International Journal on Management Education & Emerging Technology
ISSN: 2583-9438

A Study of Lived Experiences of State Colleges And Universities Athletic Association - NCR Athletes After An Injury

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Abstract

Sports injury pertains to injuries that mostly occur during a sport or an activity and mostly happen to people who have an active lifestyle. This research focuses on the athletes from State Colleges and Universities Athletic Association-NCR (SCUAA-NCR). It aims to know how an injury affects the athletes and by understanding their lived experiences since there is little to no data about the experiences and effects of an injury to those injured SCUAA-NCR athletes. This study utilized a qualitative approach focusing on interpretative phenomenological study. The total key informants of the study involved 14 SCUAA-NCR athletes. Data was gathered through face-to-face interviews utilizing open-ended questionnaires. Results show that the majority of the key informants stated that their injuries lean more on the positive side where they set their injuries as an inspiration on working with their affected area. The study emphasizes that their injuries mostly occurred from their training or during their game. They also stated that being a student-athlete or a player in general entails injuries, therefore they must embrace this type of situation that may occur more than once in their career. Being passionate about their chosen sports did not alter their perspective; rather, it strengthened their discipline to prevent the accident from occurring again.

Article Info

Keywords:
Sports Injury, Sports Event, Student-Athlete, State Colleges, and Universities Athletic Association (SCUAA), Lived Experience..

Date of Submission: 1/04/2024
Date of Review: 30/04/2024
Date of Acceptance: 13/05/2024
IJMEET / Volume 2, Issue 2, 2024

INTRODUCTION

Sports injury pertains to injuries that mostly occur during a sport or an activity and mostly happen to people who have an active lifestyle (National Institute of Arthritis and Musculoskeletal and Skin Disease [NIAMS], nd). A lot of sports injuries are caused by overuse of muscles or joints or trauma in the musculoskeletal system and there are two [2] categories which are acute and chronic (John Hopkins Medicine, nd). With this information, athletes are more prone to sports injury since they are active individuals.

Sports injuries, acute or chronic, affect the physical state of the athlete but they also affect their mental state. In an article entitled "Psychological Responses to Sports Injury" by Brewer (2017), aside from physical demands of the body after an injury, psychological effects play a big role on the athlete such as pain that was felt, behavior, and preparedness to return to the event. It is notable that pain, or specifically post-injury pain, can be resolved with surgeries and rehabilitation within the time given or prescribed by the physician. However, the responses in terms of cognitive and emotional ones demand a different approach where addressing negative emotions is the priority in order to process the positive ones. It is also mentioned that some athletes have stated their coping mechanisms such as trying to live how they lived before, isolation, and doing other activities for a sense of distraction (Brewer, 2017). Some athletes practice social support from designated personnel, apply for rehabilitation programs, or even learn from what happened to them.

In the Philippines, mental illness is widespread among athletes. It is expected that Filipino athletes to be mentally tough which further worsens the stigma of pursuing psychological support (Alberto, et.al., 2021). Consultation, therapy, and medication are also expensive in the Philippines so not everyone has access to it or can pay for its price (Arnaldo, 2021). The mental health state of athletes was not given the same attention as the physical state of their body whenever they encountered an injury. Commonly, the top priority would be the fast recovery of the physical condition, thus setting aside mental health.

There are articles from other schools that have a similar topic about sports injury and the athletes' experiences but most of them are focused on the well-known university/college level athletic association which are the National Collegiate Athletic Association (NCAA), the oldest league in the Philippines, and University Athletic Association of the Philippines (UAAP), the country's top and popular league. An example of the article is about a UAAP school, DLSU, having physical therapists to prep athletes for the upcoming competition, having regular consultations with the injured athletes, and supervising the mental health of these athletes (Abaniel & Julia, 2020). The same thing with other UAAP and NCAA schools where they provide treatment and rehabilitation to their athletes (Bautista & Estrella, 2021; Dabu, 2018; Olivares, 2009; Atlas, et.al., 2007). As for State Colleges and Universities Athletic Association – National Capital Region (SCUAA – NCR), there are not many articles or research studies regarding the research's chosen athletic association.

For this study, the researchers will focus on the athletes from State Colleges and Universities Athletic Association – NCR (SCUAA-NCR) for the reason that a lot of athletes from these schools may compete internationally; being a potential candidate for national athlete. The study aims to know how an injury affects the athletes and by understanding their lived experiences because there is little to no data about the experiences and effects of an injury to those injured SCUAA – NCR athletes. In conducting this study, there will be a greater understanding of the situation experienced by the injured SCUAA – NCR athlete and how they manage it. It will also enlighten the affected people about what is lacking and what needs more attention in the long run, not only for the betterment of the current state of the student-athlete but as well as for the future.

LITERATURE REVIEW

CHAPTER 1

THE PROBLEM AND ITS SETTING

This chapter presents the following: the introduction, which introduces important details that establish the general context of the research; the theoretical and conceptual framework, this is where the theories, concepts, and the main foundation of the research located; the statement of the problem, this refers to the topic and problems which the research will focus on as an area of concern; the scope and limitation, this describes a the parameters of the research; the significance of the study, refers to the contribution and benefit of the study to people in the target field; and lastly, the definition of terms, this is where the important words in the research are defined.

THEORETICAL FRAMEWORK

The research topic is being supported by Richard S. Lazarus' theory called Cognitive Appraisal Theory. The Cognitive Appraisal Theory is also referred to as the Appraisal Theory of Emotions.

Richard Lazarus was a New York-born American psychologist who was born on March 3, 1922. Lazarus proposed the concept of cognitive appraisal, in which the brain evaluates the situation first, resulting in an emotional response. For example, when an athlete sprains their ankle, the first thing that comes to mind is whether they will be able to play again. It is normal for them to worry about their training, but the action that will be taken in this situation is to let their injury heal or undergo rehabilitation. Relating cognitive appraisal to sports, after an injury, an athlete's well-being suffers for a range of reasons, causing them to develop trauma from their injury. According to Beyond Blue, one in three athletes is likely to experience depression after an injury. Rehabilitation plays an important role when it comes to assisting their athletic performance to get back on their usual form, while dealing with psychological disorder(s) requires professional help from a sports psychologist. On the other hand, these indicate that rehabilitation is not the crucial part of recovering but being optimistic about their situation. In some cases, athletes tend to embrace the situation and help themselves focus on the things that will help them get back to their normal state. If athletes see the situation as a challenge, they may feel that they have to overcome it, have control over that situation, and set their mind to look forward and have a positive mindset. Cognitive appraisal theory is a sequence of events that involves a stimulus followed by feelings that leads to the simultaneous experience of their reaction and emotion.

