

“The Impact of Technology on Young Society with reference Postural Habits”

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Abstract

The self- confidence, openness, a sense of security is expressed through posture. Posture is a highly individual and dynamic aspect of human physiology and connected with psychological wellbeing. It is more about how your body adapts and interacts with different situations than a fixed correct or incorrect state. Many back pain causes and neck pain causes can be attribute to lifestyles built around technology, computers, televisions, tablets and smartphones all encourage you to sit still for long periods of time in unhealthy postures. Most technical applications, however, reduce the need to stand up and walk around. So, your posture suffers from the advancements of technology. The objective of the study is “ The Impact of Technology on young society with reference postural habits” A sample of 50 students from graduate and post graduate girls was selected with the help of multi-stage stratified random sampling from urban Agra. A self –structured open-end questionnaire was used. The data was coded, tabulated and analysis using various statistical techniques for drawing valid conclusions. The study on the subjects has revealed that most of the respondents were not identified the right posture. Whereas, the number of respondents, who were identified the right posture was comparatively lower, because they were not cautious about postures during different working conditions. Negative attitude towards the correct posture and not willing to adopt the same in activities of daily life, is a serious matter of concern. Bad habitual postures can have unhealthy effects on health of girl’s students in near future

Key words: Openness, Security, Dynamic, Postures, Technology, Cautious.