Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

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.

1006 boys were picked up from 9th and 10th classes of Delhi Administration Secondary Schools to evaluate their posture and to detect flat-foot, scoliosis, kyphosis and lordosis commonly prevalent in school students with the help of pedograph and spondylometer. Remedial treatment was given through corrective physical exercises for 12 weeks in order to find out whether exercises were effective in removing postural deformities.
From the total 1006 students, 682 students were found having normal posture; 164 out of them suffered from multiple deformities and 160 suffered from single deformities. Amongst the 160 subjects, 20 suffered from flat-foot, 24 from scoliosis, 75 from kyphosis and the rest 41 suffered from lordosis. These subjects were given Kraus-weber Test to clear all items of the test. These subjects were given corrective physical exercises to improve their defective posture. After administration of the corrective programme for twelve weeks again Kraus-weber Test was administered to these subjects with a view to find out whether these exercises had any corrective impact on strength and ultimately the posture. All subjects were able to clear all items of the Kraus-weber Test and improvement was noted in the Vertebrae region from 1 mm. to 3 mm. Slight improvement was also noticed in one of the subjects suffering from flat-foot. The results have been encouraging and the corrective exercises have proved their efficacy in correcting the postural deformities.

Conclusions

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

1. The scholar had gestured that flat-foot, kyphosis and lordosis deformities were prevalent among the boys but
after survey it was observed that number of students suffered not only from these deformities but from scoliosis also. The scholar also found that it was lack of strength in a child which was the main leading causative factor to postural deformities. When subjects were given corrective programme for 3 months it was observed that after conditioning programme subjects were able to pass the Kraus-weber Test and also showed flexibility and strength in different parts of the body.

1006 subjects were surveyed among them subjects of single deformities were 160 i.e. 15.90 %, Multiple deformities 164 i.e. 16.30 %, Normal posture 682 i.e. 67.79 %. Among single deformities - Flat-foot 20 i.e. 1.98%, Scoliosis 24 i.e. 2.38%, Kyphosis 75 i.e. 7.45 %, Lordosis 41 i.e. 4.07%.

2. 20 subjects were given Kraus-weber Test before and after the administration of corrective programme and following results were observed.

In the group of flat-foot deformity 25 % subjects were failing in T 2 i.e. Abdominal minus, 65 % in T 3 i.e. Psoas and Lower Abdomen, 5% in T 4 i.e. Upper Back, 40% in T 5 i.e. Lower Back and 25% in T 6 i.e. Back and Hamstring Muscles. After the administration of the corrective program 100% positive results were found.
3. In the case of scoliosis T 1 i.e. Abdominal Plus and T 2 i.e. Abdominal Minus tests were passed by all the subjects. In T 3 i.e. Psoas and Lower Abdomen 45% failed, T 4 i.e. Upper Back 70% failed, T 5 i.e. Lower Back 60% and T 6 Length of Back and Hamstring Muscles 35% failed. After corrective programme 100% performance was noticed.

4. As regards kyphotic subjects, 100% results were found after administration of the corrective programme. However, before the administration of the corrective programme the performance was T 1 i.e. Abdominal Plus all passed, T 2 i.e. Abdominal minus 50% failed, T 3 i.e. Psoas and Lower Abdomen 35% failed, T 4 i.e. Upper Back and T 5 i.e. Lower Back 45% failed and T 6 i.e. Length of Back and Hamstring Muscles 10% failed.

5. From lordosis group initial and the post corrective programme performances were noted as under:

5% failed in T 1 i.e. Abdominal plus, 35% failed in T 2 i.e. Abdominal minus, 45% failed in T 3 i.e. Psoas and Lower back, 50% failed in T 4 i.e. Upper Back, 65% failed in T 5 i.e. Lower Back test but after corrective programme 100% achievement was found in these tests. In case of test 6 i.e. Length of Back and Hamstring Muscles 35% failed in initial test and after corrective programme 15% cleared the
6. After the administration of corrective programme to 20 subjects of different deformities, the following observations are made: Flat-foot out of 20 subjects 95% made no improvement, 5% made slight improvement. Scoliosis - out of 20 subjects 10% showed no improvement, 75% slight improvement and 15% showed adequate improvement.

In case of kyphosis 10% showed no improvement, 75% slight improvement and 15% made adequate improvement after corrective programme.

As regards lordosis 15% showed no sign of any improvement, 65% slight improvement and 20% made adequate improvement.

**Recommendations**

The study should be done of the boys of primary section, because early detection at early stage needs less effort for the correction of deformities as at this stage the children start developing certain habits.

2. 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 posture and get up. With the help of this study their deformities can be detected in time, checked and removed to certain extent.
3. 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 be benefited in developing good and flexible posture, as this study would be useful in developing charming and graceful movements of the body.

   b) The study would be helpful for participation in beauty contests so coveted by girls.

4. 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.

5. 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 children. Providing nutritious food for children at school level at concessional rates appears essential and should merit consideration by the authorities.

6. Parents must pay attention to inculcate good habits amongst the children.

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

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

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

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

11. Their should be compulsory annual medical check-up.

12. 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.

13. Corrective exercises can be conducted during the physical and health education periods.

14. 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.