthy officials, scholars and pious is the basic rights of children which is the main activity of them is acquire knowledge. School in this path as one of the main member of education and training after family environment has responsibility to provide all aspects of growth students with preparation of necessary experiments and provide suitable environment^{1,2}. meanwhile school with preparation necessary experiments and provide suitable environment can provide all aspects of growth students. this will not be achieved unless with extension physical education and exercise in schools and for extension more and more physical education and exercise in schools required to complete awareness from The problems and the status of physical education and exercise course in schools to be act comprehensive and complete plan on this base.

Participate in regular exercise activity will lead to development of motor skills, social skills, creativity and

application of leading participation in the exercise. in fact, physical education and sport is the integral part from education and training and for healthy environment we need a healthy persons and family as the smallest social institution consists of healthy men and women. Physical education course for modify parts of human structural needs and it's health should always take into consideration the whole population in society³.

The physical education teacher is responsible for handle the class which has different condition with other educational activity of school. Environment and free space of class tend to move and more activity in students, strong dependence of program to tools and specific educational facilities, will provide the special condition for physical education teachers that these teachers should well equipped to classroom supplies and teaching methods.

Considering that one of the most joyful moments of students is exercise ring or when they were in the sport space of schools. Therefore, considering suitable management and executive method for reduce injury in students and remove problems

which treated safety and healthy students in these environments, not only cause fruitful space from scientific and practical but also maintain and reinforcement of joyful morality in sport space of schools.

In the research conducted in 2002 in the US, it was revealed more than 200 thousand students are injured during the game each year about 75 percent of these injuries were caused by falls mainly on slide along the ground and climbing existing equipment created in exercise room. In this field the result for research show that 147 students under 14 in US were died between years 1990 to 2000 because of physical injuries, which 30 percent's of these casualties in exercise room of schools^{4,5}. Ingram et al (2008) in the research did on high school girls and boys, totally observed 1383 knee injury which 3.89 injury in every 10000 athlete that 20 percent of these injuries occurred because of illegal game^{6,7}.

In Iran in the field of injuries which is occurred due to don't have safety in sport spaces or problems which is in these spaces. Not enough researches conduct and if it's done it's not available or not presented with strong statistics. Consider to said issue and also the large number of injuries that occurred in students and believe to this issue that prevention is better than treatment, the goal of this research is examine the effective cause in reduce injuries of students.

METHODOLOGY

Given the nature and purpose of the study, the research method is descriptive, survey, statistical environment of search include all physical education teacher considered re employed in institutio all physical education's teachers in Shiraz province, Because of sampling in each part of province department of education and training randomly and with Proportional allocation were determined the number of subjects participated in the study. A total 118 persons were participants in the study. Each person has answered different demographic questionnaire and researcher made questionnaire.

questionnaire include factors in prevention student's injuries in schools which divided into 4 parts, teacher's management method (monitoring and control of student's behaviors, codification and classroom regulations, student's guidance, teacher's awareness and.....), school's facilities and equipment's (the status of exercise ground, safety of school's environment, not standard equipment and.....) student's behaviors (physical weakness, disobedience and physical aggression towards others, inappropriate use of sports equipment, lack of healing, lack of interest and neglect class, and.....) and other factors (usually sports events, the negative attitude of the manager, circulars, within service and... which the physical education's teacher answered the questionnaire base on the causes of students injuries in schools.

To supply content validity of questionnaire used from opinions and guidance of university teachers and experts and for determine the reliability of, questionnaire distribute among 30 students with the time interval 2 times per 2 weeks and then collected and after collecting questionnaire, through Cronbach's alpha the internal reliability coefficient observed

73% which was adopted. analyzes data with using spss software (version 16) in 2 levels of descriptive statistics (abundance, percentage, mean, standard deviation) and inferential statistics (correlation coefficient) was performed.

RESULTS

The result of research show that the average sample of this research was 29 years old which 1.87 percent of them has physical education license. 9.75 percent of teachers has bachelor degree or higher. And 83 percent of them has at least coaching license. 87 percent of teachers told that they have enough information about physical injuries. 8 percent of teachers presented pamphlet or book with the title reducing injuries in students. In 3.96% of schools had first aid kit. 4.33% of students in school had at least 1 injuries.

The finding research showed that from physical education's teacher viewpoints the cause of student's injuries in schools were respectively as follows: 1-the method of teacher's management (6.41%) 2.student's behavior (2.22%) 3.places and school's equipment (4.17%) 4.other factors (8.7%) which in the question about teacher's management method respectively 1.awareness and knowledge of teachers from physical injuries, 2.teacher's guidance in prevention from injury and 3.codification and rules of classroom was introduced the most cause of injury from physical teacher's viewpoints.

In questions student's behavior respectively 1.physical weakness 2.no warm-up and 3.exposure to versus team has the most points from exercise teacher's viewpoints and identified as the most cause of occurrence injury. In questions facilities and safety equipment of school's environment and in questions other normal sports events get the most points from sport's teacher viewpoints.

Between classroom management of physical education's teacher and the rate of sport's injuries in schools has the meaningful relationship. Totally among the factors that influence on sport's injuries on students in schools, awareness and knowledge of physical education teacher has the most effect.

DISCUSSION

The result of research showed that most teachers don't have awareness form injury and how to treat it. Maghami et al (1385) in research which done on the level of awareness of footballers on injury, the level of their awareness compare to European footballers was lower⁸. holding educational workshops and conferences in the field of education and training can increase awareness level of physical education's teacher and be effective and useful on them.

The most causes of injuries from physical education and sport science teachers viewpoints was introduced the method of class management and in between the level of teachers awareness from different types and injury's mechanism, is an important cause which needed for the department of education and training to increase the awareness of physical education's teacher from pathology of sports with specific action. Increase the level of awareness in teachers and other planning responsible can lead to reduce risk factors and prevention from

injury in students. Consider to the importance of physical education 'class management in health and reduce injury of students need that department of education and training use only from physical education graduates and withholding service class update information and awareness of teachers.

The results of research showed that the weakness of physical preparation are the most cause of injury in the field of student's' behavior. Olsen et al (2005) introduced the lack of physical preparation is the most cause of occurred injury in youth footballers. Low physical preparation can lead to the lack of proper implementation skills and ultimately damage⁹. non-standard and not safe sport environment and play sports on hard surfaces lead to chronic fatigue and many other injuries. one of the most common complications and injuries was shine split which the main cause of it is not suitable environment and hard exercise^{10,11}.

CONCLUSION

The results showed from the meaningful relationship between having class and sports injuries. it is better that physical education's teachers monitor student's behavior completely, and encourage positive behaviors and punish hazardous behavior. The main rule of exercise and sport specially training correctly warm-up and cool down the body and can teach it correctly to reduce the level of sport's injuries (Hamid Khodadad). Totally for keep healthy students which are the future builders of society we need to have more consideration and teachers with more awareness and management to reduce the sport's injury of class to minimum possible.

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