PREVELENCE OF FLAT FOOT AMONG ADOLESCENCE OF DIVERSIFIED REGIONS OF KARNATAKA STATE

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Abstract:

The main Purpose of the study was to find out the foot structure of adolescence of diversified regions of Karnataka state. For this study eight hundred high school boys were selected from four divisions of Karnataka state. Wet foot print test was used to assess the structure of foot. The collected data was analyzed by using the analysis of covariance (ANOVA) was used at 0.05 level of significance. There was insignificant difference in postural deformity of flat-foot of high school boys from four divisions of Karnataka state.

Key words: Posture and Flat foot.

Introduction:

In ancient period people were doing hunting, labor, climbing, and jumping activities and were common for their existence in nature, hence these activities naturally improves the fitness, health and lengthy life span of human. There is a huge difference in physical fitness, mental toughness, health and fruitful utilizing the leisure time between past and present generations. Because most of the current children have been spent maximum leisure time for use smart phone, computer, watching television, and playing emotionless games. Many researchers reported an increasing percentage of children motor rigorous motor problems and it has been linked to difficulties some children have with reading and writing. Its shows Physical activities and sport is make compulsory in schools because children spend abundant time in school and which is place of stimulate the student towards physical activities and sports culture. It becomes more essential that the physical stimulation they receive in school be as valuable as possible and that they have positive experiences with physical activities in school.

Flat feet (Pes planus):

This is the most significant of the foot defects in which the longitudinal arch is flat.

METHODOLOGY

The purpose of the study was to find the influence of regional diversity on functional differences among adolescence in relation with postural deformities of Karnataka state. Total eight hundred high school boys from Karnataka state selected for this study. The study was used to wet foot print test to assess the structure of foot. Descriptive statistical   solutions were obtained for all the variables of study. ANOVA statistical analysis was computed for study

Selection of variables:

Postural deformity:

1. Flat-Foot

Table 1. One Way Anova of Flat-Foot among High School Boys

	Sum of Squares	Df	Mean Square	F
Between Groups	2.76	3	0.92	
Within Groups	1356.12	795	1.70	0.53
Total	1358.88	798		

*Significant at 0.05 level Table Value= 2.62

Analysis of table 1 shows that there is insignificant difference among four divisions of Karnataka state high school boys' flat-foot identifies is one of the postural deformity. Obtained 'f' value is 0.53.Which is lesser than the table value.

Table 2. POST HOC RESULTS OF FLAT-FOOT AMONG HIGH SCHOOL BOYS

Gulbarga	Mysore	Bangalore	Belagavi	Mean difference
4.22	4.37			0.15
4.22		4.32		0.10
4.22			4.35	0.13
	4.37	4.32		0.05
	4.37		4.35	0.01
		4.32	4.35	0.03

*significant at 0.05 level.

     Table 2 shows that Gulbarga division boys had insignificant mean difference with Mysore (0.15cm), Bangalore division (0.10cm), and Belagavi division (0.13cm) in flat-foot. Mysore division boys had insignificance mean difference with Bangalore division (0.5cm) and Belagavi division (0.01cm) in flat-foot. Bangalore division boys had insignificant mean difference with Belagavi division (0.03cm). Flat-foot variable among boys clearly identifies that Gulbarga division boys had more flat-foot deformity when compared to other three divisions, followed by, Bangalore division, Belagavi division and Mysore division. Habit of physical activity and structure, weight of the body, and strength of the bones may be the factor related to postural differences among high school boys. The graphical representation of post-hoc test result is depicted in chart 1.

Chart 1:Post Hoc Test Result of Flat Floot
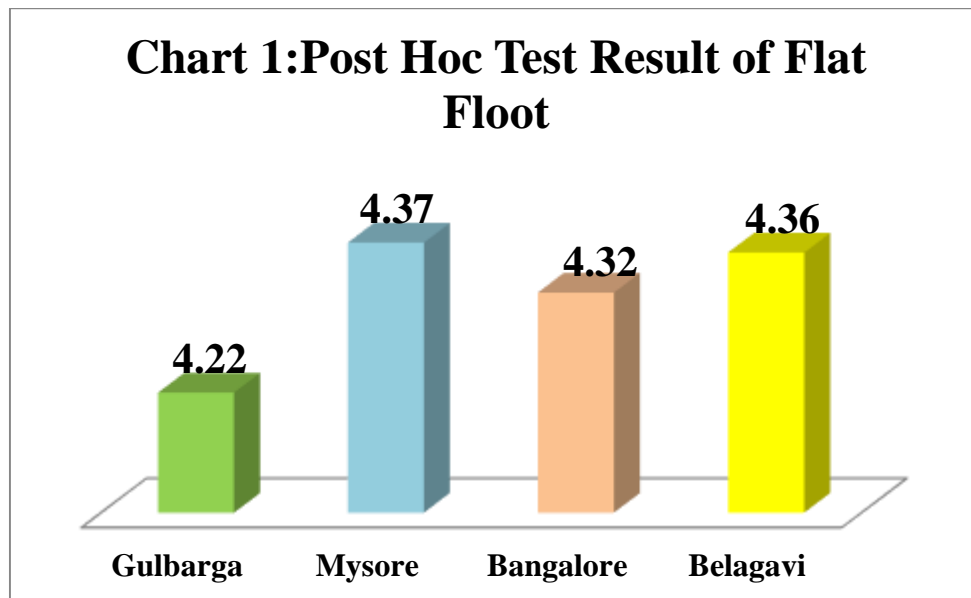
CONCLUSIONS

Mysore division boys (4.37%) were good in foot structure compared to other three divisions; Gulbarga division boys (4.22%) were had more flat-foot deviation than Mysore division, Bangalore division (4.32%) and Belagavi division boys (4.35%)

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