

PARTICIPATION OF PARENTS IN RECREATION AND SPORTS LORDOTIC POSTURE PRESENCE AT CHILDREN

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(Original scientific paper)

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Abstract:

The subject of this research is to determine the presence lordotic carriage by pupils of younger school age and correlation of the disorder posture with their parents' level of participation in sports and recreational activities. Complete program content is implemented on the territory of the city of Kragujevac, aged 12 years. +/- 6 months. The sample consisted of 299 students and their parents. The largest percentage of parents who occasionally during the year and those who never participate in sports and recreational activities. The presence lordotic poor body posture expressed in 30.20% of respondents. The largest presence examen deformities in the group of students whose parents never sports-recreation participate in activities in which students follow their parents from time to time during the year, and once a month taking part in some forms of sport and recreational activities. When respondents male population, poor posture is most present in students whose parents occasionally during the year involved in some forms of sports and recreational activities, the following students with monthly and daily involvement of parents. When respondents female population, the largest presence of deformities in the group, whose parents never participate in sports and recreational activities, followed by those with occasional, monthly and weekly participation of parents, while those children whose parents are daily taking part in sports and recreational activities, there is no general deformity present.

Key words: *preschool age, somatoscopy, somatometry, survey, χ^2 - test,*

INTRODUCTION

Proper postural position less takes place in children's everyday activities. Incorrect sitting, standing, inadequate bed and sleeping bag, various forms of moveable activities as well as the endogenous factors, systematic effect on the spinal column which causes stress, which often exceed the tolerance zone of soft tissue spine, not carrying out major damage, but cumulative effects by repeating the long-term positions and movements of tissues experiencing some strain in terms of their morphology and functions (Krsmanovic, 2007, Bogdanovic, 2008).

A rapid and asymmetrical growth in children with other elements of school age in particular, are certainly an important element in the emerging strain of the spinal column. Also, the reduction of physical activity, caused by the urban way of life, and inadequate exercise in physical education classes, and turning off in certain sports activities, leads to a weakening of the entire muscular system, and therefore to a weakening of the muscle region of the spinal column, which leads to specific disorders in the region in terms of poor posture, certain postural disorders, and finally the appearance of physical deformity (Bogdanovic, 2008).

Disorders of posture in children, based on current research and statistics, mainly caused by muscle weakness of the region back, chest or abdomen. In addition, weakness of muscles pelvic waist and lower extremities can lead to secondary disturbances in the upper parts. The primary changes are usually first appear in the muscle, then there is a change in the ligaments device, and at the end of the bone system. There are numerous researches on this point: Zivkovic, Milenkovic, Drobnyak (2004), Krsmanovic & Bigovic (2006), Krsmanovic, (2007), Milosevic & Obradovic (2008)).

Today, school children have been enabled, diverse and undoubtedly the quality of life content. There are many sports clubs, as collective and individual sports, where children could participate. Research in this area indicate that a large percentage of students elementary-school age do not take part in sports activities (Bogdanovic, 2006), and it was the cause of establishing the level of participation of parents of primary school age, some of the aspects of sports and recreational activities

The aim of this research is to determine the presence lordotic posture in students of junior school age and relationship of postural disorders with their level of participation of parents in sports and recreational activities. The task was to determine the number of students with lordotic bad posture, determine the presence of disorder, depending on the membership of gender, to determine the participation of parents in sports-recreative activities, and ultimately determine the presence lordotic bad posture depending on the level of participation of parents in sports-recreative activities.

METHODS

The complete program content is implemented in the city of Kragujevac in several primary schools age class V (12 years + - 6 months), a sample of 299 students and their parents. Sample was heterogeneous, since it consisted of boys and girls of the same class and department.

To assess lordotic poor posture, was used and the method somatoskophy and somatometry. In determining bad posture, was used to mean more lenient criteria. All respondents who had more value than 45 mm, were recorded as subjects with lordotic bad posture.

The participation of parents in sports and recreational activities on the basis of determine survey questionnaires completed by parents, included in

this study. On the statement: You are participating in sports and recreational activities, offered the following responses: daily, weekly, monthly, occasionally during the year, and in the end never. Based on the data so

obtained, was carried out further analysis.

