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INVESTIGATION OF THE POSTER OF FEMALE HOCKEY PLAYERS BY IOWA TEST METHOD

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ABSTRACT

Posture is the position of the body in any environment or mode such as standing, sitting, lying down, leaning forward or backward or sideward, walking, moving or running. Posture is based on the position of the spine and all the joints in the muscular - skeletal system that is the relative arrangement of body parts. For this study 75 elite women hockey players form Kerala are selected as a subject. Subjects who are represented in Kerala State Junior or Senior Nationals and Interuniversity competition were selected as subjects for the study. The age of subjects ranged from 18 to 25 years as per their certificates. Poster of female hockey players was analysis by the use of IOWA poster test administration method. Based on result that Standing 70.3good body mechanics 29.7 Slight Deviation, walking70.3 good body mechanics 29.7 Slight Deviation , sitting 78.43good body mechanics 21 Slight Deviation, ascending78.4 good body mechanics 21.6.6 Slight Deviation, descending 78.4 good body mechanics 21.6 Slight Deviation, weight distribution 87.8 good body mechanics 12.2 Slight Deviation , direction of feet 73 good body mechanics 27 Slight Deviation but in the case of stooping 41.9% only good and 58.1% of players showed slight or moderate deviation and no marked deviation in their body mechanics was noted in any of the players. National level female Hockey players from kerala possess normal posture in most of their body segments. It is recommended to take proper care of players who have developed slight deviations on the body segments so that not develop into pronounced deviation, which may lead to postural deformities. Based on the result we Concluded that sports and games are very good to maintain their female poster good poster prevent the back pain help to maintain good health.

KEYWORDS :poster Assessment, Iowa Poster Test, Female Hockey Players.

INTRODUCTION

Posture is the position of the body in any environment or mode such as standing, sitting, lying down, leaning forward or backward or sideward, walking, moving or running. Posture is based on the position of the spine and all the joints in the muscular - skeletal system that is the relative arrangement of body parts. Posture is all about body awareness which is interpreted as "being cognizant or conscious of personal postural habits" (Schloder, 2010). According to the Posture Committee of the American Academy of Orthopedic Sugeons (1947), "good posture is the state of muscular and skeletal balance which protects the supporting structures of the body against injury or progressive deformity irrespective of the attitude in which these structures are working or resting". Body mechanics is related to proper posture in that proper body mechanics is easier to maintain with good posture. Body mechanics refers to the way the body is positioned and used during activity. Incorrect body mechanics increases stress placed on various body segments were as correct body mechanics makes the most effective use of the body's forces and lever systems. Good posture is an easy and very important way to maintain a healthy mind and body. Good posture is nothing more than keeping your body in alignment or keeping "neutral spine" a perfect postural position. Neutral spine exists when there is a slight forward curve in the small of the lower back, a slight backward curve in the upper back around the shoulder blades, and a slight extension of the neck. In this neutral spine position, the other segments of the body must also be arranged, so you can draw a straight, vertical line through ears, shoulders, hips, wrists, knees and ankles. With the spine and segments in their correct positions, the muscles and ligaments are imparting the smallest possible force and the body is balanced, protecting against damage and deformity.

REVIEW RELATED LITERATURE

ALIZADHEN HM ET.AL conducted a study to compare the thoracic kyphosis angles of adolescent female Field Hockey players and non-athletes and to examine the relationship between the thoracic kyphosis and training regimes in Hockey.Seventy-four female participants including 37 Field Hockey players (mean age 19.03 ±1.24 years) and 37 non-athletes (mean age 18.21± 1.22) were recruited in this cross-sectional study. The Hockey players met a minimum criterion of 3 years of experience in the Iranian first division female hockey league. The thoracic kyphosis degree was measured between T1-T12 using a non-invasive flexible ruler.A significant difference in the thoracic kyphosis degree between athletes (M=41. 71°, SD=5.38°) and non-athletes (M=36.72°, SD=6.01°); t (72)=3.76, P=0.001 was revealed. The magnitude of the difference in the means was very large (eta squared=0.016). There was a moderately positive correlation between the athletic history (number of years of hockey participation) and thoracic kyphosis, r=0.36, N.=37, P=0.031. However, the relationship between the cumulative training exposure (yearly training hours) and the degree of thoracic kyphosis was not significant.Thoracic kyhphosis significantly increased in adolescent female Field Hockey players and was found to be associated with the cumulative number of years of Hockey participation. These results suggest a possible association between the semi-crouched posture in Field Hockey and thoracic kyphosis in elite adolescent athletes..

DI GIVONNA(1931) conducted a study on the relationship of athletic skills and strength to posture.The purpose of the study was to find out experimentally the relationship between posture and athletic acheivement.The subjects were 233 boys ranging in age from 12 to 15 years.They were divided into four groups according to age,height and weight index and were subjected to postural examination and athletic tests.The Basketball throw for girls showed no relationship between posture and

achievement.The range of acheivement throughtout the six events indicated that there was a general overlapping of athletic ability of individuals

METHODOLOGY

For this study 75 elite women hockey players form Kerala are selected as a subject. Subjects who are represented in Kerala State Junior or Senior Nationals and Interuniversity competition were selected as subjects for the study. The age of subjects ranged from 18 to 25 years as per their certificates. Poster of female hockey players was analysis by the use of IOWA poster test administration method. The Posture and Body Mechanics Test developed by the Women's Department of the Division of Physical Education, State University of IOWA was used in the study. This test provides a three-point rating scale for each of the following functional conditions-standing, walking, sitting, stooping to pick up a light object, ascending and descending stairs and foot mechanics. The following statistical methods were used to analyze the collected sample data. Frequency and percentage distribution of sample respondents were calculated for various postures and body mechanics in order to summarize the collected raw data.