CONCEPTUAL FRAMEWORK

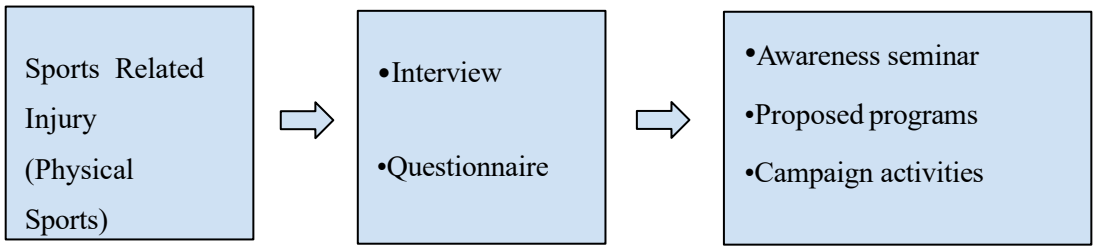

Figure 1.0 The Paradigm of the Study

The researchers aim to study the lived experience of SCUAA – NCR athletes after experiencing an injury. In order to find this, the researchers will conduct an interview with a guided questionnaire This may be via online conference using Zoom Application or Google Meet meetings if in cases that the respondent is not available for a face-to-face setup. The researchers will use an electronic device to record the interview between the researchers and key informants. The key informants are also focused on those athletes who experienced an injury. Thus, the data gathered will help the researchers initiate awareness seminars for coaches, athletes, and parents. The gathered data will also help the researchers implement programs for established organizations in relations of information, dissemination, and awareness. The gathered data will also help the researchers advocate campaign activities based on testimonies by the athletes.

STATEMENT OF THE PROBLEM

Athletes getting wounded are inevitable. Injuries experienced by athletes are a major stressor that can lead to significant challenges and stress sparks off changes to the habitual functioning of the brain, resulting in a decreased flow of information between our thoughts and our actions. An athlete's response to injury can extend from the time immediately after injury past to the post injury phase and then rehabilitation and ultimately with return to activity (Herring, 2012). Such responses include harmful factors that athletes will normally feel and can cause psycho-social pressures which make athletes experience enigma and doubt about what they feel is necessary to do in order to come back better than before. It is not brand new that seeking care mentally is an obstacle to athletes. Studies show that athletes are less likely to seek help for mental health issues than non-athletes, may be accustomed to working through pain or the stigma still surrounding them that seeking treatments from mental health services or counseling is a sign of weakness. Given also the fact that not all are

privileged enough to experience accessibility, social support is an important approach as it promotes problem awareness and a gateway for athletes to be heard.

The study aims to focus on the lived experience of State Colleges and Universities Athletic Association (SCUAA) - NCR athletes after an injury. The following questions are formulated to act as a guide to the researchers conducting the study.

1. What is the demographic profile of the respondents?
   1.2 Sports Event?
   1.2 Sports Injury?
2. How did the injury occur to the SCUAA – NCR athletes?
3. How does the injury affect the daily life of the SCUAA – NCR athletes?
4. What are the changes in the student athlete's perception in playing after an injury?

SCOPE AND LIMITATION

The research primarily focuses on the study of the lived experience of State Colleges and Universities Athletic Association – National Capital Region (SCUAA – NCR) athletes after their injury. SCUAA – NCR schools are the following: Eulogio "Amang" Rodriguez Institute of Science and Technology (EARIST), Marikina Polytechnic College (MPC), Philippine Normal University (PNU), Philippine State College of Aeronautics (PhilSCA), Polytechnic University of the Philippines (PUP), Rizal Technological University (RTU), and Technological University of the Philippines (TUP). The research will also focus on the lived experiences of SCUAA – NCR athletes who experienced sports injuries. There will be no gender and age restrictions as long as they are qualified for what was mentioned above. There are three [3] research instruments that the researchers utilized to collect information from the key informants: a questionnaire, an interview, and an electronic device. The questionnaire will be used to find out which athletes who play under the State Colleges and Universities Athletic Association (SCUAA) have already experienced an injury, what kind of injury it is, and other guide questions for the interview. For the main instrument in this study, a semi-structured interview will be used to collect data among the informants, the interview will be asking open-ended questions that will focus on the experience of the athlete. The researchers will use an electronic device to record the interview which may be held online or in a face-to-face setup depending on the interviewee's schedule.

SIGNIFICANCE OF THE STUDY

The goal of this research is to study the in-depth lived experience of SCUAA - NCR athletes after an injury. Exploring this research may help the SCUAA athletes, coaches, and involved personnel in having the proper approach and resolutions that will help the athletes recover properly.

Students. This research will help the non-student-athlete understand the situation of their co-student-athlete. The result of this study will be set as an assistance with their academic responsibilities ahead.

Parents. Parents can also benefit from this research in a way that will help them be aware of the lived experience of athletes who suffered injury and how they recover from it. Parents will be aware of their child's behavior with regard to the possible psychological effects of their child after an injury to understand and help their child to cope with it.

Coaches. Coaches can benefit from this study as this will be a tool to know and understand the lived experience of an athlete after an injury and the possible psychological struggles and how it affects them as an athlete. The Polytechnic University of the Philippines. Polytechnic University of the Philippines - College of Human Kinetics Department can use this research to be aware of the lived experience of an athlete after an injury and help their student-athletes in guiding them all throughout their rehabilitation process.

Future Researchers. This research will help to have knowledge and understanding of the lived experience of an athlete after an injury. This will also help them to have a foundation for their research.

DEFINITION OF TERMS

The following terms are defined based on their usage in the study:

Athletic Performance. This word pertains to the physical and mental effort of an individual or a sports team to win and defeat the other person or team (Çakiroğlu, 2021).

