



## Psychosocial Impact of Sports Accidents at Jeanne D'ARC Football Club in Bamako of Mali from 2010 To 2013

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**ABSTRACT:** Sport has been revolutionized by many phenomena in recent decades that cause the multiplication of the number of football accidents. This study aims to analyze the psycho-sociological impact of sports accidents (football) in the Jeanne Arc of Bamako (football club). It is based on documentary research (very varied themes) and a field survey based on: the questionnaire which was used to capture the feelings of managers and technical managers, the interview guide used in the context of confirmation of the data collected and was applied to players, parents of players and the observation grid to locate the problem while maintaining anonymity. The diagnosis carried out at the Jeanne d'Arc club of Bamako shows that the lack of psycho-social management causes consequences in injured players such as: disgust, lack of courage, aggressiveness, uncertainty, loss of sporting form, the effect of club results and the urge to leave the sport for good.

**Key words:** psychosocial impact- sport- sports accidents- the football club

### I. INTRODUCTION

Physical and sporting activities have for a long time known a rather empirical organization. Currently, with the perpetual evolution of the world, caused above all by technical-scientific progress, the search for ever better performance, physical education in general and sport in particular require more scientific management. This boom in sport has led to the emergence of many sports disciplines such as: basketball, volleyball, baseball, athletics and football. The sport was revolutionized by many phenomena such as: professionalism leading players to doping, commercialization which is the basis of violence in football and the multiplication of the number of football accidents and finally, the problem of denaturalization.

Added to these is the influence of the media, which have become essential for the holding of a professional football match. Thus, we are witnessing the constant increase in the rate of accidents in the field of football practice. Subsequently, these accidents constitute a handicap, if not obstacles to the sporting career of thousands of athletes (young and old), hence the need for multidisciplinary care that can cover all aspects of the injured. It is in this respect that psycho-social management is necessary, even essential, for the achievement of the objectives of a football club. The research focused on the psychosocial management of sports accidents occurring within the Jeanne football club of Bamako and includes: the theoretical

foundations, the analysis and interpretation of the results and the possible solutions mentioned by the investigated.

The present study aims to understand the psycho-sociological manifestations caused by sports accidents (football). To do this, our choice fell on the Jeanne Arc team from Bamako. Indeed, created in 2007 in the third division, the "Jeanne Arc" team moved up to the second division in 2008, then to the first in 2009. Similarly, during the 2011-2012 season, it is ranked third in the Malian championship of the first division. However, in the 2012-2013 season, it dropped back down to the second division. Even if many players explain this drop in performance by financial problems, the psycho-social dimension of the accidents that occurred during the season were also significant element because, of eight 8 cases of injury recorded during the 2011 – 2012 season, the Jeanne Arc of Bamako team ended up with 24 cases of injury during the 2012 – 2013 season, an increase of 300% . However, if most of the injuries recorded during the year 2011-2012, did not exceed three to four weeks of treatment, it is the opposite phenomenon that we see during the 2012-2013 season where more half of injury cases (about 54%) dragged on for more than two months (60 days). This is not without consequence on the performance of the team. In addition, most of the injuries recorded were in the middle of the season, which had a strong impact on his results during the second phase. To this end, for the achievement of the objectives, the author traces these different elements:

Sports accidents and their management have been analyzed by many researchers around the world. Among these, we can cite Albert Carron & Selye-Hans SELYE (2009) (1) who conducted a rather interesting study on sports accidents occurring in football and their management in Canada. Thus, after having dissected the main types of accidents and their reaction, they focus their attention above all on the types of stress that result from them. This is what leads them to propose multiple solutions to remedy it. If these authors focus their attention on the purely psychological dimension, they ignore the social aspect which also has a great influence on the recovery of the athlete. There must also be the prophylactic dimension that always accompanies psychological treatment. Beyond Richard. and H COX (2005) (2) were interested in the psychological manifestations caused by previous accidents in athletes.

According to the latter, the decrease in the performance of athletes is closely linked to the effects of previous accidents which are also the basis of new accidents. As an illustrative element of their study, they take in particular the case of the French international Djibril Cisse who, after suffering an injury in 2006, not only missed the World Cup but also did not find himself again throughout the rest of his career. Like the former, the latter also take little account of the athlete's social environment, which we believe is very important for his recovery. So, this aspect is a very important element for the very rapid return of an athlete, especially at a high level (3). To this end, the author, after a careful study and a rigorous review of the various dimensions, considers that it is necessary to see these sports accidents in a multidisciplinary way. Consequently, he thinks that it is necessary to take into account the biopsychosocial characteristic of the human being to identify any care strategy, hence his choice on the psychosocial management of sports accidents.

