

IMPORTANCE OF GOOD POSTURE IN THE CONTEMPORARY ERA

PROF. DR. R.S. SINDHU¹ SAVITA RANI²

¹ H.O.D of Physical Education, St.Thomas College, Kozhenchery, Pathanamthitta, Kerala

²Research Scholar, Department of Physical Education, Patiala, Punjab

Abstract

From a physically active to a sedentary and comfort-driven society, humanity has changed and evolved. Chronic lifestyle diseases and nagging bodily pain have come from this. This ongoing problem has shown to have a workable remedy with proper postural alignment and awareness. This article aims to describe proper posture and describe its advantages. Also, two fundamental postures standing and sitting are discussed, and postural adjustments are provided. They include mindfulness practices and yogic postures. The aim of this paper is to raise awareness of the value of good posture in the contemporary era.

Keywords: *Good postures, postural habits, standing-sitting postures.*

INTRODUCTION

In general, posture refers to how the body's various parts are arranged in relation to one another, with the shape and location of the spine taking center stage. It must be viewed in the context of the person's current condition or environment, which may include both standing and sitting. Straightening up is an important part of having good posture, but so is maintaining our body in various postures and motions. It involves coordinated body parts that, with the least amount of effort and greatest amount of effectiveness, produce ethereal, flowing movements. Unconsciously, our eyes are drawn to someone's posture when we first meet them. We prejudge by their posture, and the first impressions we have of people often stick with us. Postural modifications that were recommended for their body types have helped patients whose physical

aches and pains were caused by improper posture. In addition to being the solution to most aches and pains, the advantage of good posture is the secret to an elegant and healthy lifestyle. The journey of life can be made more enjoyable by implementing a few straightforward yoga poses and lifestyle adjustments. Physical, emotional, and mental suffering can be prevented in large part by maintaining proper posture.

Advantages of Good Posture

Good posture can have a multitude of benefits for the human body: -

- It makes sure that all of the postural muscles continue to develop slowly but steadily and are maintained.
- In order for physical exercise to be effective and well-coordinated, it helps to maintain general body fitness.
- As a result, it also contributes to the protection of the spine by facilitating effective lifting and handling of loads.
- It aids in adjusting for skeletal changes that take place with ageing and conditions like chronic disease.
- It aids in back protection and injury prevention during pregnancy and the postpartum period.
- Overall, it encourages a sense of calm, assurance, and composure while sitting, standing, moving, and performing other daily activities.



Fig1:- advantages of good posture

Good Posture

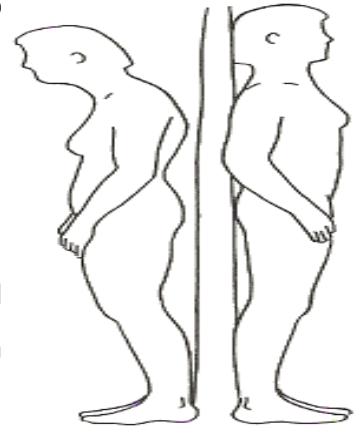
Understanding the structure and purpose of the vertebral column as well as the fundamentals of upholding an upright stance are necessary for maintaining Good Posture (Fig. 1.1). In order to identify typical postural habits, flaws, and movement patterns, it also requires the capacity to watch and evaluate posture. They are covered in the fo''

Good posture involves maintaining the body in:

- Proper vertical alignment
- Proper Horizontal alignment

A Correct Posture indicates:

- Strong and supple muscles which keeps bones
- and joints in the correct alignment
- Minimal stress on the joints
- That joints do not get fixated in abnormal positions
- That muscles are used efficiently, allowing the body to conserve energy and prevent fatigue
- Increased metabolism to burn calories
- An attractive personality boosted by self- confidence



Common Human Postural Habits

Many aches and pains develop over time as a result of our lifestyle and poor postural habits. These behaviors are hard to break since they are unintentionally formed. If we are conscious of our bad posture patterns, we can easily change them. Once they are discovered, we need to take aggressive measures to fix them. Finding and pinpointing the underlying issue that is the genesis of all postural abnormalities is the first step. To start, it's critical to comprehend the most fundamental aspects of all of our actions—standing, sitting, and lying down.

Standing Postural Habits

The robust central framework that gives humans the ability to stand and move on two legs is a blessing. Our feet serve as balance pads and leave a mark on the shoes we wear. A body's weight should be equally divided between its right and left feet, as well as the front and rear of its legs, to achieve an optimal weight distribution. The inner and outer borders of each foot should support the same amount of weight for each step.

