PREFACE

Faulty posture is a universal finding among children and untrained individuals, which if neglected, may later turn into postural defects. Various research studies have indicated that the incidence of postural defects among children have rapidly increased over the years. From the postural defects’ point of view, childhood is considered to be the most crucial and important stage of life when the defects can be easily prevented and corrected. Boys and girls of today are the future citizens of a nation and these children, healthy in mind and body are very essential for its human and national development. Therefore, any physical or bodily defect affecting the health of the children must be taken care of, with the utmost priority.

Of the third world countries, India is one of the countries facing population explosion the most. Over-crowding of the population, extreme poverty and illiteracy are some of the important factors which deprive the children of adequate nutritious food and other basic needs such as housing, education and medical care, which are contributory to occurrence of postural defects in the children. A number of research studies have proved that the postural defects hamper the normal growth and development in the children and, therefore, the children suffer from many types of sicknesses
and diseases that ultimately interfere with their over all physical, physiological and psychological make up.

Extensive research on various aspects of postural defects has been done, but no pinpointed intensive work has, so far been done to my knowledge, in which the postural defects have been studied in relation to family background of individuals. Similarly, in contrast to the western countries, we in India neither have a proper documentation of the number and status of posturally defected children, nor have enough and good institutions where parents of these children could go for the guidance and counselling. Low economic status and lack of awareness of the parents also come in the way for obtaining professional help for the management of their posturally defected children. Therefore, most of such children remain uncared for their defects which may later develop into permanent complicated disabilities.

The present study is therefore, a humble effort to fill this lacuna in the normal child development and management of their postural defects for a very large population of the country. Accordingly, the objectives of the present research were to identify and analyse the incidence of the most
commonly prevalent postural defects at an early age in relation to their family background and accordingly, offer guidelines and suggestions to the parents for the prevention and remedial measures for the defects.

Keeping the above objectives in view, an extensive survey and an in-depth study of five selected postural defects was undertaken for the boys in the selected different types of primary schools of Greater Gwalior. A gist of related literature to the present research work done in the field has been presented in this thesis as the review of literature. Authentic data were collected from the above survey, and the analysis and interpretation were done against the background of a mass of information collected. An attempt has been made in the end to lay down certain recommendations to the parents, school authorities and society in general in regard to the prevention and correction of postural defects.

The findings and conclusions drawn of the study may be helpful to the medical sociologists, physical educators, physiotherapists, educators and economists etc., and may also stimulate them for further research in the related areas of the present work.

It is for the learned reader to judge as to how far has the scholar succeeded in his humble effort.