Psychological Effects. This word pertains to the effects caused by environmental or biological factors on an individual's social or psychological aspects.
Rehabilitation. This word pertains to the action of restoring someone to normal life through training and therapy after an illness or injury.
Sports Injury. This word pertains to injury obtained when doing sports, exercise, or athletic abilities (Cleveland Clinic, nd).
Sports Psychology. This word pertains to "proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations" (APA, nd).

CHAPTER 2
REVIEW OF RELATED LITERATURE AND STUDIES

This chapter presents the related literature and studies which contain articles, researches, and journals that provide important information that are relevant to the research itself.

MENTAL HEALTH

Mental health is a state of mental well-being in which mental disorders and the mental state associated with stressors coexist. Mental health also influences how a person manages stress and makes decisions. According to the World Health Organization (WHO), mental health is "a state of well-being in which the individual realizes his or her own abilities and can cope with the normal stresses of life. People with mental health problems are more likely to experience low levels of mental well-being, but this is not always the case. Stressors or mental health risks can be found everywhere; these risks affect most people and lead to mental health conditions. The mental well-being of an athlete can have an impact on their performance. It can be a distraction if their mind is filled with thoughts in which they overthink possible outcomes during competition. This will only increase the pressure to perform well. The mental health of an athlete is a priority, but it appears that they are not being supported.

In the study of Purcell et al., entitled "Mental Health In Elite Athletes: Increased Awareness Requires An Early Intervention Framework to Respond to Athlete Needs" , the researchers mentioned that mental health literacy programs should be provided to athletes, coaches and high-performance support staff to help in creating a culture that values enhancing the mental health and wellbeing of all stakeholders. Programs should also be offered to the athlete's family or friends to build their capacity to identify symptoms and encourage help-seeking, particularly as these are the individuals from whom athletes will initially seek help and support. Engaging an array of individuals, including organizational staff, in these programs broadens the reach of mental health literacy within an athlete's (or sport's) ecology. There is a figure presented to show a sample of program structure that can show each phase the athlete has to take. This delivery method is preferred given the opportunity for qualified facilitators to discuss and explore athlete questions or concerns (especially regarding confidentiality and the implications of help-seeking for selection) and to potentially problem-solve together which means it may help them be vulnerable towards their emotions/feelings and that can benefit them all throughout the process, alongside with a good support system.

The stereotype towards an athlete's mental toughness fuels the stigma of seeking psychological support. Data from Mental health services in the Philippines shows that 3–5% of the country's total health expenditure is appropriated towards mental health, resulting in high out-of-pocket costs. Not to mention the shortage of mental health professionals and facilities in the country, with only 0·52 psychiatrists, 0·07 psychologists, 4·95 psychiatric hospital beds, and 0·02 community-based mental health facilities per 100 000 people, which only means that the stigma has influence to substandard resourced mental health care. As stated by Reardon CL (2019), a positive psychosocial development and practical perspective should be encouraged. Starting by discussing topics about athletes' adaptive coping mechanisms, self-management skills, psychological flexibility, and self-compassion for inevitable high-stress situations; Highlighting mental wellness stresses that mental health of athletes must be prioritized as much as their physical health.

REHABILITATION

This terminology is commonly encountered after a person with a health condition wants to still be productive and have the ability to do his/her daily activities prior to the condition. The World Health Organization (WHO)

defined rehabilitation as a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment. The rehabilitation process can help determine whether an injured athlete can safely practice and compete again. The goal of rehabilitation in sports is to ensure that athletes are fully recovered from their injury. It is essential for an injured athlete to undergo rehabilitation because the purpose of it is to address the injury and help them return to their normal form while also strengthening their body. Rehabilitation is focused on enhancing physical capacity and minimizing chronic diseases.

Rehabilitation is a process that includes programs where it should be able to offer both physical and mental therapy. In a study, researchers have proposed a framework where a basic program content should cover (i) athlete- specific and general risk factors that can increase susceptibility to mental ill-health; (ii) key signs or symptoms of impaired wellbeing; (iii) how and from whom to seek help, both within and outside the sport; and (iv) basic techniques for athletes to self-manage transient mood states or psychological distress, such as relaxation techniques, adaptive coping strategies, self-compassion and mindfulness. The researchers mentioned that mental health literacy programs should be provided not only to athletes but also to coaches and high-performance support staff to help create a secure environment or support system for all stakeholders. It should also be furnished towards the athlete's family or friends to build one's capacity in identifying symptoms and encourage help-seeking which can assist both parties particularly as these are the individuals that the athlete will want to seek help and support. Engaging an array of individuals in these programs broaden the reach of rehabilitation within an athlete's ecology.

Druvenga (2017), in her journal entitled "Sports Psychology in the Rehabilitation Process" "Sports are 10% physical and 90% mental" this is a famous phrase used by people in the sports industry. It is crucial for athletes to acknowledge that they are not alone in their rehabilitation process; seeking professional help is the best option for them when difficulties arise. A sport psychologist can help athletes who are frustrated by their injury to lift their spirits while they are having a difficult day in rehabilitation and to set achievable goals. Khelifa and Wagman (1996), states that it is critical to achieving the ultimate goal of recovery and resumption of normalcy, in competition requiring athletes to be physically and mentally rehabilitated psychologically. Despite this, the majority of coaches, athletic trainers, and athletes lack both knowledge and skill in psychological rehabilitation. Acknowledging the significance of psychological rehabilitation can help with the healing process of the athlete. Most people forget that an athlete's rehabilitation process is not only focused on the physical; it is also beneficial to an athlete's mental health to focus on psychological rehabilitation; this will strengthen the athlete's will to return to competitive play.

