

The effect of a suggested training program on the levels of bodily-kinesthetic intelligence of football beginners less than 15 years

اثر برنامج تدريبي مقترح على مستويات الذكاء الجسمي الحركي لدى ناشئي كرة القدم فئة اقل من 15 سنة

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Abstract: This study aimed to test a training program effect on the levels of bodily-kinesthetic intelligence among soccer beginners category less than 15 years, The researcher used the experimental method in the only group way , the research community of (25) players registered at 2018/2019 sport season, 20 players were selected in The intended way , the exploratory study was conducted on (05) players, while field study was conducted on 15 players ,To measure the bodily-kinesthetic intelligence the researcher built five tests measuring five dimensions of bodily-kinesthetic intelligence: (Body control, sensitivity of rhythm , Expressiveness , Generation of movement ideas , Object manipulation) , The researcher used (SPSS) program to process data statistically , The results showed a complete improvement in bodily-kinesthetic intelligence .

Keywords: bodily-kinesthetic intelligence ,Body control ,sensitivity of rhythm, Expressiveness .

المخلص: هدفت هذه الدراسة إلى اختبار اثر برنامج تدريبي على مستويات الذكاء الجسمي الحركي لدى ناشئي كرة القدم فئة اقل من 15 سنة . استخدم الباحث المنهج التجريبي بطريقة المجموعة الوحيدة ، حيث تشكل مجتمع البحث من (25) لاعبا لفئة اقل من 15 سنة و المسجلين في النادي الرياضي الهاوي لعمال بلدية سوق أهراس "CSTCSA" للموسم الرياضي 2018/2019 ، حيث تم اختيار 20 لاعبا بالطريقة القصدية تم إجراء دراسة استطلاعية على (05) لاعبين فيما تم إجراء الدراسة الميدانية على 15 لاعبا ، لقياس الذكاء الجسمي الحركي قام الباحث ببناء بطاقة ملاحظة لقياس خمسة أبعاد (التحكم في الجسم ، الحساسية للرتم، القدرة التعبيرية ، الأصالة الحركية ، معالجة الأشياء) . استخدم الباحث برنامج SPSS لمعالجة البيانات ، أظهرت النتائج تحسنا كليا ومتباينا في أبعاد الذكاء الجسمي الحركي .
الكلمات المفتاحية: الذكاء الجسمي الحركي، التحكم بالجسم ، الحساسية للرتم ، القدرة التعبيرية .

*** Introduction:**

Among the intelligences that are closely related to the field of athletic training and sports practice is "bodily-kinesthetic intelligence" and is the ability of the individual to use his natural senses to move his body effectively in difficult circumstances and the ability to express ideas dynamically (Abdul Sattar Jabbar, 2000).

hawlā Ahmed, Zoukan, Obeidat see that bodily-kinesthetic intelligence is the use of the body or parts of it to solve a problem or perform a athletic skill or perform a productive process and express thoughts and feelings through movements, learners who enjoy this intelligence excel in physical activities and in Kinetic visual coordination and they have great inclinations for movement, touching things, and even learning through movement or the practice of dance and acting arts. Those with this intelligence enjoy superior physical and kinetic capabilities. This intelligence depends on the interaction of formations or physical-kinetic abilities and environmental factors .

(Muhammad Hassan, 2014) arrived in his study to determine the relationship between "bodily-kinesthetic intelligence and tactical thinking in football among advanced players through the use of a descriptive approach ,Using the survey method and correlations and Made by (100) players from the teams participating in the qualifying league for the Iraqi Premier League for the sports season (2014-2015).

He concluded that when the "bodily-kinesthetic intelligence increases - the level of tactical thinking among players increases, as well , He also found a positive relationship between the bodily-kinesthetic intelligence and tactical thinking among advanced footballers (Mohsen Muhammad Al-Falluji, 2014,83).

Ghassan Adnan, 2012) also demonstrated a strong correlation between bodily-kinesthetic intelligence and self-confidence and the level of players

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'performance in some basic football skills for young people under 16 years old ,represented by (rolling, handling, extinguishing, scoring)) through a study conducted on (110) Players representing five Iraqi clubs ,he used the (Nabil Rafeeq Muhammad 2011 scale) to measure bodily-kinesthetic intelligence .

