



A STUDY ON POSTURAL DEFORMITIES OF GOVERNMENT HIGH SCHOOL MALE STUDENTS IN KOZHIKODE CITY

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Mr. Shameem. P., Research Scholar,
SPESS, Mahatma Gandhi University, Kottayam, Kerala

Dr. Kishore Kumar B.S., Associate professor,
Sahodaran Ayyappan Smaraka, S.N.D.P. Yogam College Konni, Kerala

Dr. Jayarajan David D., Assistant Professor
College of Engineering Trivandrum, Trivandrum, Kerala



ABSTRACT

The purpose of study was to analyze the Postural Deformities of Government high school male students in Kozhikode City. The subjects were tested for four Postural Deformities of the Upper body namely Scoliosis, Lordosis, Kyphosis and Round Shoulder evaluated using the New York Posture Test. To measure Scoliosis, Lordosis, Kyphosis and Round Shoulder New York Posture Test was used. For getting the final result percentage analyse method was used to measure data from male students of Government High Schools in Kozhikode city. The study was useful to know about postural deformities of male students in various standards of different Government High Schools in Kozhikode city. From this study it is found that the Deformities like Round shoulder are more found in male Government students of Kozhikode city.

Keywords: Scoliosis, Lordosis, Kyphosis, Round Shoulder, Male students, Government High School, Kozhikode

INTRODUCTION

The erect posture is a unique characteristic of a man which distinguishes him from the rest of the animals. For which unmatched peculiarity of human posture, it has correctly been said,

without man's posture no man, without man no culture without culture a world not work living in. "Child is the father of man" This is what an English poet has said. Therefore, good habits are essentially the base for good health. Health needs better structure and vice-versa. Posture is the index of personality and good habits develop good posture. The early childhood and adolescent years in the life of an individual are crucial stages in the process of his/her growth and development. This is a period when a child is more impressionable and is most eager and ready to learn. It is therefore, essential to provide him/her with necessary opportunities early in life for normal development of his/her mind, his/her body in relationship to others. Parents exert a profound influence in the development of the child, particularly during the early stages of his/her development. They transmit their own behaviour codes, attitude and values to their off springs.

The immediate members of the family, the sibling and the peer group also influence the learning process of the child when enters school, hit get exposed to systematically design learning experience, which are based on a prescribed curriculum designed to facilitate all attainment of a certain educational goals and objectives. All educational activities are directed to enable a



child to discover his/her talents, sharpen his/her abilities and faculties, develop his/her physical and intellectual potentialities and propensities to the fullest, develop his/her social skills and foster his/her emotional wellbeing.

Healthy children and healthy families are essential for human and national development. For the wellbeing of the children it had been recognized that ill health and poor nutrition are violations of the child's most basic right to survive and to develop normally in mind and body. Posture as an aspect of physical fitness, has an enormous popular and scientific literature. Posture "slump" indicates fatigue or poor condition and may be viewed as a barometer of muscular tone. There are innumerable concepts of human posture and innumerable interpretation of its significance. Posture may well claim to be "all things to all men". Posture means position and a multi-segmented organism and as such the human body, cannot be said to have a single posture. Posture is an index of health. Where posture improvement seems desirable, consider first the factor, which makes a person feel like standing, walking or a sitting the way he habitually does. Posture can be "inactive and active". Inactive posture are adopted for resting, sleeping or training general relaxation. In inactive postures, the essential muscular activity required to maintain life is reduced to minimum. Active posture required an integrated action of many muscles to maintain these. Active posture may be either "static or dynamic". A static posture is maintained by the interaction of group of muscles which work more or less statically to stabilize the joints, and in opposition to gravity or other forces whereas, a dynamic posture is required to form an efficient basis for movement, and the pattern of posture is constantly modified and adjusted to meet the changing circumstance which arise as a result of movement.

An efficient posture requires strong muscles, nervous control for neuromuscular coordination, a stable psychological background, good hygienic conditions and an opportunity for plenty of natural free movement.