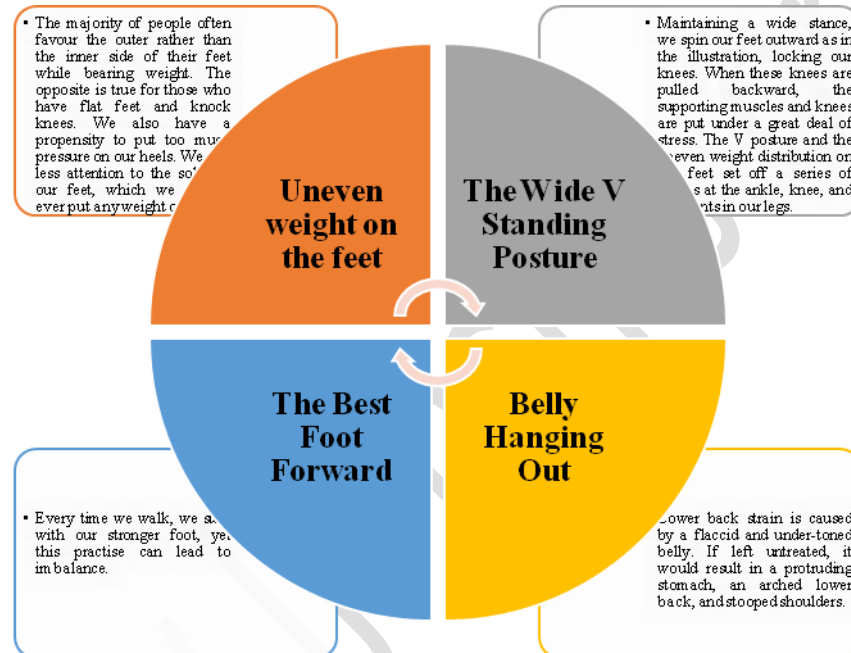


Fig2:- Common Standing Habits

Standing Postural Correction

- The Correct Ways To Stand
 - i. **Toes In Heels Out** - Stand with the outer edges of your feet parallel to each other.
 - ii. **Knees Unlocked** - Keep your knees soft and do not push them behind.
 - iii. **Hip Clench** – Bring a gentle tone to your hips by squeezing them behind.
 - iv. **Navel In** – Pull in the abdomen gently and push the lower back slightly behind.
 - v. **Shoulders Down** – Lower the shoulders as you slightly hinge them backwards.
 - vi. **Head Glide** – Retract the head to keep the chin parallel to the ground.

- vii. **Standing asanas**—i.e. Vrikshasana, Trikonasana, Padahastasana, Chakrasana, Supta Vajrasana

Sitting Postural Habits

We have evolved into a chair-using civilization. Our muscles' and bones' entire interaction has been altered by sitting on a chair. Our muscles have lost strength as a result, and this is causing several posture issues with long-term negative implications. Some frequent postural behaviors that need to be corrected include sitting with your back arched and leaning forward with your head projecting forward.

All of your sitting, whether it be at home, school, work, or in your automobile, should be suitable and comfy. Long periods of sitting require lumbar support, and regular breaks should be given to avoid maintaining the same postural positions. Quick stretching and exercise breaks are highly helpful and will keep you limber and in young, healthy condition.

Sitting Postural Correction

Proper alignment, when sitting at a desk, has a positive effect on pain and muscle tension.

Proper alignment includes:

- i. Chair should be low enough so that both feet are flat on the floor with knees slightly lower than hips.
- ii. If chair is too high, place a box underneath your feet.
- iii. Keep your head up and avoid leaning forward.
- iv. Computer screen should be level with the eyes and be directly in front of you; not off to one side.
- v. Keep your chair close to the desk to help maintain upright position.
- vi. Try not to cross your legs, if you do, cross them at the ankles.
- vii. Arms should rest comfortably at your side.
- viii. Wrists should be straight, not up or down excessively.
- ix. See the picture above for further clarification.

- x. **Sitting Asanas** – i.e., Padmasana, Ardha Matsyendrasana, Vajrasana etc.

