Comparative Study of Posture Deviation on C.B.S.E Higher Secondary School Boys and Government Higher Secondary School Boys

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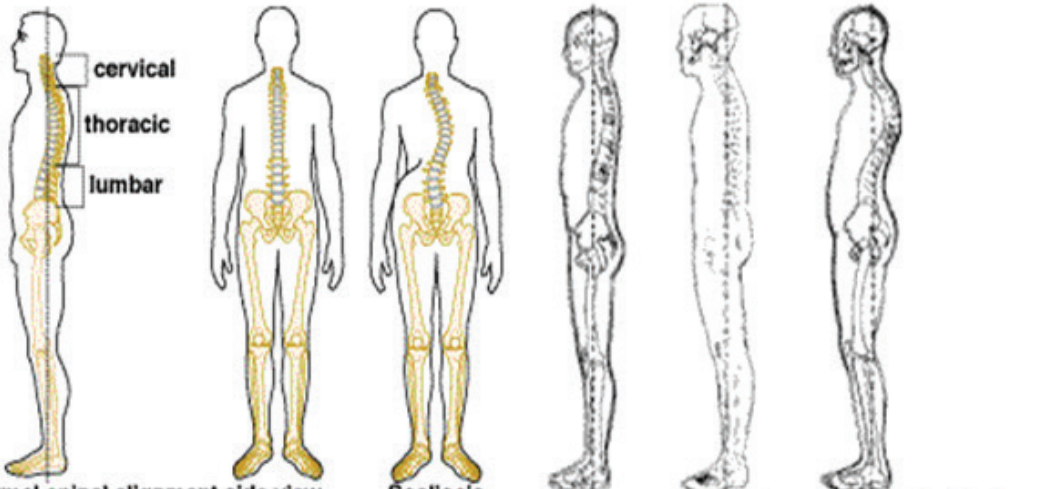
Abstract

The purpose of the study was to analyze the postural deviation among the CBSE Higher Secondary School Boys and Government Higher Secondary School Boys. For the purpose of the study, a total of 200 higher secondary school boys randomly were selected from the CBSE Higher Secondary Schools and Government Higher Secondary School in Sivagangai District, Tamilnadu, India. The age of the selected subjects were ranged from 15 to 17 years. The subject belonged to different areas of Sivagangai districts. Before rating the postural deformities the investigator had briefly explained about test items to the subjects, the purpose of the study and their role, the subjects were motivated to give relevant personal data and co-operate to take the necessary postural deformities rating test. The test for the study was New York Posture Rating Test Prior to the administration of tests the investigator assembled the subjects and briefed them about the purpose of the tests and the testing procedure. New York State Physical Fitness Test manual includes a posture assessment method. This test contains a series of profile illustrating 13 posture areas. For each area 3 profiles are provided for good, fair and poor posture. These are scored 5, 3 and 1 respectively. The data collected from the groups on the selected variables were statically examined to find out whether there was any significant difference between CBSE Higher Secondary School Boys and Government Higher Secondary School Boys, 't' ratio was employed. The level of significance was fixed at 0.05 level of confidence.

On the basis of result and within the limitation of present study the following conclusion were derived from this study. It is concluded that there is significant difference on postural deformities between the two groups the result revealed that the Government school students was better than the C.B.S.E School Students

Introduction

Posture is a reflection of the "position" of many systems that are regulated, determined and created through limited functional patterns. These patterns reflect our ability and inability to breathe, rotate, and rest, symmetrically with the left and right hemispheres of our axial structure.



Posture

Posture may be defined as the mechanical correlation of the various system of the body with special reference to skeletal muscular and visceral system and their neurological association of good.

Good Posture

Good Posture is the proper alignment of the important segments of the body, so they are balanced over their base of support, to produce an effective functioning body.

Plumb Line

It is a piece of string with a weight on the bottom that is suspended from the ceiling of the clinic.

Body Mechanics

Body mechanics is the study of proper body movements to prevent and correct posture problems, reduce stress and enhance physical capabilities.

The body mechanics is the proper alignment of body, maximum support with the least amount of strain and greatest mechanical efficiency.

Methodology

For the purpose of the study, a total of 200 higher secondary school boys randomly were selected from the CBSE Higher Secondary Schools and Government Higher Secondary School in Sivagangai District, Tamilnadu. The age of the selected subjects were ranged from 15 to 17 years. The subject belonged to different areas of Sivagangai districts.

