

Study of the relationship between the prevalence of sports injuries and athlete's temperament from the perspective of Iranian traditional medicine in heavy and light exercises

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Abstract:

Background and Purpose: Some of the injuries depends on the nature of the sport and the environment and some of them are rooted in athletes. But the nature or temperament of athlete as a possible cause of the damage has not been considered yet. Temperament in Iranian traditional medicine has a key concept in definition of health and disease of human. Hence, the aim of this study is investigating the relationship between the prevalence of sports injuries and temperament of athletes from the perspective of traditional medicine in heavy and light exercises.

Methods and Materials: 240 male athletes with age range $27/4 \pm 9/6$ and experience age $6/8 \pm 3/7$ in light exercise (130) and heavy exercise (110) were selected randomly. To detect temperament we used from the questionnaire determination of hot and cold temperament and to assess the level of prevalence and severity of injury was used from the reporting form of the injury athletes. To investigate the association between qualitative variables was used from chi-square and fisher test and Kruskal-Wallis test was used for quantitative variables. The significant level $p < 0.05$ was considered.

Results: Research results showed that 63/8% of athletes have sanguine temperament and 1.7% of athletes have phlegmatic Temperament. Muscle, joint, skeletal, skin Injuries was more in heavy exercise than the light exercise. Athletes with sanguine temperament had most injuries and athletes with phlegmatic Temperament had minimum injuries. The results showed no significant correlation between the prevalence of sports injuries and temperament of athletes ($p \geq 0/05$).

Conclusion: Due to the characteristics of temperamental, hot-tempered people are more willing to participate in sports, and therefore they are more exposure damaging than other groups. Cold-tempered people with regard to their temperamental features, such as loose and easygoing and will be less likely to participate in sports activities and therefore less injury happen for them.

Keywords: sports injuries, temperament, heavy exercise. light exercise.

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