Chapter – V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Posture is the mirror of an individual’s personality. Habits play an important role in developing the personality and posture. Good posture helps the body to work better with ease. Thus good posture means pleasant habits, smiling and smart personality which reflects confidence, courage and well disciplined attitude and behaviour. It can be said that posture is the real index of health, both physical and mental and would reflect the correct and accurate alignment of parts of the body to achieve balance in sitting, standing, walking and running. Thus we can say that habitual posture reflects the general health and the state of mind. The purpose of the study is the hypothesis stated earlier in the study; i.e. the common postural defect prevalent among boys would be lordosis, kyphosis, scoliosis and flat-foot. The investigator had a belief that hardly any student might have any defect, but the scholar found in his research work that there are many students who suffer from different types of defect.

1400 students were selected from 2nd to 5th standard of Vadodara Municipal corporation Primary School to evaluate their posture and to detect
Lordosis, Kyphosis, Scoliosis and flat-foot commonly prevalent in school students with the help of pedograph and spondylometer to identify postural deformity/deformities namely, kyphosis, lordosis, scoliosis and flat-foot. These 'parameters' were used.

From the total 1400 students 1129 students were found having normal posture 124 students have multiple defects and 147 have single defect. Amongst the 124 subjects 49 suffered from Lordosis, 36 suffered from Kyphosis 21 from Scoliosis and remaining 41 suffered from flat-foot.

Conclusions

Within limitation of the present study, the following conclusions may be drawn:

The scholar had gestured that Lordosis, Kyphosis, Scoliosis and flat-foot were the common deformities among the students and it found true. The scholar also found that they were was due to poverty in students parents and poverty was the main causative factor to develop the postural deformities.
1400 subjects were surveyed Among them subjects of single deformities were 147 i.e. 10.50 %; multiple deformities 124 i.e. 8.86 %; and normal postural 1129 i.e. 80.64 %. Among single deformities flat-foot 41 i.e. 2.92 %, Scoliosis 21 i.e. 1.50 %, Kyphosis 36 i.e. 2.57 % and Lordosis 49 i.e.3.50 %.

**Recommendation**

1. This study should be made to cover the college students because at this stage the students tend to develop particular habits, which have specific influence on their postures and get up. With the help of this study their deformities can be detected in time, checked and removed to a certain extent.

2. This study shall also be useful for the girls at primary, secondary and college levels for the following reasons:

   (a) Through this study girls students can benefit in developing good and flexible posture, as this study would be useful in developing charming and graceful movements of their body.

   (b) The study would be helpful for participation in beauty contests so coveted by girls.
3. This study would be useful for the sportsman and players of either sex for the development of good posture for better performance in their fields of games and sports.

4. Since most of the children in government schools come from low strata of society and lower middle class, and their parents being ignorant of nutritious foods, cannot be expected to provide as well as afford nutritious diets which are so essential for the adequate growth of their children. Providing nutritious food for children at school level at concessional rates appears essential and should merit consideration by the authorities.

5. The study should be done of the boys of secondary section, because in this stage student have lot of energy so it require less effort for correction of deformities as at this stage. The children quickly pick up certain habits.

6. Teachers must keep an eye on the growth and development of children and initiate timely necessary remedial actions.

7. Schools should have enough play grounds with proper sports facilities.

8. Parents must pay attention to inculcate good habits amongst the child.
9. Corrective exercises can be conducted during the physical and health education periods.

10. Teachers should take personal interest in the development of child’s personality and also give correct guidance to the children to develop good habits.

11. School should have proper classrooms with enough light and proper sized furniture.

12. Children should be encouraged to play games which play an important part in improving health and broad mindedness which is very essential for the development of amiable and pleasing personality of an individual. This will ensure healthy and disciplined nation.

13. There should be compulsory annual medical check-up.

14. Physical Education and Health Education classes should be held regularly and stress should be given for development of good habits, so essential for good posture.

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