RESULT

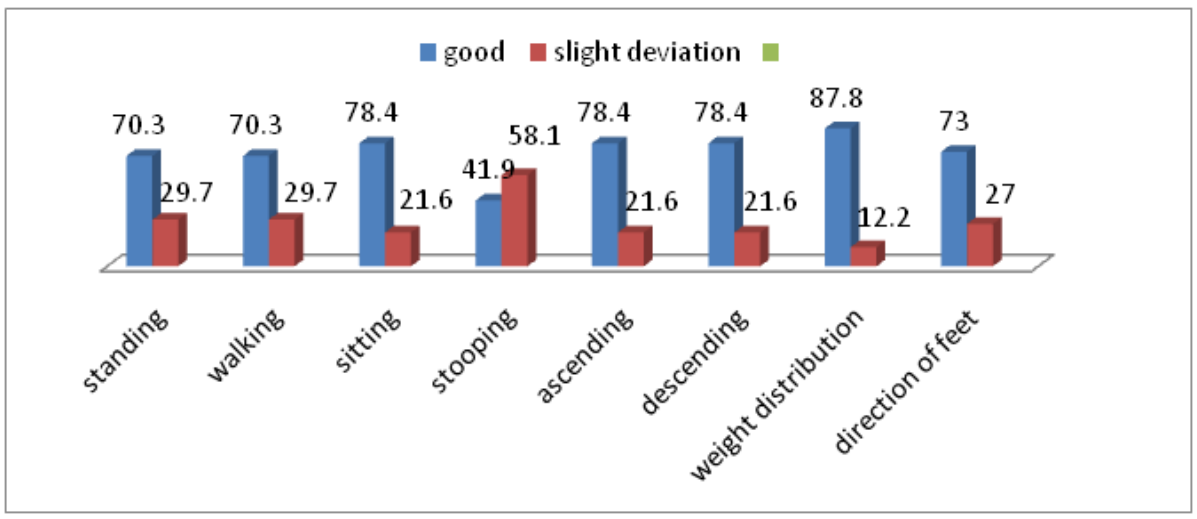
	Good		Slight Deviation		Marked Deviation	
Body Mechanics	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Standing	52	70.3	22	29.7	0	0
walking	52	70.3	22	29.7	0	0
sitting	58	78.4	16	21.6	0	0
stooping	31	41.9	44	58.1	0	0
ascending	58	78.4	16	21.6	0	0
descending	58	78.4	16	21.6	0	0
weight distribution	65	87.8	9	12.2	0	0
direction of feet	54	73	20	27	0	0

TABLE SHOWS THE RESULT OF IOWA POSTURE TEST

Form the table value observes the various poster level of female hockey players among this majority of players had good body mechanics. Base on the table body mechanic for standing frequency value is 52 and percentage is 70.3% are good, frequency value is 22 and percentage is 29.7% are Slight Deviation and there is no Marked Deviation. walking frequency value is 52 and percentage is 70.3 %good frequency value is 22 and percentage is 29.7% are Slight Deviation and there is no Marked Deviation .Sitting frequency value is 58 and percentage is 78.4% are good, frequency value is 16 and percentage is 21.6% are Slight Deviation and there is no Marked Deviation. Stooping frequency value is 31 and percentage is 41.9%are good, frequency value is 44 and percentage is 58.1% are Slight Deviation and there is no Marked Deviation. Ascending frequency value is 58 and percentage is 78.4% are good, frequency value is 16 and percentage is 21.6% are Slight Deviation and there is no Marked Deviation. Descending frequency value is 58 and percentage is 78.4% are good, frequency value is 16 and percentage is 21.6% are Slight Deviation and there is no Marked Deviation. Weight distribution frequency value is 65 and percentage is 87.8% are good, frequency value is 9and percentage is 12.2% are Slight Deviation and there is no Marked Deviation. Direction of feet frequency value is 54 and

percentage is 73 %are good, frequency value is 20 and percentage is 27% are Slight Deviation and there is no Marked Deviation respectively obtain from this study.

DIAGRAMMATIC REPRESENTATION OF DISTRIBUTION OF SCORES BASED ON IOWA POSTURE TEST.



CONCLUDING AND REMARKS

Based on result that majority of players had good body mechanics but in the case of stooping 41.9% only good and 58.1% of players showed slight or moderate deviation and no marked deviation in their body mechanics was noted in any of the players. National level female Hockey players from kerala possess normal posture in most of their body segments. It is recommended to take proper care of players who have developed slight deviations on the body segments so that not develop into pronounced deviation, which may lead to postural deformities.

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