INJURIES ON ATHLETES

As stated by Bahr and Krosshaug (2005), regular physical activity lowers the risk of early death and, specifically, the risks of coronary heart disease, hypertension, colon cancer, obesity, and diabetes mellitus. Though, for elite and recreational athletes, they are at risk of a sports injury. Other studies also stated that practicing sports have significant benefits on the athletes' body and mind but they are still susceptible to sports injury due to their active lifestyle (DLSMC, nd; Prieto-González, et al, 2021). According to the study "Psychological Impact of Injury," conducted by Hart (n.d), injuries are devastating experiences, especially to the athletes' physical and psychological well-being. At some point in their careers, athletes think of stopping doing the things they truly love. Physical therapists describe rehabilitation as a death sentence. There is research that shows injured athletes feel the five stages of grief response: denial, anger, bargaining, depression, and lastly, the acceptance stage. Mental toughness plays an important role in every athlete's ability to bounce back after an injury and be able to recover faster while maintaining a positive mind set. Recovering is not all about recovering physically; it also has to be emotionally. This requires overcoming those stages of grief, hoping, and choosing to have strength in facing their injury. Aside from their family and friends, having someone to rely on who knows the field that they are on is a big help for athletes to not feel alone in their journey as they overcome their injury. Having a sports psychologist on their team will make a big impact on their mental state as it counts as social support. Injury specific rehabilitation protocols are being practiced worldwide but need to be introduced according to the nature of the sport as well as available facilities.

Injury is often seen as an unfortunate circumstance that causes notable distress and has the possibility to precipitate the emergence of new or exacerbation of underlying psychological disorders. Athletes going

through an injury can experience several factors such as cognition; affect and behavior are all inter-related and can also affect each other in the short and long term. Of course, athletes differ in their response to injury. It extends from the time immediately after injury, to the post injury phase then rehabilitation and ultimately with return to activity. In some cases, injuries lead to a career ending path and this can cause a huge shift to an athlete's mentality. That is why professional help is advised so that a healthcare provider can address such issues as they are known to take the responsibility for the return to play decision and for explaining psychological issues; a very important component of this decision.

SPORTS PSYCHOLOGY

Simkus (2022), in one of her published papers entitled "What is Sports Psychology" under Simply Psychology Organization, defined sports psychology as the study of "psychological factors that influence athletic performance and how participation in sport and exercise affect the psychological and physical well- being of an athlete." The relationship between sport and exercise and psychology can help improve an athlete's performance and mood. According to the American Psychological Association (2008), sport psychology uses psychological knowledge and skills to address optimal performance and well-being of athletes, it develops the developmental aspect of sports performance, organization, and settings. It is a specialized knowledge where a sports psychologist utilizes strategies and procedures to address the distresses of athletes and other sports officials. They often use cognitive and behavioral skills training to support them in enhancing their performance. The goal of this training is to exercise the brain in processing, analyzing, and improving their attention skills. In an article entitled "Where It All Began: The History of Sport Psychology Research", Becker (2015) discussed that sport psychologists can now specialize in either research or application. Although sport psychology is progressively popularized, it's still not as common as counselling and therapeutic psychology. This is most presumably due to psychology's history of being associated with mental illness, as well as an absence of recognition that sports psychologists live and encourage athletes to achieve their objectives every day.

Just like the other specialists, sports psychologists focus on the needs of the athletes with their mental health perspectives. According to the American Psychological Association, if the athletes have coaches and trainers on their specific sport or event, in return, athletes have their own specific person to attend to their mental health needs. In this view, we need to understand that having a healthy mind set will also help the athlete to reach its goal.

Aside from training your physical health and how you perform in and out of the field, a sport psychologist's role is to have your mental health at its best in executing all the athletes' physical activities. One of the examples of this is helping them to cope up with the pressure of competitions or tournaments. Clouded thoughts may really affect how the player does in the field. Another point that helps them is after encountering a traumatic event such as having an injury, it doesn't only affect the physical parts but also how they commit to their sport.

PSYCHOLOGICAL AND EMOTIONAL RESPONSE

The common major stressor for athletes is injury. Student athletes handle their academics as well as their athletic demands, and this requires time management to maintain balance. Balancing academic performance and athletic performance both at the same time can be exhausting for student athletes, and being injured can increase the factors that make this a major stressor. Putukian's (2016) research, entitled "The Psychological Response to Injury in Student Athletes: A Narrative Review with a Focus on Mental Health," states that the emotional or psychological response of an athlete to their injury can cause mental health issues (e.g., anxiety disorder, depression, and suicidal ideation). They consider seeking help from professionals in relation to their mental well-being to be weak, the common idea of this is that they should be able to get through these psychological challenges to get better. Athletes often develop unhealthy coping mechanisms in response to their injuries. The psychological responses of an athlete can cause complications in their rehabilitation process, as this process requires both physical and mental health. That is why knowing the mental state of an injured athlete is important, as this injury can be traumatizing for them.

LIVED EXPERIENCE

An individual's direct experience, as well as the information gained from those encounters and choices, is referred to as lived experience. According to Wilhelm Dilthey's philosophy, are based on lived experiences, which distinguishes them from natural sciences, which are all based on scientific experiments. The primary goal of phenomenology research is to investigate lived experiences. The purpose of this type of research is to explore beyond lived events as facts to uncover their meaningful interpretation. Reflecting on a continuing experience is not what lived experiences are about. It's more of a recollected approach, in which an experience is shared and thought on after it's over.

CHAPTER 3

METHODOLOGY

This chapter presents the methodologies of the research that includes the following: the research design, this is the framework of research methodologies and techniques chosen by a researcher to undertake a study; the sampling technique, the techniques where the researchers select individuals as their respondents in their study; the research instrument, it is a tool that measures and analyzes data that are related to the research topic;
the data gathering procedure, is a process of gathering data that are needed to find answers to the research problems; and lastly, the ethical consideration.

RESEARCH DESIGN

The researchers of the study will utilize the qualitative method wherein it aims to discuss and analyze the underlying concepts or phenomena. Specifically, the researchers will follow the phenomenological study type of qualitative research all throughout the conduct of the study. Interpretative phenomenological analysis, also known as IPA, is the qualitative approach that the researchers will use for this study because it involves exploring and investigating a phenomenon that has affected an individual and learning from those lived experiences. IPA is mostly used for studying topics that are complex, ambiguous, and emotionally laden (Smith & Osborn, 2015). The research is about knowing the athlete’s experience after an injury, since there are different factors that may affect different people, with the use of IPA, the researchers would be able to interpret the accounts of people based on their lived experiences about the matter.