METHODOLOGY

The purpose of study was to analyze the Postural Deformities of Government high school male students in Kozhikode City. For getting the final result percentage analyse method was used to collect data from male students of Government High Schools in Kozhikode city. The study was useful to know about postural deformities of male students in various standards of different Government High Schools in Kozhikode city.

For the purpose of the study a total number of 524 subjects were selected from male students of Government High Schools in Kozhikode city. The age group of the subjects ranged from 13 to 16 years. The subjects were studying from 8th, 9th and 10th standard students of various Government High Schools in Kozhikode city. To measure the postural deformities of male students in 8th, 9th and 10th standard in Government High Schools in Kozhikode city, New York state posture test will be used. To obtain the data, New York state posture test was used. The test was administered to the male students of different Government High Schools in Kozhikode city. The school management and teachers were requested for getting their students to serve as subjects of the study. Percent analysis done on the data collected from various groups of Government schools such as VIIIth Std(164) IXth Std(172) and Xth Std(188) boys of Kozhikode city totaling 524 were evaluated for Postural Deformities of the upper body such as Scoliosis, Lordosis, Kyphosis and, Round shoulder.



FINDING AND RESULTS

Table 1
Percent Analysis on Selected Postural Deformities of Upper Body Done On Boys of Government High School In Kozhikode City

CLASS	VIII	IX	X	TOTAL
Total number of students	164	172	188	524
Number of students having Scoliosis	6	5	5	16
Percentage	3.66%	2.90%	2.66%	3.05%
Number of students having Lordosis	5	4	4	13
Percentage	3.05%	2.32%	2.13%	2.48%
Number of students having Kyphosis	4	2	3	9
Percentage	2.43%	1.16%	1.59%	1.71%
Number of students having Round Shoulder	14	15	17	46
Percentage	8.54%	8.72%	9.04%	8.78%

Table 1 related to Percent analysis done on VIIIth std. boys of Government high schools of Kozhikode city do shows 6 students having Scoliosis out of a total of 164 students and this is 3.66% of the total students evaluated for Postural Deformities.

Apart from that, the Percent analysis done on IXth Std. boys of Government high schools of Kozhikode city do shows 5 students having Scoliosis out of a total of 172 students and this is 2.90% of the total students evaluated for Postural Deformities.

Besides, the Percent analysis done on Xth Std. boys of Government high schools of Kozhikode city do shows 5 students having Scoliosis out of a total of 188 students and this is 2.66% of the total students evaluated for Postural Deformities. Apart from that, the Percent analysis done on Total boys of Government high schools of Kozhikode city do shows 16 students having Scoliosis out of a total of 524 students and this is 3.05% of the total students evaluated for Postural Deformities.

Government high schools of Kozhikode city do shows 5 students having Lordosis out of a total of 164 students and this is 3.05% of the total students evaluated for Postural Deformities.

Apart from that, the Percent analysis done on IXth Std. boys of Government high schools of Kozhikode city do shows 4 students having Lordosis out of a total of 172 students and this is 2.32% of the total students evaluated for Postural Deformities.

Besides, the Percent analysis done on Xth Std. boys of Government high schools of Kozhikode city do shows 4 students having Lordosis out of a total of 188 students and this is 2.13% of the total students evaluated for Postural Deformities. Apart from that, the Percent analysis done on total boys of Government high schools of Kozhikode city do shows 13 students having Lordosis out of a total of 524 students and this is 2.48% of the total students evaluated for Postural Deformities.

Government high schools of Kozhikode city do shows 4 students having Kyphosis out of a total of 164 students and this is 2.43% of the total students evaluated for Postural Deformities.

Apart from that, the Percent analysis done on IXth std. boys of Government high schools of Kozhikode city do shows 2 students having Kyphosis out of a total of 172 students and this is 1.16% of the total students evaluated for Postural Deformities.

