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## RESEARCH ARTICLE

### POSTURAL DEFECT OF SCHOOL GOING CHILDREN DUE TO HEAVY WEIGHT BAG

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#### ABSTRACT

Posture is that state of body in which it moves around on two legs in erect position. We humans are unique in the animal kingdom, in that we move around on two legs than four as most other animals do. But due to uses of heavy weight bag which are full of books and copies it affect the children's normal posture. Three type of bad posture has been seen, they are – kyphosis, lordosis and scoliosis. For the purpose of the study 30 school going children were taken randomly along with their parents responded to a self constructed questionnaire designed in the light of set objectives from three different schools namely Bolpur High School, Bandhgora Kalikrishna Vidyalaya and Srinanda High School, 10 from each school, Birbhum District, West Bengal, India, age ranged from eleven to fourteen years to observe postural deformities photographic method was used and obtained data was treated with percentage method only.

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## INTRODUCTION

Posture is the position that you hold your body in while seated, standing or lying down. So Posture is that state of body in which it moves around on two legs in erect position. We humans are unique in the animal kingdom, in that we move around on two legs than four as most other animals do. To do this we have to counteract the forces of gravity. Posture means position poses and a multi-segmented organism such as human body cannot be said to have a single posture. Our body makes countless changes throughout the day as it adjusts to gravitational forces. This is normal and seldom becomes a problem. However if a person has an injury; maintains a certain position for a prolonged period of time; or overuses a body areas; the body's ability to return to a normal balanced state may be impaired. The forces of gravity and the balance of the body against it, is the fundamental determining factor in one's posture or upright position. Human body whether in standing position or in motion it has its own posture or structure. The up-right posture which is distinguishes man from all other animal. The meaning of posture varies from individual to individual. After birth children have a specific posture. Whenever they grown up their posture become change because in this period they start walking, running and jumping.

At a certain age they start to go to school. But due to uses of heavy weight bag which are full of books and copies it affect their normal posture. Three type of bad posture has been seen, they are – KYPHOSIS, LORDOSIS and SCOLIOSIS. What happen to the children who have lift weight bags? Do they become good posture? These are difficult to answer. In reality it has been agreed by doctors, physiotherapist and researchers that there are some agency such as parents, tutors who are considered responsible for the postural deformities of the children.

## PURPOSE OF THE STUDY

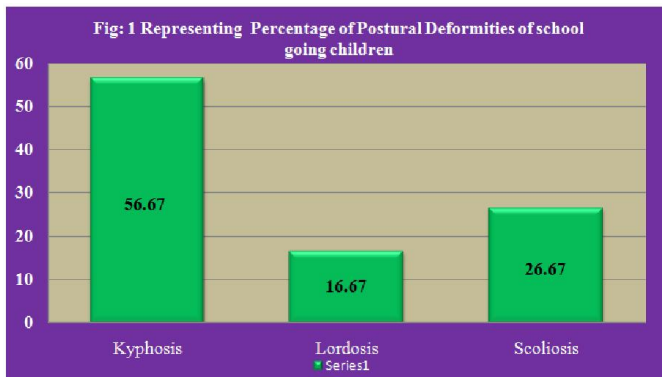
The purpose of the study was to critically focus on the postural defects of school going children due to heavy weight bag.

## MATERIALS AND METHODS

For the purpose of the study 30 school going children were taken randomly along with their parents responded to a self constructed questionnaire designed in the light of set objectives from three different schools namely Bolpur High School, Bandhgora Kalikrishna Vidyalaya and Srinanda High School, 10 from each school, Birbhum District, West Bengal, India, age ranged from eleven to fourteen years to observe postural deformities photographic method was used and obtained data was treated with percentage method only.

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The percentage of postural deformities of school going children has been presented graphically in Fig.1.



**RESULTS AND DISCUSSION**

From table-1 it is found that 17 students out of 30 are suffered from khyphosis i.e 56.67 % suffered from khyphosis, 5 students out of 30 are suffered from lordosis i.e 16.67 % suffered from lordosis and 8 students out of 30 are suffered from scoliosis i.e 26.67 % suffered from scoliosis due to heavy weight bag. In maximum cases the parents do not know the ill effects of heavy weight bag and they are not so much aware about postural deformities.

**Table 1. Representing the Percentage of Postural Deformities of School going Children**

	Total Number of Subjects	Khyphosis	Lordosis	Scoliosis
	30	17	5	8
Percentage(%)	-	56.67 %	16.67 %	26.67 %

On the other hand the students do not want to carry the heavy weight bag, in spite of this the parents force them regularly to carry heavy weight bag during school time as well as tuitions.

But the school teachers do not support them. On the other hand as the parents do not know the ill effects of postural deformities, for that reason they cannot take remedial measures. That’s why now a day the maximum numbers of school students are suffering from postural deformities and they are specially suffered from khyphosis, lordosis and scoliosis from the very beginning stage of their life.

**Conclusion**

The following conclusions have been drawn:

- 56.67 % students are suffered from khyphosis
- 16.67 % students are suffered from lordosis and
- 26.67 % students are suffered from scoliosis due to heavy weight bag.
- The parents don’t know the ill effects of heavy weight bag.

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