A COMPARATIVE ANALYSIS OF POSTURAL DEFORMITIES BETWEEN SCHOOL BOYS AND GIRLS OF JAMMU AND KASHMIR
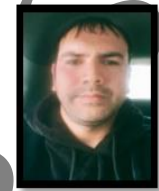
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ABSTRACT

The main objective of this study was to compare postural deformities between school boys and girls of Jammu and Kashmir. Postural deformity means not having proper alignment of the body parts. An individual who has postural deformity cannot perform his work efficiently to achieve the purpose of the study, 300 School boys and girls were selected as subjects randomly from kulgam District of Jammu and Kashmir. Study was conducted on three hundred school boys and girls who are studying in different schools in district kulgam of Jammu and Kashmir... The following variables were selected as postural deformities such as Neck, Shoulder, upper back and Lower back. The collected data were tested by standardized New York Posture Rating Test. The data was analyzed by applying 't' test and the level of significance was kept at 0.05. The results of the study shown that there was a significant difference e between boys and girls of district kulgam.

Keywords: Postural Deformities, New York Posture Rating Test, boys and girls.

INTRODUCTION

Posture is a term used to describe a position of the body or the arrangements of body parts relative to one another. Good postures are those assumed to

perform an activity in the most efficient manner utilizing the least amount of energy. All activity begins with a posture and ends with a posture. Good posture is one in which the body is so balanced as to produce least fatigue. Without good posture our health and total efficiency may be compromised. Because the long-term effects of poor posture can affect bodily system. a person who has poor posture may often be tired or unable to work efficiently or move properly.

So, we can say that posture involves your body to sit, stand and walk and lie in positions where the minimum strain is placed on supporting muscles and ligaments during movement or activity.

Advantages of good posture

1. Reduces back pain.
2. Look good and feel confident.
3. Build a stronger core.
4. Improve your mood.
5. Reduces your stress.
6. Be more productive.
7. Good digestion.
8. Breathe easier.
9. Improve concentration.

OBJECTIVE OF THE STUDY

The main objective of this study was to compare postural deformities between school boys and girls of Jammu and Kashmir.

DESIGN OF THE STUDY

For the purpose of the study 300 school boys and girls who are studying in different schools in district kulgam are selected randomly. In which 150 students are girls and 150 students are boys. The age of the subjects was ranged from 9 to11 years are studying in different schools in district kulgam.

Selection of Variables: Neck, shoulder, upper back and lower back has been selected as the variables.

Criterion Measures: Standardized New York Posture Rating Test.

STATISTICAL TECHNIQUE EMPLOYED

To measure the significance of the differences between school boys and girls of district kulgam on postural deformities t test was employed and the level of significance was kept at 0.05 level.

RESULTS

NECK:

The values between boys and girls are 4.17 and 3.03 respectively. The obtained 't' value between boys and girls on Neck Postural deformities is 8.56, , it was concluded that there was significant difference exist on Neck Postural deformity between boys and girls.

Table No: I
Table showing the neck postural deformity between boys and girls by Newyork posture

NECK	TOTAL	MEAN	SD	T test
Boys	150	4.17	1.01	8.56*
Girls	150	3.03	1.29	

SHOULDER:

the values between boys and girls are 3.99 and 2.49 respectively. The obtained 't' value between boys and girls on shoulder Postural deformities is 12.09, it was concluded that there was significant difference exist on Shoulder Postural deformity between boys and girls.

INDIA

TOGETHER WE REACH THE GOAL INDIA

UAE

GERMANY

Table No: II
Table showing the shoulder postural deformity between boys and girls by Newyork Posture Rating Test

Shoulder	Total	MEAN	SD	T test
Boys	**150**	**3.99**	**1.11**	12.09*
Girls	**150**	2.49	**1.15**	

UPPER BACK:

The Values between boys and girls are 3.72 and 2.37 respectively. The obtained 't' value between boys and girls on Trunk Postural deformities is 10.56, it was concluded that there was significant difference exist on upper back Postural deformity between boys and girls.

Table No: III
Table showing the upper back postural deformity between boys and girls by Newyork Posture Rating Test

Upper Back	total	Mean	SD	T test
Boys	150	3.72	1.12	10.56*
Girls	150	2.37	1.09	

UPPER BACK:

The values between boys and girls are 3.53 and 2.48 respectively. The obtained 't' value between boys and on upper back Postural deformities is 8.03 it was concluded that there was significant difference exist on Lower back Postural deformity between boys and girls.

Table No: IV
Table showing the upper back postural deformity between boys and girls by Newyork Posture Rating Test

Lower BACK	Total	mean	SD	T test
Boys	150	3.53	1.15	8.03*
Girls	150	2.48	1.12	

CONCLUSIONS

After statistical analysis the following conclusions were drawn:-

The result of the study proved that there were significant differences exist on all the selected postural deformities between boys and girls of district kulgam of Jammu and Kashmir Also the results of the study indicated that boys had good posture compare to girls of kulgam district why because the girls of district kulgam are shy and not involved in physical activities that is why as per research the boys of district kulgam have good postures than girls of district kulgam.

- There was significant difference exists between boys and girls on neck postural deformity.

- There was significant difference exists between boys and girls on shoulder postural deformity.

- There was significant difference exists between boys and girls on upper back postural deformity.

- There was significant difference exists between boys and girls on lower back postural deformity.

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