Exploring the knowledge and attitudes toward concussions among college football players

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Introduction

- Concussions are defined as temporary unconsciousness caused by a blow to the head.
- This study looks at the effects of concussions on football players’ athletic performance.

Common signs of concussion:

- Dizziness
- Nausea
- Headaches
- Light Sensitivity
- Confusion

Theory of Planned Behavior

- Theory of planned behavior is a psychological theory that links one’s beliefs and behavior.
- Someone’s personal beliefs and background highly impact their motivation to perform certain behaviors.
- Three main factors to the theory:
  - How the individual perceives the behavior
  - Social norms
  - Self-efficacy

Methods

- 3 collegiate football players were asked to complete a survey and conduct an interview regarding their knowledge of concussions.
- The Theory of Planned Behavior will tell us if there are any trends between the athlete’s knowledge of concussions and their ability to play at full capacity.

Survey

- Each player completed a 20 question survey identifying his knowledge of concussions.
- Results will provide a baseline of knowledge to analyze relationships between knowledge and motivation.

Discussion

- Most showed a general knowledge of concussions and what causes them.
- Not many participants knew the after-effects which skewed their opinions on continuing to play.

Conclusion

- We are continuing to gather information regarding football players’ knowledge of concussions and how their knowledge affects their performance.
- All completed survey’s showed correct knowledge of concussions and their consequences, however, motivation to continue playing was still very high.
- Our findings suggested that the Theory of Planned Behavior influenced their behavior and responses. The long-term effects were not clearly understood by our subjects. Many indicated that they would play through a concussion. This indicates that if they knew the long-term effects, they would be less likely to play through a concussion.

Sources