TRADITION OF INQUIRY AND DATA GENERATION METHOD

Sampling is a process where the researchers select a portion from the target population at the center of the researchers’ study. The researchers will use purposive sampling which is a non-probability sampling method. The sample size will be derived from the population of the SCUAA athletes currently studying in their institution during the run of the study. To determine the number of respondents, the researchers will use the purposive method of sampling in which the researchers will conduct a survey to find out who are the student athletes who have experienced an injury in their career. Student athletes who have experienced an injury will be chosen as members as part of the final sample. Some research suggested interviewing 6 to 12 subjects to reach data saturation (Fusch & Ness, 2015). Other participants, according to Guest, et al. (2006), it can be sufficient for qualitative analysis, particularly in terms of data saturation. Data saturation is a tough notion to quantify and characterize (Fusch & Ness, 2015). According to Guest et al. (2006), data saturation occurs when the researcher can no longer generate data, topics, or codes. Furthermore, the saturation point suggests that the study can be reproduced (O'Reilly & Parker, 2013). According to Crouch and McKenzie (2006), in a qualitative study with fewer than 20 participants, researchers can enhance validity through improving relationships with participants. As a result, when determining an acceptable sample size for our investigation, I kept these characteristics in mind. Every participant will gain significant experience that is unique to them. After which, the chosen respondents will be further interviewed in which they will be primarily asked about their lived experience as a SCUAA – NCR athlete after an injury.

SOURCES OF DATA

The researchers utilize IPA in conducting the research, the main goal of IPA research is to collect primary sources that provide first-hand experiences about a specific phenomenon.
In this study, the researchers will utilize a questionnaire and conduct an interview as instruments in gathering data. According to Roopa (2014), a questionnaire is a series of questions asked to individuals to obtain

statistically useful information about a given topic. An open-ended type of questionnaire will be used for the gathering of data where 15 respondents will answer with open-ended questions. The second instrument that will be used in conducting the research is an interview. According to Easwaramoorthy & Zarinpoush (2016), is a conversation for gathering information and to collect in-depth information on people's opinions, thoughts, experiences, and feelings. The data that the researchers gather will be collected through the respondents' answers to the interview or questionnaire. The researchers will conduct a face-to-face interview to gather in-depth information on their lived experiences. In conducting interviews with the respondents, an electronic device will be used to record the entire interview, which can help the researchers to transcribe their answers verbatim. In case the respondent is not available for a face-to-face interview, an open-ended questionnaire will be utilized to gather information from them.

As cited by (Charlick, McKellar, Fielder, & Pincombe, 2015 adapted from Smith et al., 2009), the seven steps of IPA data analysis.

1. Reading and re-reading: the researchers need to devote a lot of time studying the original data.
2. Initial noting: observations are made when the researcher studies the case and marked in the margin of the transcript.
3. Developing emergent themes: the researcher portions out information pertaining to the notation from observations of the case.
4. Searching for connections across emergent themes: the researchers gather every detail of information and deliberate about how they relate to one another.
5. Moving to the next case: the researchers try to categorize the previous subjects and be open-minded to justify the individuality of each case.
6. Looking for patterns across cases: the researchers will highlight the patterns that are evident if there are recurring subjects in the cases.
7. Taking interpretations to a deeper level: the researchers will attempt to analyze and give an in-depth interpretation of the subjects across the data sets by utilizing theories as a view of the analysis.

INSTRUMENTATION

In this phenomenological study, research questions were formulated by researchers that aimed to have an answer to the problem. Since all observations, interpretations, and analyses are conducted through the qualitative researcher's own personal lens, the researchers are viewed as a tool in the research process. Instruments in this approach are semi-structured interviews and documentation via questionnaire. The importance of the interviews, which may be conducted online or in a face-to-face setting, is to acquire all the necessary information that can help seek a solution to the problem. The questionnaire will only be given if in cases that the researchers' schedule does not meet the interviewee's availability, electronic devices will be needed to record the whole conversation. Although the questionnaire and interview will be conducted in English, participants are given access to respond in a language of their choice.

ETHICAL CONSIDERATION

Over the years, the emergence of ethical guidelines and suggestions are viewed to instruct researchers and institutional review boards on acceptable practices. The information gathered by the research is kept confidential and will only be used as research data which has clear benefits for users and serves the public good. The personal information disclosed by the interviewees protected, information is kept confidential and secure, and the issue of consent is considered appropriately. The data from the interviewees will only be accessible to the advisers, researchers, and panel, this will only be utilized as a component of the study and not in any other procedures.

CHAPTER 4

PRESENTATION, ANALYSIS, AND INTERPRETATION OF DATA

This chapter includes presentations, analysis and interpretation of data which were drawn from the athletes who experienced an injury from schools of State Colleges Universities Athletic Association – NCR. The results of the study were presented in tabulation and were interpreted by the researchers.

What is the demographic profile of the respondents?
Sports Event?
Sports Injury?

Table 1

Responses of the Key Informants on Statement of the Problem No. 1

Key Informants	Response
1. Athletics (Men) – 21 years old	Pulled calf muscle
2. Athletics (Men) - 21 years old	Pulled quadriceps
3. Athletics (Men) - 23 years old	Pulled hamstring, upper glute
4. Athletics (Men) - 23 years old	Bursitis shoulder
5. Athletics (Men) - 23 years old	Sprained ankle
6. Athletics (Women) - 22 years old	Sprained ankle
7. Basketball (Men) - 19 years old	Lower back pain
8. Basketball (Men) - 21 years old	Acute Ruptured Achilles
9. Karate (Men) - 21 years old	Sprained ankle, ACL tear grade 1
10. Table Tennis (Men) - 21 years old	ACL, MCL
11. Taekwondo (Men) - 22 years old	Pulled hamstring
12. Taekwondo (Men) - 22 years old	Strained ankle, pulled hamstring
13. Volleyball (Men) - 21 years old	Hyperextension left knee, sprained ankle
14. Volleyball (Men) - 22 years old	Shoulder impingement, knee

Two (2) out of fourteen (14) informants state that the injury they have experienced while being one of the representatives in SCUAA-NCR involves the upper body, notably the shoulder area, an athlete in Athletics and Volleyball. On the other hand, the remaining twelve (12) informants claim to have an injury that involves their lower body extremities, commonly the affected part would be the knees and ankles. The sports of these student-athletes are Athletics, Basketball, Karate, Table Tennis, Taekwondo, and Volleyball as well.