## II. METHODOLOGICAL APPROACH

Like any applied research, the author had to develop a methodology that is based on two fundamental approaches, including documentary research and field research. In the documentary research, the themes addressed are: The psychosocial approach to sport, the psycho-social aspects of sports accidents, sports accidents, the operation of football clubs, the psychosocial management of sports accidents and others. As for the field survey, it was based on: the questionnaire which was used to capture the feelings of managers and technical staff, the interview guide used in the context of confirming the data collected and was applied to players, parents of players and finally, the observation grid to situate the Jeanne Arc of Bamako in its natural environment in relation to the management of sports accidents in all objectivity while maintaining anonymity(4)

### Sampling

The sampling technique used was that of stratified randomness. Therefore, it is retained as a sample twenty (20) players among the holders of the Jeanne Arc of Bamako, twenty (20) parents of players, three (3) members of the technical staff, the team doctor.

### III. DATA ANALYSIS AND INTERPRETATION

Through the different instruments applied, the following data were obtained as results:

Analysis of the speeches of players and parents of players.

- The distribution of players by position:

First, it clearly appears that the 30% of players surveyed are attackers against 40% of midfielders including 3 receivers and among them also we have the presence of 20% of defenders against 10% of goalkeepers, all amateurs.

- General situation of parents of players.

Like players, parents of players present different manifestations.

First, the interview held with them reveals that 60% of them have a level of education less than or equal to the fundamental study diploma that is, they are between the 6th and 9th grade. There are 20% who have a level between the fundamental study diploma and the professional aptitude certificate another 10% have a university level and the rest of the 10% say they have not gone to school. Then, 30% of parents of players say they are civil servants against 70% exercising a liberal profession. Finally, 30% of parents surveyed are women compared to 70% of men. This peculiarity owes its cause to the socio-cultural situation of women in the study environment and especially to their positions in the so-called traditional family. Below table number one for more statistical details on the parents of players of the

The main sports accidents that have occurred at the Jeanne d'Arc club in Bamako according to the players and the parents of players:

The analysis of the players' answers shows that 100% of the players surveyed were victims of sports accidents. On this, the accidents vary according to the actors. First, joint injuries constitute 60% of injuries. Therefore, the most affected part is the knee with it alone more than half of the joint 60%, followed by the ankles and wrists. These data are supported by parents' statements.

#### Psychosocial impacts of sports accidents.

In the light of the results, we have a direct impact on the players: The players say they have: discomfort, boredom, lack of motivation, low morale, slow contraction of muscles, doubt, worries, mistrust, lack of self-esteem, social embitterness, pensive spirit, disgust, weakened social ties, loss of dexterity, skill and lack of concentration. However, the technical coaching speaks of the loss of confidence, creativity, football feeling and the different perceptions specific to football. Also, he explains to us the decrease in the different types of neuromuscular contraction. Technically, he speaks of a lack of good finishing, especially in decision-making and a lack of fluidity when choosing options.

It sometimes happens that players get angry and have a lack of appetite, insomnia and it is difficult to understand them, say some parents of players. While others claim not to have noticed or paid attention. The impact on the player-technical management relationship: On the other hand, the members of the technical management attest that they react to the injured with a reorganization of the work plan and with changes in staff. The reason for these changes is based on the need to win. Which means they don't have enough time to take care of the entire squad. In the same way, 90% of parents say they are not interested in this state of affairs because it does not attract their attention against 10% of them who say they are on it from some member of the technical supervision.

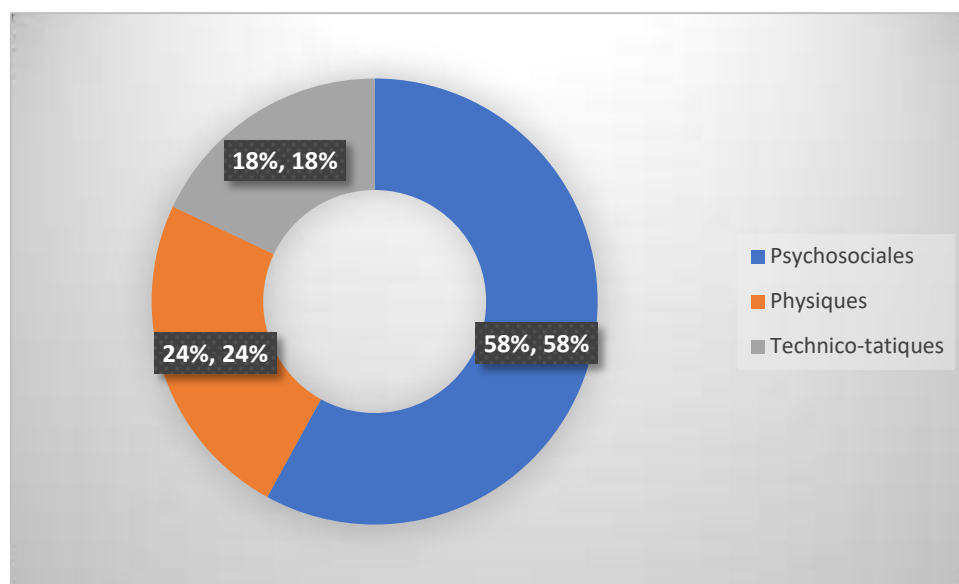
Impact on player-club relationship: most players don't like the club very much. Above all, they question the mode of operation and the lack of qualified human resources. First, in relation to the mode of operation, they index as a problem the absence of a contract binding the two parties. Then, as for the lack of resources, they point out above all the absence of a qualified doctor, a trained physical trainer and a competent manager. The