The researcher (Yeni Machakali) 2016 conducted a study aimed at developing bodily-kinesthetic intelligence through creative dancing for preschool children by building a training program consisting of (07) units for creative dance for pre-school children (before 05) years, and the study also aimed to build Proven measurement of kinesthetic intelligence for this group. The sample consisted of (15) children (05) males and (08) females who were randomly selected. The researcher used the experimental approach (the only group), The researcher concluded that the creative dance classes gave the children the opportunity to use and raise their level of bodily-kinesthetic intelligence , The Italian researcher (Alini Mashkali) has divided bodily-kinesthetic intelligence into five capabilities (body control, sensitivity of rhythm, Expressiveness , Generation of movement ideas ,Object manipulation), Where I adopted this vision in my current study after being convinced of the comprehensiveness of these dimensions and built a tool for measuring of bodily-kinesthetic intelligence that includes these capabilities by making appropriate projections and adjustments in the field of football in a way that suits the junior category less than 15 years .

Problamatic study

The current study has worked on one of the secretions of the educational reform that the (Gardnerd ,1983) theory clearly indicated in terms of directing educational, training and educational processes according to the characteristics of learners, as the differences between them include the ability to read the symbols for each type of intelligence, and on this, all programs Aiming at

developing any kind of intelligence should be based on basic gains that help them to progress and deal with the positions of development programs, and It is not possible to start developing a type of intelligence from zero. so the researcher was inquired about the possibility of developing this kind of intelligence through a training program that develops its five dimensions.

Study question:

are there a statistically significant differences in the levels of bodily- kinesthetic intelligence between pre and post measurement among sample members ?

HEPOTHESESE OF THE STUDY

To answer this question, the researcher assumed that :

- There are a statistically significant differences in the levels of bodily- kinesthetic intelligence between pre and post measurement and in favor of post-measurement among the sample members.

Aim of study:

The study aims to reveal the effect of the proposed training program on the levels of bodily- kinesthetic intelligence for players under 15 years old.

The importance of the study :

The study aims to build a program that develops bodily- kinesthetic intelligence using a problem-solving method where (Gardner) expressed intelligence through his theory as "productivity" and that this "productivity" lies in the number of problems that an individual can solve and deal with (Ghassan Adnan and Kayali Jamil, 2013)

The study offers an integrated program that integrates developing the dimensions of physical mobility and provides models for applied classes and training situations based on problem-solving that trainers can benefit from in building similar programs for the same sample or for other samples

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2-The significant terminology of the research :

-bodily-kinesthetic intelligence : It is the ability to use the body or parts of it to solve a problem or perform a movement or a specific sporting skill or perform a production process and do some work, and express ideas and feelings through movements

-Body control : it is the ability to identify, isolate and use different parts of the body, and it also expresses the efficient execution of the movement and the sequence of the movement's performance effectively so that the (player) finds balance while staying moving as necessary and goes beyond the ability to repeat the movements produced by him or from others (the ability to tradition).

-Sensitivity of rhythm : The ability to synchronize movements to stable or changing rhythms, as it expresses the ability to develop a personal rhythm through movement and organization to achieve the desired effects and goals

Expressiveness : The ability to express feelings, moods, and images through movement (using body positions and gestures), which is divided into the ability to produce physical gestures and the ability to understand gestures from others

-Generation of movement ideas : The ability to invent new ideas for movement or provide an extension of previous ideas, and be able to express them dynamically, as well as the ability to produce new ideas that are less common (Huwaida, 2013)

-Object manipulation : The ability to skillfully manipulate objects with arm and hand movements or with total body movements (MICHELAKI, ELENI, 2016)

Similar studies :

Mohamed Mohsen Hassan's (2014) 's Study

Study title: bodily-kinesthetic intelligence and its relationship to tactical thinking among players of football) , The study aimed to identify the

correlation between bodily-kinesthetic intelligence and tactical thinking in footballers , The researcher used the descriptive method ,the study community where of first-class club players Participants in the qualifying league of the Iraqi Premier League for the sports season (2014/2015), The sample included (90) players who were randomly chosen, thus the percentage of the research sample is (81%), The researcher used bodily-kinesthetic intelligence scale prepared by the researcher, "Khawla Ahmed Hassan" (2006), and A scale of tactical thinking prepared by the researcher "Ali Hassan Mohamed (2005), and he used also the Statistical Package for Social Sciences (SPSS), The results showed that when bodily-kinesthetic intelligence is high the tactical thinking among players is also high in addition to a positive moral relationship between bodily-kinesthetic intelligence and tactical thinking among advanced soccer players.