According to Kay, et al (2017), most injuries sustained by college student-athletes are on the lower part of the body. The most common injuries sustained are sprains, strains, or fracture. There is also an article by Comstock (2015) that indicates the rate of injury in the lower extremities is 57%, 22% on upper extremities, 15% on the neck, face, and head, and 7% on trunk, and the most common diagnosis of the injury is sprain or strain. In the athletics field, 85% of injuries occur in the lower extremity especially in the ankle, knee, hamstring, and thigh, and the rest were in the upper body (Mitra, et al, 2021). It is also said that most common injuries are strain or strain on the muscles or joints. In Basketball, the common injuries are ankle sprains, knee injuries, jammed fingers, calf strain/Achilles tear, facial cuts, thigh bruises, and lower back injuries (Cullen, 2022; Yabe, et al, 2020). For Taekwondo, the common injuries are also sprain or strain in the foot, ankle, knee, and thigh areas (Ji, M.J., 2016). And in Karate, though the most common injuries in the sports event are head and neck injuries but it is followed by the upper and lower body injuries (Pal, S., 2020). And lastly, the common injuries in volleyball are shoulder injuries, knee injuries, and ankle sprains because of contstant use of the upper body, jumping, and running (UPCM, nd).

It can be found in the findings that most of the SCUAA-NCR athletes sustained an injury of strain or sprain especially on the ankle area, and the other injuries are still in the lower body extremities except for the 2 informants that sustained an injury on the upper body extremities.

How did the injury occur to the SCUAA-NCR athletes?

Table 2

Responses of the Key Informants on Statement of the Problem No. 2

Key Informants	Response
1. Athletics (Men) – 21 years old	"Pulled calf muscle" "Before the injury, I gained weight during the pandemic. And during the time that I was starting to lose some, I think a huge weight was transferred to my lower body which made my feet feel heavy."
2. Athletics (Men) - 21 years old	"Strained Quadriceps" "Because of the explosive sprints we do during training."
3. Athletics (Men) - 23 years old	"Pulled hamstring, upper glute" "Overused during training."
4. Athletics (Men) - 23 years old	"Bursitis shoulder" "Too much lateral movement during training."
5. Athletics (Men) - 23 years old	"Sprained ankle" "I got the injury from both training and during a game; the first occurrence happened when we were jogging up and down the stairs and I tripped. Then, during the game, the landing of my foot wasn't right."
6. Athletics (Women) - 22 years old	"Sprained ankle" "When we were jogging and I suddenly stepped on a stone, I sprained my ankle."
7. Basketball (Men) - 19 years old	"Lower back pain" "After my tooth extraction and a three-day rest, I started training again. As I was shooting, I began to feel pain on my back."
8. Basketball (Men) - 21 years old	"Acute Ruptured Achilles injury" "I injured my Achilles during training, It's Acute Ruptured Achilles injury"
9. Karate (Men) - 21 years old	"Sprained ankle, ACL tear grade 1"
	"Ankle injury and knee, more on sprain, actually I'm not sure but based on my own diagnosis, It's an ACL

	tear grade 1.I got both of my injuries during training. In our sports setup, there's a thing we call a jab punch, where we move forward. Let's say my foot is inverse, and all of my body weight goes to that foot. The same goes with my knee; during training, my knee supported all of my body weight."
10. Table Tennis (Men) - 21 years old	"ACL, MCL" "During the tune up game against La Salle, I twisted my knee and luckily I got it back but I got my knee checked after three days."
11. Taekwondo (Men) - 22 years old	"Pulled hamstring" "Let's say I tore my hamstring during training? but not totally because once you tore your hamstring, you can't walk anymore."
12. Taekwondo (Men) - 22 years old	"Strained ankle, pulled hamstring" "My latest injury is a pulled hamstring but last year I sprained my ankle, both of my injuries happened during training."
13. Volleyball (Men) - 21 years old	"Hyperextension left knee, sprained ankle" "During high school I had hyperextension in my knee which I bent my left knee, it happened during a game. I can say that my left knee is still weak ."
14. Volleyball (Men) - 22 years old	"Shoulder impingement, knee" "Shoulder impingement and my knee, it happened during a game when I was in high school and those injuries still affect my performance up until now."

Out of fourteen (14) informants, nine (9) of the responses said that the injury was caused by their routine training while four (4) of the student-athletes shared that their injuries were from the game itself and the remaining two (2) had experienced their injury outside their training and game. These statements show that the majority of the informants experienced the injuries from their training in preparation for their competitions.
Based on the research of Botlz, et al (2021), the rate of the most injured body parts in athletics that occurs in training are the thighs with 22.6%, the lower leg with 20.4%, and the knee or trunk with 10.9%. It is also stated that there is a higher rate of injury in the lower body during training than during competition in athletics. Most of the informants in the Athletics' team disclosed that they got their injuries during training which is caused by either non-contact or overuse of the body part. In Volleyball, both informants experienced an acute non-contact injury during a competition which supports the research of Sole, et al (2017) about college women's volleyball athletes are more prone to acute non-contact injury to the knee, shoulder, ankle and lower back. The informants from the combat sports, Taekwondo and Karate, got their injuries from training, and according to Park et al (2021), combat sports have a high-risk injury since athletes need to attack their opponents to get points and win so the injury rate of the combat sports during training is tenfold higher than during competition. As for the informants in Basketball and Table Tennis, in an article of Siebert (2014) stated that an Achilles tendon injury is susceptible to athletes that has a sport that requires jumping and non-contact ACL is caused by wrong positioning of legs or knees which describes the incident that happened to the Basketball and Table tennis athletes.

How does the injury affect the daily life of the SCUAA-NCR athletes?

