SOCIOLOGICAL STUDY REGARDIND THE PUPIL'S POSTURE

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Abstract. Exercise, an active tool in disposture prophylaxis, is one of the basic tools in physical activity at the children's level. This paper aims at identifying the views of physical education teachers (n = 60) about the importance of physical exercise in pupils' lives, the incidence of obesity and the installation of poor attitudes. Also, the research aims to highlight the role that the physical education teacher has in identifying deficient attitudes and in directing students identified with physical deficiencies to specialists. The study found that there are students who are not attending physical education hours, that the incidence of obesity is increasing, and that physical education classes are not enough to alleviate physical deficiencies.
Key words: *physical exercise, students, posture.*

Introduction

Current epidemiological studies have shown a high prevalence of abnormal posts in the spine in children and adolescents, scoliosis posture and kyphosis posture being two of the most common postural alignment deficiencies [1]. In a good postural alignment, the different parts of the body are kept in a steady state with the lowest energy consumption. Somatic growth during childhood can lead to the development of numerous postural defects, which compromise physical development [2].

Poor postural attitudes are numerous, especially in small schools, and the most advantageous way to prevent and correct this phenomenon is provided by physical education and sports. If they are detected early, before structural changes in the tissues, in most cases, postural deficiencies can be corrected and even prevented by normal physical education programs.

Methods

The questionnaire survey quantitatively and qualitatively evaluated the responses of the investigated subjects who expressed their opinion on the effects of practicing exercise on children's posture. The sociological survey targeted a number of 60 urban and rural physical education teachers who responded positively to our request to fill out a questionnaire with 8 items, the response variants being closed.

The survey was applied in order to identify the opinions of physical education teachers regarding physical activity of pupils and on the incidence of deficient attitudes among pupils in primary and lower secondary education.

Results

Tabel 1. Answers to the first question

question	Response variant	No Responses	Percentage
Work experience in education	5-10 years	7	12%
	10-15 years	21	30%
	Above 15 years	32	53%

Of the survey sample (60 teachers), 53% of them have more than 15 years of Work experience in education, 30% are in the range of 10-15 years, and 12% are teaching physical education for 5-10 years.

Table 2. Answers to the question

question	Response variant	No Responses	Percentage
Pupils medically exempt from physiscal education classes	yes	35	58%
	No	25	42%

From the data provided by the teachers, it appears that 58% of the interviewed teachers say that there are pupils who are medically exempted in primary classes. 42% of the sample surveyed claimed that they do not have students physically exempted at school.

Table 3. Answers to the third question

question	Response variant	No Responses	Percentage
Frequency of student participation in physical activities outside of physical education class.	high	0	0%
	Moderate	2	3%
	poor	30	50%
	Very poor	28	47%

Regarding the physical activity of pupils outside the physical education classes, the respondents estimate it to be low (for 50% of the teachers) and very poor (for 48% of the teachers). No respondent checked the way kids would run motor activities daily. However, 3% argued that school students whom they teach have moderate physical activity (three times a week).

Table 4. Answers to the fourth question

question	Response variant	No Responses	Percentage
Participating in physical education classes in school may be enough to prevent physical deficiencies	yes	1	1,7%
	No	59	98,3%

Asked if the physical education classes are sufficient to correct the physical deficiencies, by improving students' poor attitudes, most of the respondents (98.3%) disagreed with this statement, a single teacher positively appreciated the question.

Table 5. Answers to the fifth question

question	Response variant	No Responses	Percentage
The presence of poor attitudes among students	yes	59	1,7%
	No	1	98,3%

Most of the teachers observed the presence of poor attitudes or physical deficiencies among the students, the percentage of respondents who checked the first answer variant being 98.3%. One teacher from the interviewees said he did not notice this. The answers to this question also confirm some scientific research aimed at the postural evaluation of children which has signaled an alarm on their physical development

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Table 6. Answers to the sixth question

question	Response variant	No Responses	Percentage
Deficient attitudes / deficiencies encountered	Scoliosis	30	51%
	kyphosis	26	44%
	Hyperlordosis	3	5%

Of the 59 respondents who observed the presence of physical attitudes or deficiencies among students, 51% said that scoliotic attitudes are most often encountered and 44% have checked the answer b (kyphosis). There were also 3 teachers who especially noted the installation of a hyperlordosic attitude among students.

Table 7. Answers to the seventh question

question	Response variant	No Responses	Percentage
The evolution of obesity	rising	47	78%
	In stagnation	12	20%
	shrinking	1	2%

Asked about the evolution of obesity among students, 47 respondents said that it is rising, 12 are of the opinion that it has stagnated lately, while 1 has said it is declining.

Table 8. Answers to the eighth question

question	Response variant	No Responses	Percentage
Introduction of programs to prevent the occurrence of deficient attitudes in physical education classes	yes	60	100%
	No	0	0%

The last question concerned the opinion of physical education teachers about the possibility of introducing programs of prevention / correction of deficient attitudes within physical education, all subjects responding positively to this item. The sociological survey provided us with important data, concluding some extremely important aspects in the

evolution of our approach, so that the most important aspects identified were the lack of physical exercise in pupils' lives. The main points highlighted were:

Students do not practice enough physical activity outside the compulsory curriculum;

- There are still many medical-exempt students who do not actively participate in physical education;
- Teachers have identified the existence of numerous postural deficits among pupils;
- In the respondents' opinion, the incidence of obesity in children is increasing;
- Only activities in physical education classes cannot correct poor attitudes;
- All interviewed teachers agree with the development and implementation of work programs in the physical education lesson, designed to help improve postural deficiency attitudes.

Discussions

Research results suggest that physical education teachers and physical therapists can play a very active and important role in detecting and treating postural defects of students, especially before turning them into a complex disability.

The alert evolution of modern technology, the lack of physical exercise in the life of young schoolboys, parents' increasingly agitated lives, spending their free time in front of the TV, computer or other IT means, automatically affect our health and, in particular, posture, both aesthetic and functional negative effects. It is alarming that this society technology, in addition to its positive effects (easy access to information, etc.), has led to an increase in the occurrence of deficient attitudes from childhood [3].

The technological evolution of recent decades has led to the improvement of the investigative arsenal for the diagnosis, evaluation and monitoring of idiopathic scoliosis, a number of new methodologies being proposed and put into practice:

-Three-dimensional ultrasound [4];

- Computerized video analysis [5];

-Optical monitoring using the three-dimensional medical laser [6].

Advanced neuroscience research has made remarkable progress in terms of physical activity and cognitive performance, but also the structure and functions of the brain. The initial effects of exercise on the brain were observed in animal studies, with changes in the hypothalamus during exercise, and associated with improved memory and precise actions [7].

In childhood, physical exercise regularly, especially during growth periods, including puberty, has a long-lasting effect on bone health. Intense activities such as running or jumping are the most effective in bone strengthening. In older adults, physical activity is important in counteracting the effects of age on bone loss.

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