

Study of Influence of Indian Traditional Exercises on Postural Deviation

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Abstrac

Posture means position and a multi-segmented organism and as such the human body cannot be said to have a single posture. Posture is an index of health. Where posture improvement seems desirable, consider first the factor which makes a person feel like standing, walking or setting the way he habitually does. Good habits also help to perform good posture like the way we speak, sit, walk, sleep and lie etc. The way we easily carry things on arms, on back, hang on the shoulder or on head which all constitutes of good posture which we generally envy. Poor posture causes a cramped position of heart, lungs and abdominal organs. Circulation of the blood is impeded and the organs farthest from the heart fail to receive adequate oxygen.

The purpose of this study is to find out the postural deformities and to see the influence of Indian traditional exercises on postural deformities. 300 school going children of Akola city were taken as the subjects of study from – Shriram Vidyalay, Old Khetan Nagar, Kaulkhed, Akola.

Pretest was conducted and selected samples were divided into experimental group and control group. The experimental period was for six weeks. After this, first test was conducted and the effect of Indian traditional exercises was find out. The results were drawn after proper statistical analysis.

KEYWORDS: Postural Deviation, Kyhosis, Lordsis, Scoliosis, Abdominal, Muscle Strength

INTRODUCTION

Good posture helps the body to work best and easy. It promotes easy and graceful movements which helps the body to function properly. Good posture might be defined as that position in which the center of gravity of each segment is centred over its supporting base. It mainly depends on the maintenance of center of gravity in proper way, body erect, lest a whole, with proper balance and poise.

Good posture in repose and inactivity permits mechanically efficient function of the joints. Friction in joints is minimized, tension of opposing ligaments is balanced and pressure within joints are equalized. Hence the skeleton structure is architecturally and mechanically sound and there is minimum of wear due to tear on the joints.

Bad posture with its poor body mechanics is accompanied by lack of muscle tone, lowered threshold to fatigue. Over fatigue, malnutrition anxiety of lack of interest in life,

lack of symmetry in muscular development occurs because of lack of exercises, sitting in strained restraint of body movements by clothes or shoes that don't fit and sleeping in strained position caused by staging mattresses or bed springs or using pillows large enough to bend the neck forward.

Poor posture is a faulty relationship of the various parts of supporting structure and in which there is less efficient balance of body over its base of support.

The common postural deformities are

- 1) Round shoulder
- 2) Kyphosis
- 3) Scoliosis
- 4) Lordosis
- 5) Forward head and neck
- 6) Excessive head lift
- 7) Uneven shoulder height
- 8) Uneven hip height
- 9) Winged scapulae
- 10) Abdominal weakness

Indian traditional exercise is confined to yoga. For this study, we define yoga as "Lenitive disciple" the disciplines that leads to inner and outer unity, harmony and joy. Yoga is the first and foremost, the discipline of conscious living when we take charge of our lives, we also trap into our inner potential and happiness.

Yoga is a universal art, which is flourished whenever a person is dedicated to lighter values.

Asana or Yogic posture is very helpful for improving posture. Asana can be defined as physical positioning that co-ordinates breathing with moving and holding still for purpose of both stretching and strengthening part of body.

NEED FOR STUDY

Due to faulty habit, malnutrition and lack of exercise, the number of schools going children are suffering from various posture deformities. Therefore, it is necessary to find out these postural deformities and correct them.

Indian system of Yoga can be one of the best correctives as peat. Therefore, research scholar has taken up this study to correct the postural deformities of children.

Objectives :-

To do screening about the postural deformities of school going children.

To provide a program of an effective programming of Yogasana for correction of posture.

To study the effect of Yogasana on this postural deformities.

MATERIAL AND METHODOLOGY

Study type – Experimental design
 Sample method – random selection method
 Sample size – 300
 Place of the study – Shriram Vidyalay, Akola
 Duration of the study – Six Weeks
 Criteria of study: - Postural weakness and structural and function of dynamics
 - Treatment of Yogasana on children having postural

deformities.

PROCEDURE OF STUDY

Three hundred school going children of this study from Shriram Vidyalay, Akola willing to participate in study for valuation are followed by experiment for six weeks. Only selected students were given treatment of Yoga.

In the beginning the screening was done and those suffering from postural deformities were given treatment for six weeks.

- a) Kraus – weber test
- b) Structural measurement selection
- c) And functional measurement.

Were done for screening, children having postural deformities were divided into two groups (a) Experimental group (b) Control group

A treatment designed was developed including selected Asanas for the purpose of training of experimental group. Pretest and post test was conducted.

DATA ANALYSIS AND INTERPRETATION

On the basis of screening test the children having specific postural deformities were selected for study. Those were divided into the other two groups. One experimental group took part in experimental training of Asanas for six weeks.

Mean value was conducted with standard of derivation of both experimental and control group. t-ratio was calculated which is given below in table.

Table 1 showing the group mean increasing in measures of minimal strength of Abdominal and hip flexor muscles after six weeks of experimental period.

Group	M1	M2	d	S.E.	't' Ratio
Experimental Group	3.75	9.25	E.5	0.4655	11.80
Control Group	3.85	4.35	0.551	0.369	1.38

Table 2 showing the group mean increasing in measures of minimal strength of Abdominal muscle after six weeks of experimental period.

Group	M1	M2	d	S.E.	't' Ratio
Experimental Group	3	8	5	0.7715	6.48
Control Group	3	4	1	0.59	1.69

Table 3 showing the group mean increasing in measures of minimal of strength of Hip flexor and lower abdominal muscles after six weeks of experimental period.

Group	M1	M2	d	S.E.	't' Ratio
Experimental Group	7.3	10	2.01	0.2459	10.98
Control Group	7.1	7.9	0.8	0.4360	1.83

Table 4 showing group mean increasing in measures of minimal strength of upper back muscles after six weeks of experimental period

Group	M1	M2	d	S.E.	't' Ratio
Experimental Group	6.35	10	3.65	0.2504	14.57
Control Group	6.20	7.15	0.95	0.4850	1.96

Table 5 showing group mean increasing in measures of minimal strength of the lower back after twelve weeks of experimental period.

Group	M1	M2	d	S.E.	't' Ratio
Experimental Group	6.4	9.85	3.45	0.1911	18.05
Control Group	6.2	6.9	0.7	0.4305	1.626

DISCUSSION

With the limitation of the present study it is concluded that. Minimal strength of abdominal and hip flexor muscles can be improved by training in selected Yogasana. Minimal strength of Hip flexor and lower abdomen muscles, minimal strength of upper back muscles, minimal strength of lower back muscle can be developed by training in selected Yogasana. Which will help to improved posture and will also to remove postural deformities.

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