Table 3

Key Informants	Response

1. Athletics (Men) – 21 years old	"At first, I was having a hard time. As days progressed, the heavy feeling wasn't going anywhere and running became a huge problem during training, even when I walked."
2. Athletics (Men) - 21 years old	"It affected my daily life because there are times at night when I couldn't sleep and I think about what tomorrow will bring, thoughts like 'Can I still train?', 'What if I can't heal from this injury?', 'Will I still be able to play after this?' were lingering in my mind."
3. Athletics (Men) - 23 years old	"It affected my life fully because I couldn't do the things I normally do now especially when it's school related, like our On-The-Job training. "
4. Athletics (Men) - 23 years old	"If there's a measurement, probably about a 20% to 40% ratio of effort is only what I can execute to do mundane things."
5. Athletics (Men) - 23 years old	"The first week was difficult for me because I had a hard time walking since it was sprained. But during the second week, I got to walk at a normal pace again so I wasn't suffering anymore."
6. Athletics (Women) - 22 years old	"Since the pain was tormenting, I didn't attend any training. After getting massage treatment, I did a therapy where a water bottle is rolled using your foot. Then, I continuously walked to help make it better until I got back into practice."
7. Basketball (Men) - 19 years old	"The pain itself was continuous. I mostly feel it during mornings, but it is bearable when I work with the pain during our training. Although when I move my head downward, the pain resurfaces."
8. Basketball (Men) - 21 years old	"It has extremely affected my life because I don't move the way I used to. I have to put up with the pain during training. And I get embarrassed, of course, when I just sit around and I see my teammates working hard."
9. Karate (Men) - 21 years old	"As an athlete, it gave me paranoia. The injury made me have doubts, like "Do I have the capacity to train again like
	before?". And then, I was panicking upon researching the symptoms especially when I'm experiencing every single one of it. It also made my daily life difficult because even just by walking, it aches so much."
10. Table Tennis (Men) - 21 years old	"In almost a year of preparation for the SCUAA, there are times that walking is torture because I feel like I still overuse my knees even after resting. Especially during training, sometimes there's a loose feeling so I have to stop mid-practice"
11. Taekwondo (Men) - 22 years old	"It didn't affect anything, really, since I don't run or do anything explosive so..."
12. Taekwondo (Men) - 22 years old	"It bothers me every day. It affects me in ways where I can't do household chores and sometimes, I don't go to school

	because of the pain."
13. Volleyball (Men) - 21 years old	"It affects me every time I walk. For example, when I step on a stone, there's a movement in my knee where I feel it weakening since it has already extended."
14. Volleyball (Men) - 22 years old	"When I need to lift something, or if there's any sudden gesture I make, it hurts. So, I felt like my movements were limited."

Thirteen (13) informants shared their perspective that their injuries affected them with their daily routine, nine (9) out of thirteen (13) said they were having a hard time doing their usual tasks while the remaining four (4) claimed that they were affected but minimally. The remaining one (1) informant who had injury says that he was not affected by his injury.

According to Robinson (2021), it is normal that it takes time to recover from an injury regardless of the severity. It is also stated that an athlete can feel slight pain or discomfort when returning to the sport even after the recovery but feeling an intense pain when doing an activity can further increase the risk of reinjury and needs to stop immediately. Most of the informants expressed discomfort when returning to their training because they cannot do their normal training sessions, and most of them immediately stop when they felt any sharp pain to stop the injury from getting worse or reoccurring. According to Putukian (nd), it is normal for injured athletes to have an emotional response when they process their current situation. Some of the emotional responses' sadness, anxiety, and sleep disturbance which are similar to some of the informants' responses. This further supports the concept of cognitive appraisal of Lazarus where there is a sequence of events that involves a stimulus followed by feelings that leads to the simultaneous experience of their reaction and emotion.

What are the changes in the student athlete's perception in playing after an injury?

Table 4

Responses of the Key Informants on Statement of the Problem No. 4

Key Informants	Response
1. Athletics (Men) – 21 years old	"It changes a lot, especially my time record in running. I couldn't keep up with them since they've already adjusted
	and I'm still adjusting. At first, it changed my perception of sports; it got into my mind. I just conditioned my mind to believe that I could overcome my injury because I knew that my coaches, teammates, and family were still supporting me, which helped me keep going."
2. Athletics (Men) - 21 years old	"I couldn't do explosive sprints since I got trauma from my injury. Warming up is important, I regret not taking it seriously because once you get injured, you'll go back to zero and you'll be left behind from your team. "
3. Athletics (Men) - 23 years old	"It didn't affect my athletic performance because it's still the same and it didn't also change my perception in my sports."
4. Athletics (Men) - 23 years old	"There's a big difference because my body couldn't adapt quickly to the rehabilitation. It didn't change my perception in my sports, I didn't regret being an athlete just because I got injured because this sport makes me happy. "
5. Athletics (Men) - 23 years old	"Nothing changed because I still achieved what I wanted to achieve and gave my best. I didn't think of quitting because I set my mind to be positive that I could do it and I'd be better to prevent getting injured."

6. Athletics (Women) - 22 years old	"It didn't affect my athletic performance, but the healing process took a while. Even if I get myself injured, there's no reason for me to stop playing. Focus on your goal, train hard, and be knowledgeable about the common injuries."
7. Basketball (Men) - 19 years old	"It improved my performance. My perception in playing my sports changed because I thought that it would have been different if I played other sports."
8. Basketball (Men) - 21 years old	"Nothing. Nothing has changed because against all injuries, I love basketball. As a basketball player, you just get used to it. Getting injuries are unavoidable especially when there's everyday training."
9. Karate (Men) - 21 years old	"It didn't change in any way because I know what I was getting myself into; karate is a combat sport and you can't avoid such injuries like a sprain so, nothing has changed."
10. Table Tennis (Men) - 21 years old	"In terms of playing, I became more passive. and when it comes to other physical activities, lifting weights has helped me a lot to build more muscles."
11. Taekwondo (Men) - 22 years old	"It affects my athletic performance. I got better because the time I injured my hamstring my kicks got better because they got stronger. No, it didn't change my perception in playing my sports."
12. Taekwondo (Men) - 22 years old	"Ay, it didn't. I knew what I was getting myself into the moment I started taekwondo. It's a contact sport so it's a given that things can get physical especially on sparring events. so, I'm aware."
13. Volleyball (Men) - 21 years old	"At first, there's fear. but when they told me that i just needed to wear it off, and get it back to a healthy state, the passion I have in my sport stayed. "
14. Volleyball (Men) - 22 years old	"It didn't change my perception since it's common to get injuries when you're playing. There are instances where an injury is severe but it's fine. You won't stop there. Also, the scholarship helps. "

Out of fourteen (14) informants, twelve (12) of them had a change of perspective that leans in the better way in which the informants took their past injuries as a challenge to make their performance. On the other hand, the remaining two (2) shared that their perspective changed in a way that they had doubts but use it as well to improve what they can and manage their injuries accordingly.

