

# Find the Self Reported Problem Regarding Carrying of School Backpack among Children and the Load of the Bag in Arignar Anna Government Higher Secondary School, Poonamallee

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**Abstract:** A descriptive study was done to find the self reported problem regarding carrying of school backpack among children and the load of the bag. Simple random sampling technique (random table method) was used and 100 school children were selected at Government Higher Secondary School - Poonamallee. Demographic variables were collected by using interview technique and questionnaire was used to assess the self reported problems of the children. Descriptive and inferential statistics was used for the analysis of data. The findings of the study are, the overall degree of the Self reported problems shows that 40% had Moderate problems, 60% of the children had severe problems and none of the children had Mild problems and Load of the bag shows that 87% had mild overload, 13% had moderate over load and none of the children had severe overload. Problem reported regarding the weight of the bag load and duration of carrying the bag are statistically Non significance at  $p < 0.05$ .

**Keywords:** Self Reported Problem, School Backpack, Load of the Bag, School Children.

## 1. Introduction

Nowadays, children are often forced to carry backpacks to school so that personal items, work & project can be safely carried from home. Many of these Children carry a quarter to their body weight over their back for most of the time throughout the day. Carrying too much heavy backpack load in their young life may lead serious health problems related to spine and bones. On investigators observation children are using many methods to carry bag on their back with poor positioning. This motivates investigator to conduct a descriptive survey to find the self reported problem regarding carrying of school backpack among children and the load of the bag in selected school at Chennai.

## 2. Statement of the Problem

“Find the self reported problem regarding carrying of school backpack among children and the load of the bag in Arignar Anna Government Higher Secondary School, Poonamallee”.

## 3. Objectives

The objectives of the study

- To find the self reported problems on carrying school backpack among school children.
- To find the load of the bag among school children.
- To find the association between self reported problem on carrying of school backpack and load of the bag among school children with their selected demographic variables

## 4. Methodology

Non- experimental descriptive research design was adopted. Simple random technique by using random table and 100 School Children goes to school by walk, carrying their school bag on back were selected. The school children those who were studying in 9<sup>th</sup> standard in four section at Arignar Anna Government higher secondary school, Poonamallee. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics.

## 5. Major Findings of the Study

The Analysis of the study shows

- The overall degree of the Self reported problems shows that 40% had Moderate problems, 60% of the children had severe problems and none of the children had Mild problems.
- Load of the bag - shows that 87% had mild overload, 13% had moderate over load and none of the children had severe overload.

## 6. Conclusion

This study concludes that most of the children are experiencing mild, moderate or severe problems due to carrying of school bag. Problems reported by the children after reaching home is more than while walking and after reaching school. Female children reported more problems than male children. Most of the children carry overload to school and majority of children carry school bag below the waist level. Problem reported regarding the weight of the

bag load and duration of carrying the bag are statistically Non significance.

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