Statistical significance between categories of respondents according to the indicators of control variables, we calculate the Chi-square test of independence, which explores the relationship between two categorical variable, which is based on a spreadsheet, ie. table, in which category a variable crossed with other categories.

The existence and size of the correlation between the investigated area was calculated Pearson's Chi-square test, and coefficient of contingency as a measure of association based on the X square test. All analysis was performed on a personal computer using statistical package for data analysis (SPSS 8.1 Statistical Package of Social Sciences-For Windows).

RESULTS AND DISCUSSION

Inspection of the table, where indicated participation of parents in sports and recreational activities, we see that the largest percentage (41.81%) of those parents who at times during the year to participate in certain types of sports and recreational activities, followed by a large percentage (33.78%) of those parents who never participate, and other categories of participation is much lower percentage.

In Table 2 The results of participation of parents in sports and recreational activities, and the presence lordotic posture with their children. We can immediately see that the presence of lordotic poor posture expressed in 30.20% of the respondents. The largest presence examen deformities (35%) in the group of students whose parents never sports-recreative participate in activities in which students follow their parents from time to time during the year (30.4%), once per month (28.57%), weekly (22.5%), and at the and those students whose parents day (16.67%) participate in sports-recreative activities.

Values of Pearson Chi-Square test of 3:28 and Contingency coefficient of 0.10, the level of significance of 0:51, indicating the lack of statistical significance of parent participation in sports and recreational activities and poor posture lordotic their children.

Table 1 The participation of parents in sports and recreational activities

	Frequency	Percent	Cumulative Percent
Daily	12	4,01	4,01
Week	40	13,38	17,39
Month	21	7,02	24,41
Periodically during the year	125	41,81	66,22
Never	101	33,78	100
Total	299	100	

*Table 2 The participation of parents in sports and recreational activities * lordotic posture price -list – Crosstabulation*

Participate in activities sports-recreative		Lordotic posture		Total
		Good posture	Poor posture	
Daily	Count	10	2	12
	%	83,33	16,67	100
Week	Count	31	9	40
	%	77,5	22,5	100
Month	Count	15	6	21
	%	71,43	28,57	100
Periodically during the year	Count	87	38	125
	%	69,6	30,4	100
Never	Count	65	35	100
	%	65	35	100
Total	Count	208	90	298
	%	69,80	30,20	100

Table 3. Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	3,28	4	0,51
Contingency Coefficient	0,10		0,51
N of Valid Cases	298		

In Table 4 The results of the participation of parents in sports and recreational activities and lordotic bad posture of their children, analyzed by gender affiliation of students. We see that reflected the presence lordotic posture of female respondents (35.15%) than is the case with men (24.26%) populations.

Respondents male population, poor posture is present at most students whose parents periodically throughout the year to participate in some of the

aspects of sports and recreational activities (30.16%), followed by students with monthly and daily involvement of parents (28.57%), while the smallest disorders among those students whose parents per week (15.79%) and those who never take part (17.5%) in such activities.

Women respondents, the largest presence of deformities in the group of pupils whose parents never participate in sports and recreational activities (46.67%), followed by those with occasional

*Table 4 The participation of parents in sports and recreational activities * lordotic student body posture * gender Crosstabulation subjects*

Half of the respondents	Participate in activities Sports -recreative		Lordotic posture		Total
			Good posture	Poor posture	
Male	Daily	Count	5	2	7
		%	71,43	28,57	100
	Week	Count	16	3	19
		%	84,21	15,79	100
	month	Count	5	2	7
		%	71,43	28,57	100
	Periodically during the year	Count	44	19	63
		%	69,84	30,16	100
	Never	Count	33	7	40
		%	82,5	17,5	100
	Total	Count	103	33	136
		%	75,74	24,26	100
Female	Daily	Count	5		5
		%	100		100
	Week	Count	15	6	21
		%	71,43	28,57	100
	Month	Count	10	4	14
		%	71,43	28,57	100
	Periodically during the year	Count	43	19	62
		%	69,35	30,65	100
	Never	Count	32	28	60
		%	53,33	46,67	100
	Total	Count	105	57	162
		%	64,81	35,19	100

Table 5. Chi-Square Tests

Half of the Respondents		Value	Df	Asymp. Sig. (2-sided)
Male	Pearson Chi-Square	3,07	4	0,55
	Contingency Coefficient	0,15		0,55
	N of Valid Cases	136		
Female	Pearson Chi-Square	7,41	4	0,12
	Contingency Coefficient	0,21		0,12
	N of Valid Cases	162		

(30.65%), monthly and weekly (28.57%), and those pupils whose parents take part in the daily sports and recreational activities, no deformities at all present.