Taking a rest is important when an athlete is recovering from an injury but the injury can trigger mental health issues such as anxiety, depression, eating disorders, and others (Barker, 2021). According to Daley et al (2021), healing an injury includes the body and mind. It is stated that the psychological response of the athlete to the injury can delay or enhance recovery. Most of the informants' perceptions have a positive outlook in life after the injury and further strengthen their perspective about their sports. The lack of negative perception on their sports can be connected to their mental toughness since it plays an important role in every athlete's ability to bounce back after an injury and be able to recover faster while maintaining a positive mind set.

CHAPTER 5

SUMMARY, CONCLUSION, AND RECOMMENDATION

This chapter presents the study's summary, conclusions, and recommendations which were all based on the gathered and interpreted data. Several relevant points gathered brought pertinent answers in the development and validation of the study. For a clearer understanding, the results were patterned according to the questions previously stated.

SUMMARY OF FINDINGS

Out of all the athletes the researchers interviewed, the majority of the key informants are male athletes, as they met the conditions needed for the researchers to record their participation as the study's final key informants. To identify the athletes who are qualified for use as the research's key informants, each athlete's responses were carefully examined and assessed. The range of the age that the researcher interviewed ranges from nineteen (19) years of age to twenty-three (23) years of age. The informants who experienced an injury while they were one of the representatives for the State Colleges and University Athletic Association competition shared their perspective on how they were affected and how they managed to continue being an athlete. Majority of the student-athletes stated that their injuries were from their training in preparation for their competition, aside from training, some of them also got it from their competition itself and the minority of them were caused by an outside factor that does not involve them playing. With the findings, the interviews showed the researchers that despite having the challenge of limited movement due to their injuries, the informants manage to take their time not only in rehabilitating their affected part but uses it as a way to strengthen that area and improve their skill.

The informants stated in their interview that the injuries that occurred to them became their inspiration on becoming a better athlete in a way that they realized that the injuries may come from their lack of discipline on following the proper step-by-step procedure in training. They also shared the hardship of doing a regular task with limited movement due to the injury but only lasted for a short period of time.

The perspectives of the informants with their sport were leaning more on the positivity in which they have the mindset of knowing the consequences of being an athlete and that having such injuries are common, especially with contact sports. The student-athletes also stated that the injuries they encountered did not become a hindrance to what they are passionately doing, hence set as an inspiration to strive more and strengthen the skills and talent they have.

CONCLUSION

The following conclusions were reached based on the study's findings:

1. The respondents of the research are the representatives of State Colleges and University Athletic Association - NCR competition. Most of the respondents are male since they are the ones that met the researchers' condition to be one of the key informants of the study after thorough examination of the responses. The age bracket of the informants range from nineteen (19) years of age to twenty-three (23) years of age. There are six (6) sport events in this research which are Athletics, Basketball, Karate, Table Tennis, Taekwondo, and Volleyball. Majority of the sports injuries that the student-athletes experienced are lower extremity injuries but some of them experienced an upper extremity injury.
2. The researchers concluded that the cause of their injury mostly occurred from the routine of their training. A few have experienced their injuries early on before entering the university, becoming an inconvenience ever since. While some had injuries both in training and during a game, though claiming that the ones they got during practices are the most troublesome. The respondents expressed mishaps as a part of their nature, regardless of how one carries out their performance in training and competitions.
3. The informants shared their initial thoughts and reaction after experiencing an injury. Most of them stated that there are limitations on what they physically can and cannot do whether sports-related or not. A lot of them have to stop for a period of time to recover or have to lower their training load but can still feel the aftereffects of their injury when returning. Some of the informants felt anxiety and had thoughts about their inability to play their sports again because of the injury.
4. The information that the researchers acquired from the interview shows that the informants' perception with their sport after experiencing an injury became an inspiration on working with their affected area not only with the recovery period but strengthening it as well. They also stated that being a student-athlete or a player in general involves injuries, resulting in accepting this type of circumstances that may occur not only once in their career. Being passionate towards their chosen sports did not change their perspective in a way it only enhanced their discipline in order to avoid the injury from happening again.

RECOMMENDATIONS

Based on the findings, the following recommendations are hereby suggested by the researchers:

1. To increase the knowledge of the majority that are greatly affected by the student-athletes, having proposed programs such as creating campaign awareness through coaches and student leaders, a seminar and creative workshops in proper first aid and the importance of correct responses to specific injuries.
2. To have a complete laboratory and facilities for rehabilitation of the student-athletes with proper guidance of the professionals in the University.
3. To parents, a professional diagnosis should be the priority when the student athlete encounters an injury, having the authoritative approach while supporting the student-athlete can shorten the period of time in healing, not prolonging the injury from self-diagnosis and self-treatment.
4. To coaches, it would be an edge for the university to have a coach who is knowledgeable as well with rehabilitation not only with training to become a great athlete but also prioritizing the physical condition of the athlete.
5. A collaboration with the Sports Development Program Office and College of Human Kinetics, specifically the BS Exercise and Sports Science Program can be beneficial for both parties, helping the student-athlete from their recovery and rehabilitation while the students of the BSESS Program can learn firsthand how to train and apply their knowledge from their department.
6. To the University, the budget and expenses of the student-athletes should be aligned to what they need in order to supply the appropriate demands with utilizing the budget.
7. To future researchers, continuing this study to have deeper knowledge and to bring forward the unnoticed situations of student-athletes would be helpful to the sports-related department of the University, having the supporting documents of what are the experiences and the common dilemma, can act as a guide on providing on-point responses and management.

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