



Phenomenological analysis (understanding of lived experiences) of national team athletes from the consequences of sports injuries

Poster Presentation

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Abstract

Introduction: Today, the effects of sports injuries have created many problems for athletes, coaches, clubs, families and the sports community, and impose direct and indirect costs on society. Just as the resignation of employees from the organization shakes strategic plans or reduces productivity in that organization, in sports fields the resignation or injury of an athlete may lead to the elimination of a sports team or even a country from a competition. The purpose of this study was a phenomenological analysis (understanding of lived experiences) of athletes of national teams from the consequences of sports injuries.

Methods: The participants were 30 elite athletes from national and club teams who were selected from different provinces of the country. The research tool was unstructured interviews that the process of completing the interviews continued until the theoretical saturation was achieved. Each interview lasted between 35 to 65 minutes.

Results: The seven-step Kjaivzi model was used to collect and analyze the data. A total of 8 main categories and 68 sub-concepts were enumerated. Harmful physical, psychological and psychological consequences, social and interpersonal, economic, sports, cultural relations, lifestyle changes and migration were the main axes (main themes) of the findings of this study.

Conclusion: Preventing the effects of sports injuries with an action approach and the attention of managers, athletes and all human factors related to sports activities to observe safety and areas of safe practices, as well as paying attention to areas of safe conditions for sports activities can reduce the harmful consequences of these events.

Keywords

Athletes of national teams; sports injuries; lived experience

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