

A study of Postural deformities among school going children in Karnataka

¹Jyoti Baburao Gajare, ²Dr. Rajkumar P. Malipatil

Research scholar Dept of Physical Education and sports science Karnataka state akkamahadevi womens University,
Vijayapura

Associate Professor Dept of Physical Education and sports science Karnataka state akkamahadevi womens University,
Vijayapura

Email - sbdsk822@gmail.com

Abstract: *There are mainly two types of body posture of human being one of good posture and the other of bad posture. The subject was an analytical study of postural deformities in school children of rural area in Karnataka, for this study 200 school children (100 boys & 100 girls) of rural area in Karnataka have been observed. The age group of school children is 10-18 years. The main objective this study is find out the ratio of the school children who have suffered from postural deformities. The posture grid chart has been used for data collection on the subject and data have been analytical (percentage method). After that the researcher has found that knock knee postural deformities are very high and flat feet posture deformities is very low in rural area of Karnataka.*

Keywords: *lordosis, scoliosis, knock knee, bow leg, deformities.*

1. INTRODUCTION:

The location of the body segments which requires the least of effort from the muscles and ligaments, will lead to this balanced motionless state. Posture in its most essential form is static, standing with no movement. As we stand, the segments of our body, whether they be the head, torso or limbs, arrange themselves in sure way. If the posture is good, the body is in a state of muscular and skeletal balance and is sheltered against damage and deformity to the joints, muscles, vertebrae and other tissues. As of mechanical point of view the perfect posture is one in which the different segments of the body neck, chest and stomach are balanced upright one upon the other. The body weight is borne mostly by the bony skeleton with a minimum of energy spending and strain by muscles and ligaments. This is a case when the long axis of its segments forms a vertical line as a replacement for zigzag. If any part of the body is out of its natural placement more muscular power needs to be prolonged to maintain the location of the body. The strength used this way is exhausted energy.

2. METHOD:

The study is entitled "An analytical study of postural deformities in school children of rural area in Karnataka" For the study the researcher used 200 school children (100 boys & 100 girls) as a sample for this study. The age group of subject was 10-18 years. The samples were collected from different schools in so pore region of Karnataka through the random sampling method.

3. ANALYSIS:

According to above table showing percentage wise data of rural boys, as per table 8% boys were found suffered from kyphosis, 4% suffering from lordosis and 24% suffering from scoliosis. 59% boys were found suffering from knock knee, 11% suffered from Bow legs and 05% suffering from flat foot. It is concluded that the knock knees deformities are very high and lordosis deformities are very low in school boys of rural area.

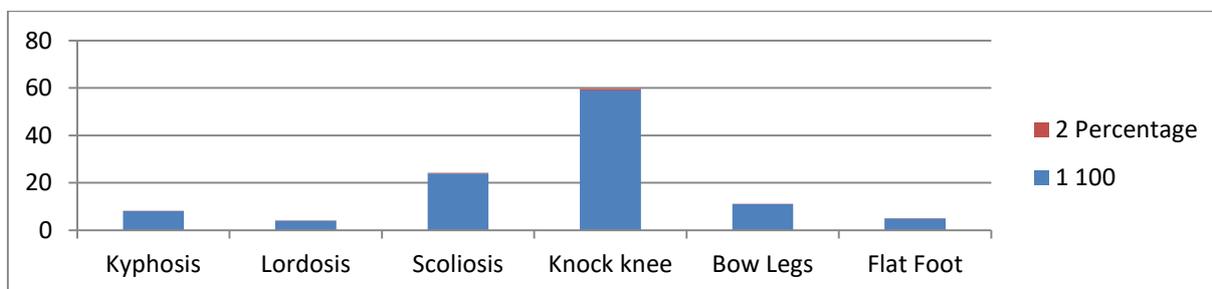
According to above table showing percentage wise data of rural girls as per table 11% boys were found suffered from kyphosis, 12% suffered from lordosis and 27% suffered from scoliosis. 44% boys were found suffering from knock knee, 12% suffered from Bow legs and 03% suffered from flat foot. It is concluded that the knock knees deformities are very high and flat feet deformities are very low in school boys of rural area.

According to above table showing percentage wise data of rural children as per table 9.5% children were found suffering from Kyphosis, 8% suffered from Lordosis and 25.5% suffered from Scoliosis. 51.5% boys were found suffering from knock knee, 11.5% suffered from Bow legs and 04% suffered from flat foot. It is concluded that the knock knees deformities are very high and flat feet deformities are very low in school children of rural area.

4. CONCLUSION:

After the suitable statistical process there are more postural deformities in rural area of Karnataka. The knock knee deformities are very high scoliosis deformities are less than knock knee, Bow legs deformities are less than scoliosis, kyphosis is less than bow legs, and lordosis is less than kyphosis. But a flat feet postural deformity is very low in rural area of Karnataka.

Graph 2: Showing the percentage of postural deformities in school boys of rural area



Graph 3: Showing the percentage of postural deformities in school girls of rural area

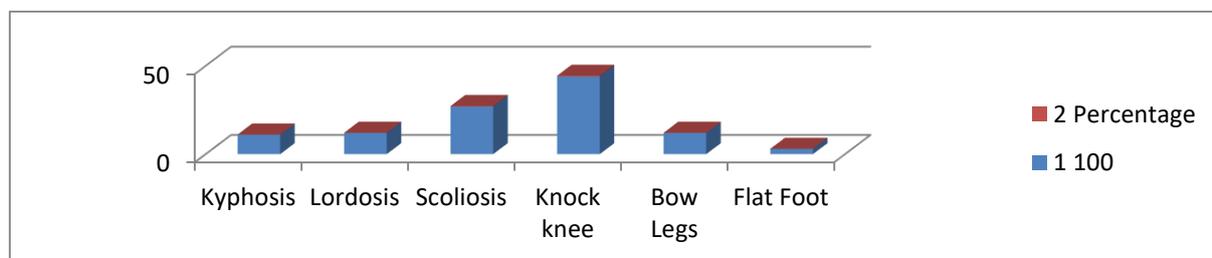
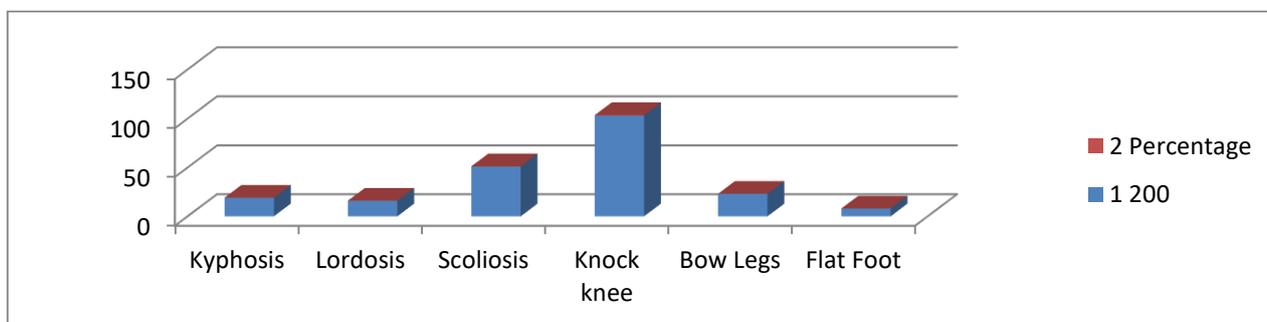


Table 4: Showing the percentage of postural deformities in school children (Boys & Girls)



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