

# A Study on Prevalence of Flatfoot among High School Boys and Girls

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**Abstract**—Posture is not a just related to the standing position, as one generally considers, it has greater scope, considerations like proper positions for standing, sitting, walking, lying have definite definitions. Purpose of the study was to find out the percent of flatfoot in high school boys and girls. Two hundred high school students 100 boys and 100 girls were the subjects. Wet foot print test was used to know the intensity of flatfoot and percent analysis technique was used to analyze the data statistically. Results revealed that majority of the boys had 33% very poor foot structure, 24% poor, 26% average, 17% normal foot structure. and girls indicated they had 20% very poor foot structure, 35% poor, 30% average, 15% normal foot structure .It was concluded that Boys had a high percent of very poor foot structure than normal structure. Boys had a high percent of very poor foot structure when compared to girls. Girls had a poor foot structure than normal foot structure. Overall, majority of subjects had flatfoot with different intensity, they need to be taken care off for improvements.

## I. INTRODUCTION

Physical activity is the most important thing you can do to improve and maintain health-related physical fitness. Physical activity is something that you can control. You can choose the kinds of activities you want to do and schedule a regular time to do them. Physical activity is not the only factor that contributes to physical fitness. Other important factors contributing to physical fitness are maturation, age, heredity, the environment and lifestyle choices including

Today posture is not just related to the standing position, it was generally the care in the part. It encompasses many aspects of a person's nervous systems. This gives a greater scope to posture considerations, including stances required for standing, sitting, walking, lying and the like viewed broadly. Three types of values may be advanced for good posture: Aesthetic, movement efficiency and improved fitness.

## II. HYPOTHESIS

It is Hypothesized that majority of high school students have Flat foot.

### III. METHODOLOGY

#### A. Selection of subjects

The investigator had randomly selected two schools from Challakere taluk. The schools were chosen in such a way that they represent the students from both boys and girls. 200 subjects are from 100 boys and 100 girls ranging from 15 to 17 years of age were test for Foot print test on a 4-point ordinal scale was made use.

The following were the representative schools of the Challakere taluk chosen for this study.

- a) Mahatma Gandhi English Medium high school.
- b) Rotary High School Challakere.

#### B. Procedure of collecting foot print:

While examining foot prints, subjects must be in barefoot. The experimental procedures as follows .Take spread the color on floor and Students or subjects stand on the color then remove the right feet from color and same feet put on the thick paper and carefully his feet remove from paper. then after this repeat with left foot. Then according to the foot print is 3 point ordinal scale rate the foot print of the subject.

The foot print was analyzed by using 3 point ordinal scale according to New York state posture rating test, if the foot print of the subject fully flat 1 point was awarded and considered was **poor** foot print. The next scale was average -awarded with 3 point . If the foot print is best perfect area awarded 5 point and considered as Normal

#### C. Statistical technique

Percent analysis was used to interpret data and presented in graphical form.

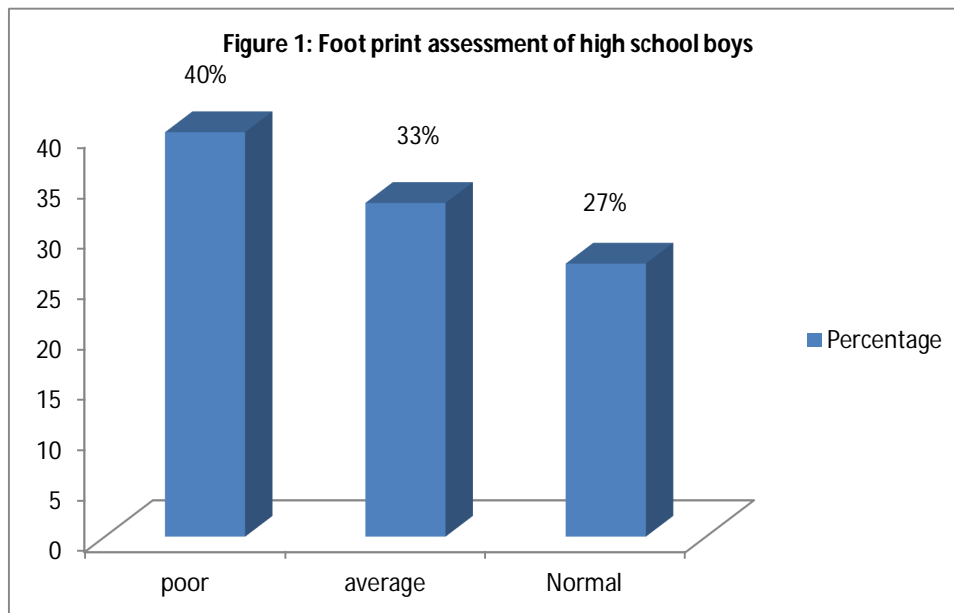


Diagram 1: Percentage of flat foot among High School Boys

Reveals that 40% of boys has poor foot prints and foot was flat 33% boys had average foot prints, 27% of boys has Normal foot print. Results reveals that majority of the students had poor and average foot prints , care to be taken to correct this deformities.

Reveals that 30% of girls has poor foot prints and foot was flat ,41% girls had Average foot prints, and 29% of girls has Normal foot print. Results reveals that majority of the students had poor foot prints than normal foot posture, care to be taken to correct this deformities.

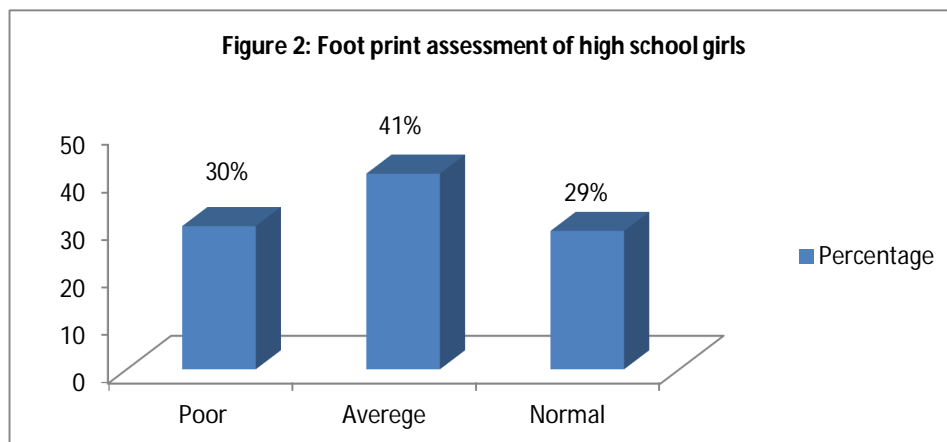


Diagram 2: Percentage of flat foot among High School Girls

#### IV. CONCLUSION

1. Both Boys and Girls had a very low percent of normal foot structure.
2. Girls had a low percent of normal foot structure than the boys.
3. Concluded that majority of subjects had flatfoot with different intensity.
4. Majority of high school boys and girls had flat foot, which is a serious postural deformities which need to be take care by the physical education teacher of this schools and parents.

#### RECOMMENDATIONS

1. It is recommended that physical examinations and posture test can be made in school level and detected poor posture.
2. This study can be made on players of different games.
3. Similar study can be conducted among different age groups.
4. Similar study can be conducted among college students.

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