The purpose of the test is to measure the posture status of the school students

Equipments And Facility

1. New York state posture chart
2. Plumb line
3. Screen

Ne w York State Physical Fitness Test manual includes a posture assessment method. This test contains a series of profile illustrating 13 posture areas. For each area 3 profiles are provided for good, fair and poor posture. These are scored 5, 3 and 1 respectively.

The examiner rate each area on the 5, 3, 1 basis, and the total point value was the students score. The testing area consists of a plumb line suspended over a line on which

the subject stands which is 3 feet in front of a screen. Another line is drawn at a right angle to the first line and extends 10 feet further back from the screen. This is where the examiner is positioned in order to view the subject against the screen. The subject is rated from two view points. In one position, the subjects stand facing the screen. So that the plumb line on the back of his head runs down the spine and passes down between his legs and feet. Lateral deviations are assessing from this position.

The subjects then turn to lead left hand sideward so that plumb line passes in a line through the ear, shoulder, hip, knee and ankle. Anterio-posterior posture is rated from this positions of 13 areas are listed down.

Head, Shoulder, Spine, Hip level, Feet, Arches of foot

Anterio-Posterior Posture

Neck, Chest, Shoulder, Upper back, Trunk, Abdomen, Lower back

Analysis of Data and Results of The Study

The data collected from the groups on the selected variables were statically examined to find out whether there was any significant difference between CBSE Higher Secondary School Boys and Government Higher Secondary School Boys, 't' ratio was employed. The level of significance was fixed at 0.05 level of confidence

Lateral Posture

Table 1 Mean, Standard Deviation, Standard Error and 'T' Ratio On Abdomenamong Cbse Higher Secondary School Boys and Government Higher Secondary School Boys

Sl. No	Subject	Mean	S.D	Mean difference	Standard error	'T' ratio
1	C.B.S.E	4.4400	1.59431	2.50000	.15745	7.735*
2	Government	2.9400	1.10390			

Required value for Significance 1.97.

Table1 show that the mean of the CBSE and Government school student are 4.440 and 2.940 respectively. The calculated t'' value for the CBSE and Government school student 7.355 which is higher than required table value at 1.97. So that the hypothesis has been accepted.

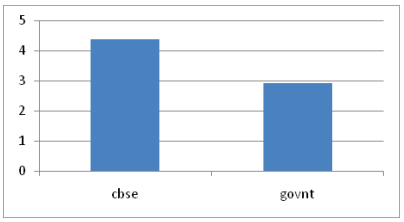


Figure 1 Bar Diagram of Mean, Standard Deviation, Standard Erro And 'T' Ratio on Abdomen among Cbse Higher Secondary School Boys and Government Higher Secondary School Boys

Table II Mean, Standard Deviation, Standard Erro and 'T' Ratio on Lowerback Among Cbse Higher Secondary School Boys And Government Higher Secondary School Boys

Sl.No	Subject	Mean	S.D	Mean difference	Standard error	'T' ratio
1	C.B.S.E	4.6000	1.58325	1.94000	.17696	10.587*
2	Government	2.7200	.80403			

Required value for Significance 1.97

Table 2 show that the mean of the CBSE and Government school student are 4.60 and 2.72 respectively .The calculated t'' value for the CBSE and Government school student 10.587 which is higher than required table value at 1.97. so that the hypothesis has been accepted

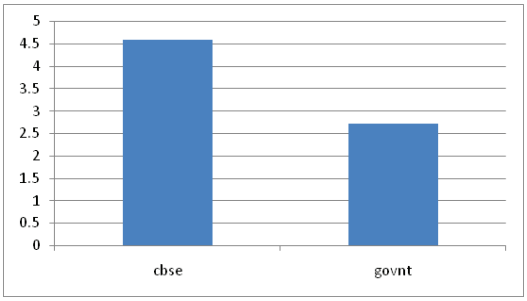


Figure II Bar Diagram of Mean, Standard Deviation, Standard Erro and 'T' Ratio on Lowerback among CBSC Higher Secondary School Boys and Government Higher Secondary School Boys

Conclusion

On the basis of result and within the limitation of present study the following conclusion were derived from this study. It is concluded that there is significant difference on postural deformities between the two groups the result revealed that the Government school students was better than the C.B.S.E School Students

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