Postural Variability in Preschool Children: Observational Study

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Body posture is the physical attitude of the body, considering the biomechanical relationship and alignment of body segments, as well as the spatial adaptability inherent in the ability to maintain postural control in daily tasks.
This observational study aimed to deepen understanding of children's postural variability during interactions with their natural preschool environment, using a qualitative naturalistic approach.
The participants in this study included 18 healthy children, six girls and twelve boys, aged between 5 and 6 years old, from a preschool class. Anthropometric data, including weight, height, and Body Mass Index, were collected. A questionnaire was used to collect data related to gestational age and physical activity. Observation data collection took place over three weeks, two days per week. The researcher was present during the activities, only observing, and did not intervene in any way with the children or the educational team. Four video cameras were placed in the classroom to ensure observation of all the participants in the different activities and routines of preschool.
The observed activities were grouped into four context units: Unit a – welcome and good morning routine, Unit b – listening to a story, Unit c – draw and paint a picture and Unit d - songs with body gestures. The systematic analysis of observational data on children's body posture was carried out using content analysis, with the MAXQDA (26.2.1) software, enabling the systematic organisation, coding, and interpretation of the collected data.
This study provided a deeper understanding of children's postural variability, including the identification of body postures that are helpful or harmful to the development of the postural control system, thereby identifying risk situations, as well as relational analysis between body posture and preschool environmental factors.

Keywords: body postural variability, children, preschool

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Abstracts

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