impact on the parent-club relationship: the parents are very above the organizational behavior of the Jeanne Arc of Bamako. They specifically evoke the lack of attention and rapprochement of the leaders of the club. Again, they question the humanism of the leaders.

### Consequences of sports accidents

Following the documentary and field analyses, it was possible to see the consequences on three fundamental axes already indicated in the analysis of the qualitative data: the psycho-social consequences, the physical consequences and the technico tactic consequences. The psycho-social consequences generally constitute sequelae of the different types of accidents. They largely depend on the environment and the individual characteristics of the injured person. As for the physical consequences, they cause a net decrease in the various physical capacities (reactions, resistances and forces). However, the technico tactic consequences come directly from the different sports. The data collection made it possible to re-establish a quantitative comparison. It emerged from these instruments that the 62% of respondents from the various actors affirm that the psycho-social consequences are the most exhilarating within the Jeanne Arc of Bamako and that they are also the most difficult to prevent in the club given the multifaceted problems. The other 38% are divided between the physical 20% and the technical-tactical 18%. As it progresses, this situation manifests itself in the following graph.

**Graph 1: the predominance of the consequences of sports accidents**



Personal source: *The socioeconomic consequences of sports accidents*

The various data show that the actors (36%) attach more importance to conflicts, loss of work (34%) and dependency (30%). The economic aspect is represented by an economic dependence of 25% of players during convalescence while at the same time 55% lose their bonuses by not being called up for matches. The other 20% talk about stopping training and their work outside of sport. Through these data, it clearly appears that players are much more exposed to conflicts during convalescence. Added to this is the loss of work generally caused by the player's immobility when going to work or supporting physical loads. To this end, all these aspects have as consequences the physical and economic dependence of the player.

Accident report and result of the Jeanne Arc of Bamako.

The figures obtained show that sports accidents greatly influence the result. Through the table below, we see that the higher the number of accidents, the lower the result.

**Table XV: Accident report and result of the Joan of Arc in Bamako.**

Years	Number of accidents	Results
2010-2011	17	5th
2011-2012	8	3rd
2012-2013	24	2nd

Personal source

Solutions to remedy sports accidents:

According to the administration: To fight against the psycho-social manifestations of injured players, 50% of the administrators propose psycho-social management against 15% technical and finally 35% medical. This state of affairs explains the importance that the administration attaches to the psychosocial management of sports accidents.

According to the technical staff: 75% of the members of the technical staff propose the creation of a medical team as a solution. However, 10% propose the involvement of parents and finally the other 15% propose that of the administration.

#### **According to the players**

The players propose as solutions to fight against sports accidents: being in contact on the psycho-social level, they also propose the multiplication of visits, telephone calls, advice, moral assistance, the management of basic needs so that the player can stabilize, make players aware of the importance of strict compliance with the rules of game and technical precautions to take before matches, follow the warm-up and stretching to the letter, apply the various aptitude tests for matches. These same words almost recur in the different speeches as we can see here in Staff's speech: "we must take precautions, talk to each other, the players, avoid shocks, pay attention on the field and be fresh sportsmen. For the leaders, closely monitor the players (especially family conditions) and establish the application of psychological tests at the start of training sessions and matches" in the same sense, administration staff affirm: "one should never cheat during training, especially at the start of the season, and to avoid headline faults." recounts the first and for the second: "the leaders must do everything so that the team can have consistent technical support with the various sports specialists"

#### **According to parents of players**

In addition to these two direct actors, most parents suggest having a substantial staff, being serious, available, intelligent and having a framework that takes care of the players very well mentally and physically. Again, they propose to sensitize all direct or indirect actors. However, the other party claims to have no answers to give. For more confirmation see these speeches.

