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Postural habits and their effects when using computer

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Abstract
Students tends to develop poor posture as their work requires prolong sitting, such as in taking lectures, working on computer, lab activities, assignments, using laptops etc. Sitting for prolong periods of time in front of computer resulting in various types of muscular pain which are due to in-appropriate computer ergonomics and poor body posture. The objective of the study is to evaluate the awareness of good working posture and computer ergonomics among Dr. B. R. Ambedkar University, Agra. The study was convenient and self-structured questionnaire was used. The collected data was coded, tabulated and analysis using various statistical techniques for drawing valid conclusions. The study on the subject has revealed that maximum students were identified the right posture, whereas, the number of students, who were not identified the right postures, was comparatively lower, because they were not cautious about postures, when using computer.

Keywords: Ergonomics, muscular, posture, prolong

Introduction
Many people spend hours a day in front of a computer without thinking about the impact on their bodies. They physically stress their bodies daily without realizing it by extending their wrists; slouching, sitting without foot support and straining to look at poorly placed monitors. These practices can lead to cumulative trauma disorders or repetitive stress injuries, which create a life-long impact on health. Symptoms may include pain, muscle fatigue, loss of sensation, tingling and reduced performances.
Ergonomics is a field of study that attempts to reduce strain, fatigue and injuries by improving product design and workspace arrangement. The goal is a comfortable, relaxed posture. Poor workplace posture is a major cause of back pain, workplace stress and can lead to repetitive strain injuries. This can result in poor employee health and low morale which will ultimately lead onto reduced productivity, lost time and higher business costs.
Keeping the above aspects in view, this study "Posture and Ergonomics for workstations and computers" was taken up with following objectives:

a) Awareness regarding postural habits, when using computer.
b) To find out, if a bad posture can affect the young student's health.
c) To identify the methods, so that the young students can improve their posture, when using computer.

Methodology
A sample of 50 students i.e. 35 graduate and 15 post graduate students was selected with the help of multistage random sampling from urban area of Agra.
For collection the required information in the light of the objectives, a self-structured questionnaire was used. The collected data was coded, tabulated and analysis using various statistical technique for drawing valid conclusions. This study was also limited to those students only, who were using computers.

Result and Discussion
A present study was undertaken to find out, "Posture and Ergonomics for workstations and computers" in Agra city. Major objectives in view, a research procedure was developed and carried out.

Data obtained from the field study, using the questionnaire was tabulated, interpreted and discussed for analytical purpose. The details of the results so obtained are presented under the following major headings:

Section A: Awareness regarding postural habits when using computer.

Section B: To find out, if a bad posture can affect the young student's health.

Section C: To identify the methods, so that the young students can improve their posture, when using computer.

Section A

Table 1: Awareness regarding the sitting body posture, when using computer

S. No.	Body Posture (Sitting with computer)	Respondents	
		Number	Percentage (%)
1	Sitting with upright posture	27	54
2	Sitting down with your back well supported on the back rest	18	36
3	Sitting down with your back curved	01	2
4	Your buttocks slipping forward	04	8
Total		50	100%

The above table indicates "awareness regarding the sitting body posture, when using computer", according to the graduate and post – graduate students. Out of the total respondents, Maximum percentage of the students (54%) were having "sitting with upright posture", followed by (36%) were having "sitting down with your back well supported on the backrest posture". A very small percent (08%) and (02%) were having in the category of "your buttocks slipping forward" and "sitting down with your back curved posture" respectively.

Majority of the respondents were having "sitting with upright posture" when using computer it may be that if back and neck pain kicks in after you work at your computer, it might be time to change your posture. Sitting upright is the right way can help you avoid stress on your muscle and joints that can leave you hurting.

Section B

Table 2: Responses regarding, if work on the chair continuously, do you getting feel swell or pain in your feet

S. No.	Effect on health (Range)	Respondents	
		Number	Percentage (%)
1	Very much	07	14
2	Normally	05	10
3	Sometimes	13	26
4	Never	25	50
Total		50	100

The above table depicts "responses regarding if work on the chair continuously getting feel swell or pain in the feet", among the students. Out of the total students, maximum number (50%) were complained "never" getting feel swell or pain in the feet if they work on the chair continuously, followed by (26%) were complained "sometimes" getting feel swell or pain in the feet, if they work on the chair continuously whereas, the lowest number of the students (10%) complained "normally" getting feel swell or pain in the feet, if they work on the chair continuously. Further analyzing the data (14%) students were complained "very much" getting feels swell or pain in the feet, if they work on the chair continuously.

The reason may be that swelling due to fluid buildup simple from being overweight, being inactive, and sitting for a long time, or wearing tight stockings or jeans. Factors related to fluid buildup include: Acute kidney failure, Cardiomyopathy (problem with heart muscle).

Section C

Table 3: Knowledge about the identifications of the right sitting posture, when using computer

S. No.	The sitting posture when using computer	Respondents	
		Number	Percentage (%)
1	Forward Posture	13	26
2	Upright Posture	35	70
3	Reclined Posture	02	04
Total		50	100

The above table shows "knowledge about the identification of the right sitting posture when using computer" of the respondents. Out of the total respondents, maximum number (70%) were supported the right sitting posture when using computer i.e. "upright posture", followed by (26%) were supported the right sitting posture when using computer i.e. "forward posture", whereas, a very small number (04%) of the respondents were supported the right sitting posture when using computer "reclined posture".

Maximum number of the respondents were supported "upright posture" when using computer. It is the right sitting posture in their point of view. The apparent reason for that computer monitor needs to sit straight in front of you not at an angle. Also it should sit at a specific height to relieve neck and eye strain when you are seated at your desk comfortably; the top of your computer monitor should sit slightly below eye level.

Conclusions

A bad posture at the computer usually begins when you sit with hunched shoulders. To simplify, hunched shoulders are when you roll your shoulders forward. This position increases the curvature in the upper spine and pulls your head and neck in an unhealthy tilt. In addition, it also decreases your lung capacity.

The study on the subject has revealed that maximum respondents were identified the right posture, whereas, the number of respondents, who were not identified the right postures was comparatively lower, because they were not cautious about postures when using computer. Knowledge about correct postures among college going students is present, but it is still inadequate. Negative attitude towards the correct postures and not willing to adopt the same in activities of daily life, is a serious matter of concern. Ba habitual postures can have unhealthy effects on health of college students in near future. Therefore, knowledge of ergonomics and study of various postures are the need of the present time.

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