Values of Pearson Chi-Square test (3.07 and 7.41 and Contingency coefficient (0.15 and 0.21), with the level of significance of 0.55 and 0.12, with

the respondents male and female, point to the lack of statistical significance of parent participation in sports and recreational activities and poor posture lordotic bodies of their children.

Results of research conducted by Protic - Gava, Cokorilo and Karanov (2006), confirm that children whose parents participate in sports and recre-

ational activities, have a better attitude than children whose parents are active athletes. This confirms that the parents who exercise regularly, affecting their children to do the same, and therefore positively impact on their postural status.

CONCLUSION

In analyzing the participation of parents in sports and recreational activities, the largest percentage of those parents who at times during the year to participate in certain types of sports and recreational activities, those parents who never participate, and other categories of participation is much lower percentage. The presence of lordotic poor posture expressed in 30.20% of the respondents. Prominent presence lordotic posture of female respondents than is the case with respondents male population.

The largest presence examen deformities in a group of students whose parents never sports-recreative participate in the activities, the following students for which parents periodically throughout the year, monthly, weekly, and at the and those students whose parents are daily taking part in some of the aspects of sports and recreational activities

Values of Pearson Chi-Square test and the Contingency Coefficient, with the level of significance, indicating the lack of statistical significance of parent participation in sports and recreational activities and poor posture lordotic' their children.

Respondents male population, poor posture is present at most students whose parents periodically throughout the year to participate in some of the aspects of sports and recreational activities, followed by students with monthly and daily involvement of parents, while the least disturbance to those students whose parents weekly and those who never take part in such activities.

Women respondents, the largest presence of deformities in the group of pupils whose parents never participate in sports and recreational activities, followed by those from time to time, monthly and weekly participation of parents, and those pupils whose parents are daily taking part in sports and recreational activities, not at all present deformities.

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УЧЕСТВОТО НА РОДИТЕЛИТЕ ВО СПОРТСКАТА РЕКРЕАЦИЈА И ПРИСУСТВОТО НА ЛОРДОТИЧНОТО ДРЖЕЊЕ НА ТЕЛОТО КАЈ ДЕЦАТА

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(Оригинален научен труд)

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Апстракт:

Целта на истражувањето беше да се утврди присуството на лордоичното држење на телото кај учениците од младата училишна возраст и неговата поврзаност со учествојона родителите во спорско-рекреативните активности. Истражувањето е реализирано на примерок од 299 ученици на возраст од 12 години \pm 6 месеци и нивните родители. Регистриран е најголем процент на родители кои повремено некогаш на годинава, или никогаш не учествувале во спорско-рекреативните активности. Присуството на лордоичното лошо држење е утврдено кај 30,20 % испитаници. Најголем процент на ова држење е утврден кај децата на оние родители кои не учествувале во нивните активности. Питоа е процентот на оние, чии родители во некогашна годинава, повремено или еднаш месечно, учествувале во некои од нивните активности. Кај испитаниците од маиката популација, лордоичното лошо држење на телото, најмногу е забележано кај учениците, чии родители, повремено во некогаш на годинава, учествуваат во некои од нивните активности. По нив, следат учениците, чии родители месечно или секојдневно биле вклучени во нивните активности. Кај децата од женскиот пол, забележан е најголем број на лордоично држење на телото кај оние, чии родители никогаш не биле вклучени во спорско-рекреативните активности. Питоа следат, децата на родители, со повремено месечно и неделно учество во нивните активности. Кај децата на родители кои секојдневно се занимавале со спорско-рекреативни активности, не се забележани случаи на лордоично лошо држење на телото.

Клучни зборови: предучилишна возраст, соматоскопија,
соматометрија, анкетирање, χ^2 -тест