Manager of the Club considered that "To avoid sports accidents, players must be in very good physical, mental and material condition. Parents must also be made aware so that the child can lead a real sporting life. "the Staff:" the Jeanne Arc must have a structure more organized and adapted to the realities of sport, a qualified coaching staff (have the pedagogy, the love of work and the technical knowledge) and involve the parents of players in the management of the club "

## **IV. DISCUSSION**

Scientific research being a continuity, the perpetual verification of the different hypotheses is also a must for all researchers concerned about the scientific future. To this end, the analysis of the qualitative and quantitative contents allowed the author to verify the hypotheses. This confirmation was made through the comparison of data. However, the first hypothesis (the psycho-social effects of sports accidents are due to the lack of psychosocial treatment) was confirmed as follows: First, the various authors (Andersen and Williams (1998), Richard. H COX) (5) consulted and the different

speeches made by respondents (players, parents of players) show that the psycho-social manifestations of sports accidents are mainly due to extrinsic factors (Thélot B, et al (2015)(6) environmental factors: unsuitable training equipment, risks of exposure (level of practice, position, protective equipment, playing time). Then the respondents (player, parents of players, technical supervision) affirm that after an accident, the administration does not play its role in complicity with the technical team. Again, they point out the lack of involvement of the parents of players in this process, something which is essential. Finally, the observation carried out within the team for weeks, reveals the total absence of medical teams and a lack of assistance. Added to this are the concerns that the players have with each injury, as AD attests to us here "every time I get injured, I have worries because I can't say in advance that they take me have in charge. However, statistics show that 65% of administrators and technical staff also agree. This poses a deficit of characterization of psychosociological profile (INCHAUSPÉ I et al 2010) (7).

So, in the light of the data we find that the second hypothesis (The psycho-social effects of previous sports accidents that occurred at the Joan of Arc club in Bamako cause other sports accidents) has been confirmed. As a result, it emerges from the quantitative data that the psycho-social aspect constitutes 67% of the causes of accidents. On the other hand, the interviewees think that the old accidents constitute a factor provoking another accident as it is possible to note here through the words of SB: "often when you come back from an injury, there is another injury which arises to protect the old injury too much or it is the same injury which relapses following the bad execution of an exercise" also the authors studied affirm through the intrinsic factors can be: Age, gender (man, woman), index of body mass (BMI or BMI), old injury: Through a poorly healed previous m Again, the authors consulted abound in the same direction when saying these: the way in which an athlete recovers from an injury conditions his influence on the stress response to the stressful sporting situation. Athletes worried about a recurrence of an injury wonder if they have fully recovered from a previous injury, are more vulnerable because they will tend to get distracted by this thought and will not be well concentrated. Finally, the last hypothesis (the psycho-social management of sports accidents occurring at the Jeanne d'Arc club of Bamako reduces the effects of accidents among athletes) was confirmed by all the actors in one way or another. other. Firstly, starting from the qualitative data, the participants declared the following impressions: according to the players, as attested by "we must take precautions, talk to each other, the players, avoid shocks, pay attention on the field and be fresh sportsmen. For leaders, closely monitor players (especially family conditions) and establish the application of psychological tests at the start of training sessions and matches" as for parents, as we see here: "To avoid accidents athletes, it is necessary to put the players in very good physical, mental and material conditions. Parents must also be made aware so that the child can lead a real sporting life. "Staff:" the Jeanne Arc of Club must have a more organized structure adapted to the realities of sport, qualified supervisory staff and involve the parents of players in the management of the club" uscle injury, we witness the decrease in physical fitness and neuromuscular performance.

In view of the works used, (Schacter (1959), Dollar, Selye-Hans SELYE and Andersen (1998) (8) it appears that when an athlete suffers an injury, it is vital that it be diagnosed quickly and correctly and that it recover as quickly as possible. The process of regaining good physical shape after an injury requires teamwork made up of doctors, physiotherapists, psychosociologists, the trainer and the athlete. However, the analysis and the interpretation of the data obtained at the Jeanne Arc of Bamako reinforce the same statement of the great authors studied. Indeed, the statistics of the club's sports accidents clearly demonstrate that psychosocial management is a solution. The reason for this statement is to be found in the very context and problematic of this research. In fact, if most of the injuries recorded during the first years did not exceed three to four weeks of treatment, this is the ongoing phenomenon. It is rare to see in recent seasons a season when more than half of injury cases (about 54%) have dragged on for more than two months (60 days). This is not without consequence on the performance of the team. In addition, which are clearly explained through the words of the various direct or indirect speakers of the club.

## V. CONCLUSIONS

The study and meticulous revision of the documents made it possible to expose the history of the process of psychosocial management of sports accidents while highlighting the most frequent causes and the most usual methods of management.

At the end of this research, it seems obvious that the lack of control of management strategies for the psycho-social aspects of the injured, such as the lack of involvement of the actors, the lack of consideration of the leaders towards the players, accentuates the phenomenon of the psychosocial manifestations of the injured players of the Jeanne Arc of Bamako.

The diagnosis carried out at the Jeanne d'Arc club of Bamako shows that the lack of psycho-social management causes consequences in injured players such as: disgust, lack of courage, aggressiveness, uncertainty, loss of sporting form, the effect of club results and the urge to leave the sport for good.

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