Besides, the Percent analysis done on Xth std. boys of Government high schools of Kozhikode city do shows 3 students having Kyphosis out of a total of 188 students and this is 1.59% of the total students evaluated for Postural Deformities. Apart from that, the percent analysis done on total boys students of Government high schools of Kozhikode city do shows 9 students having Kyphosis out of a total of 524 students and this is 1.71% of the total students evaluated for Postural Deformities.



Table 1 related to the Percent analysis done on VIIIth Std. boys of Government high schools of Kozhikode city do shows 14 students having Round shoulder out of a total of 164 students and this is 8.54% of the total students evaluated for Postural Deformities.

Apart from that, the percent analysis done on IXth Std. boys of Government high schools of Kozhikode city do shows 15 students having Round shoulder out of a total of 172 students and this is 8.72% of the total students evaluated for Postural Deformities.

Besides, the percent analysis done on Xth Std. boys of Government high schools of Kozhikode city do shows 17 students having Round shoulder out of a total of 188 students and this is 9.04% of the total students evaluated for Postural Deformities. Graphical representation of above table is given in figure no. 1.

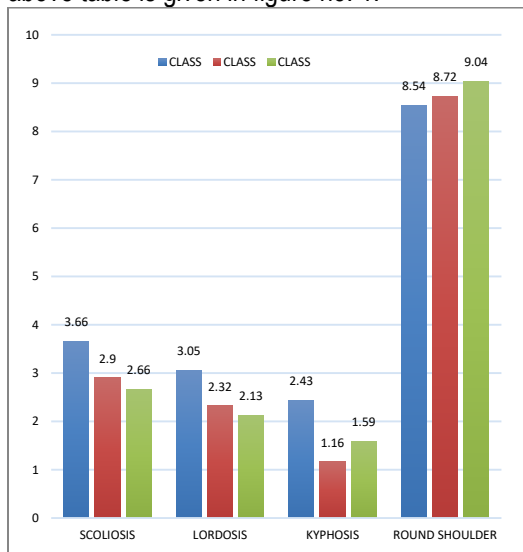


Fig. No. 1: Percent analysis on selected Postural Deformities of Upper Body Done on Boys of Government High School In Kozhikode City.

CONCLUSIONS

Healthy children and healthy families are essential for human and national development. For the wellbeing of the children it had been recognized that ill health and poor nutrition are violations of the child's most basic right to survive and to develop normally in mind and body. Posture as an aspect of physical fitness, has an enormous popular and scientific literature. Posture "slump" indicates fatigue or poor condition and may be viewed as a barometer of muscular tone.

The present study was undertaken to find out the prominent Postural Deformities of VIIIth Std., IXth Std. and Xth Std. boys of Government high schools of Kozhikode city.

For the purpose of the the study, all the VIIIth Std. boys numbering 1634 and IXth Std. boys numbering 172 and Xth Std. boys numbering 188 there by making the total to 524 students of eighteen Government high schools of Kozhikode city were selected as subjects.

All the subjects were tested for four Postural Deformities of the Upper body namely Scoliosis, Lordosis, Kyphosis and Round Shoulder evaluated using the New York Posture Test. Percent analysis were done to find out the percentage of having different Postural Deformities in VIIIth Std., IXth Std. and Xth std. Thereafter the percentage of occurrence of Postural Deformities among the whole population was also calculated.

Within the limitations is this study, the following conclusions were drawn:

1. The highest percentage of Scoliosis, Lordosis, Kyphosis, was found among VIIIth Std. boys and lowest percentage was found among Xth Std. boys.
2. The highest percentage of Round shoulder was found among Xth Std. boys and lowest percentage was found among VIIIth Std. boys.



From this study it is found that Deformities like Round shoulder are more found in male Government students of Kozhikode city. It might be because of taking junk foods and regular eating behaviour might be reasoned Lordosis. Continuous hanging of heavier school bags on shoulders would its have regulated in a cause for Scoliosis. Parents, teachers and the general public may be made aware of the ill effects to make their wards involve in sports, games and physical activities, thereby reducing the risk of Postural Deformities.

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