REFERENCES

- Zećirović, A., Bjelica, B., Pajović, L., & Aksović, N. (2021). Postural status and kyphosis in school-age children. *International Journal of Academic Health and Medical Research*, 5(11), 90-97
- Mahtani R. (2015), *The power of posture*. Jaico publication, Mumbai
<http://greatist.com/happiness/best-sleep-positions>
<http://www.mayfieldclinic.com/PE-AnatSpine.htm#.VYDeRrZLGhY>
- Luna-Perejón, F., Montes-Sánchez, J. M., Durán-López, L., Vazquez-Baeza, A., Beasley-Bohórquez, I., & Sevillano-Ramos, J. L. (2021). Iot device for sitting posture classification using artificial neural networks. *Electronics*, 10(15), 1825.
- Mandeep Singh Nathial, *Analysis of set shot in basketball in relation with time to perform the course and displacement of center of gravity*, American Journal of Sports Science, Vol.2 Issue.5 pp: 122-126 (2014). Retrieved from <https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13>
- Mandeep Singh (2010). *Evaluation And Improvement Of Sports Techniques Through Biomechanical Updated Analyzing Technology*, University News, Journal of Higher Education Association of Indian Universities, Association of Indian Universities, Vol:48:Issue.05;2010 Pp45-57, 2010
- Mandeep Singh Nathial, *A Study of Adjustment and Emotional Intelligence of University Coaches in India*, American Journal of Applied Psychology. Volume 3, Issue 6, November 2014 , pp. 122-126. doi: 10.11648/j.ajap.20140306.11
- Nathial, Mandeep Singh. A COMPARATIVE AND ANALYTICAL STUDY OF SELF-ESTEEM AND JOB SATISFACTION IN ATHLETES AND NON ATHLETES. *Journal of Advances in Social Science and Humanities*, 2(10).<https://doi.org/10.15520/jassh210123>
- SINGH SIDHU, A., & SINGH, M. (2022). KINEMATICAL ANALYSIS OF HURDLE CLEARANCE TECHNIQUE IN 110M HURDLE RACE. *International Journal of Behavioral Social and Movement Sciences*, 4(2), 28–35. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/267>
- Singh, A., & Singh, D. M. (2013). PROMOTION OF RESEARCH CULTURE –ENHANCING QUALITY IN HIGHER EDUCATION. *International Journal of Behavioral Social and*

- Movement Sciences*, 2(2), 202–208. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/152>
- SINGH, M., & SINGH SIDHU, A. (2016). A COMPARATIVE STUDY OF BODY COMPOSITION AND RELATIVE HEALTH STATUS AMONG RESIDENT AND NON-RESIDENT STUDENTS IN DIFFERENT SCHOOLS OF J&K. *International Journal of Behavioral Social and Movement Sciences*, 5(3), 08–13. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/320>
- Singh Nathial, D. M. (2012). ANALYZING THE CREDIT BASED SYSTEM IN PHYSICAL EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 1(3), 172–176. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/37>
- SHARMA, N. P., & SINGH, M. (2014). SENIOR AGE GROUP RELATIVE EXERCISES AND IMPACT ON THEIR LIFESTYLE. *International Journal of Behavioral Social and Movement Sciences*, 3(04), 78–82. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/246>
- CHAND PURI, P., MISHRA, P., JHAJHARIA, B., & SINGH, M. (2014). COORDINATIVE ABILITIES OF VOLLEYBALL IN DIFFERENT AGE GROUPS: A COMPARATIVE STUDY. *International Journal of Behavioral Social and Movement Sciences*, 3(3), 56–68. Retrieved from <https://ijobsms.org/index.php/ijobsms/article/view/228>
- Dr.Mandeep Singh & J N Baliya, 2013; “**A study of family stress among working and non-working parents**”, *International Journal of Research in Social Sciences*.Vol 2, 2. 194-201. <https://indianjournals.com/ijor.aspx?target=ijor:ijrss&volume=2&issue=2&article=013>
- Kripa, S., & Kaur, H. (2021). Identifying relations between posture and pain in lower back pain patients: a narrative review. *Bulletin of Faculty of Physical Therapy*, 26, 1-4.
- Cun, W., Mo, R., Chu, J., Yu, S., Zhang, H., Fan, H., ... & Chen, C. (2021). Sitting posture detection and recognition of aircraft passengers using machine learning. *AI EDAM*, 35(3), 284-294.
- Leledakis, A., Östh, J., Davidsson, J., & Jakobsson, L. (2021). The influence of car passengers' sitting postures in intersection crashes. *Accident Analysis & Prevention*, 157, 106170.
- Ohlendorf, D., Sosnov, P., Keller, J., Wanke, E. M., Oremek, G., Ackermann, H., & Groneberg, D. A. (2021). Standard reference values of the upper body posture in healthy middle-aged female adults in Germany. *Scientific Reports*, 11(1), 2359.