Ghassan Adnan Jamil Al-Kayali" (2012) 's study

Study title : bodily-kinesthetic intelligence and its relationship to self-confidence and some basic football skills for youn soccer under 16 years ol

The study aimed to identify the relationship between: bodily-kinesthetic intelligence and self-confidence among young players under (16) years, as well as to identify the relationship of bodily-kinesthetic intelligence with some basic skills among young players under (16) years in football, The researcher used the descriptive method ,

The research included players of " Diyala " Governorate Football Clubs for the sports season (2012-2013), the youth category under (16) years old, and they number (110) representing five clubs , The study sample was chosen intentionally by football club players that participated in the governorate's private league, i.e. (100) players, and accordingly, the sample percentage reached 90.91%, The researcher used bodily-kinesthetic intelligence scale of the researcher (Nabil Rafeeq Muhammad) and the self-confidence scale designed by

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"Robin Philly" and applied by Muhammad Hassan Allawi (1995), The researcher has found a significant correlation between bodily-kinesthetic intelligence and (self-confidence) and Rolling skill, handling skill, extinguishing skill, scoring skill, The researcher also recommended giving bodily-kinesthetic intelligence great importance when selecting soccer players

Yeni Mashakali (2016) study's

Study title: " Development of body-kinesthetic intelligence through creative dance for preschool children "

The study aimed to build a training program consisting of (07) units for creative dance for pre-school children (before 05) years and examine their effect on the growth of their body-kinesthetic intelligence. The study also aimed to provide a proven method of measurement for body-kinesthetic intelligence for this group, the sample consisted of (15) (05) males and (08) females were chosen randomly from the creative dance class. The researcher used the descriptive approach in the observation method through video recordings, and the researcher made his measurements in each of the unit (01-04-07), respectively. The researcher indicated that the creative dance classes gave the children the opportunity to use and raise their level of physical and kinesthetic intelligence

Analysis of previous and similar studies :

Previous studies have examined the relationship between body-kinesthetic intelligence and important variables in football performance. As for the current study, it examines the development of body-kinesthetic intelligence among soccer players.

This encouraged the researcher to propose a program to help soccer players to improve their body-kinesthetic intelligence level

The researcher relied heavily on building the observation tool on the (Elaine Michaelaki) study's by adopting his vision on the dimensions of body-kinesthetic intelligence

The practical chapter :

1- Followed Methodologies :

the researcher adopted the experimental approach in a way (the only group), where the research community consisted of (25) players for a category less than 15 years and registered in the amateur sports club for workers of the municipality of Souk Ahras "CSTCSA" for the sports season 2018/2019, where 20 players were chosen intentionally An exploratory study was conducted on (05) players, while the field study was conducted on 15 players, the researcher build and used a Network note to evaluate the Bodily- kinesthetic intelligence For soccers under the age of 15 , Bodily-kinesthetic intelligence based on five dimensions which are (body control , Generation of movement ideas , Object manipulation Expressiveness , sensitivity of rhythm), by made adjustments in the sub-skills and behavioral indicators , and he used (spss) pakage for Statistical data processing

study tools:

Bodily- kinesthetic intelligence Evaluation :

The researcher designed and develop a Network note to evaluate the Bodily- kinesthetic intelligence For soccers under the age of 15 based on five dimensions which are (body control , Generation of movement ideas , Object manipulation Expressiveness , sensitivity of rhythm), by made adjustments in the sub-skills and behavioral indicators , Where it consisted of (5) basic positions:

1/ control mode to measure the ability of body control

2/ The Sync mode to measure the ability of sensitivity of rythm

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3/ The (Triangle of Creativity) mode to measure the ability of Generation of movement ideas

4/ Position (move according to the signal) to measure ability of Expressiveness

5/ - (Foreplay) position to measure the ability of Object manipulation

- Each position drops from 1 to 5 points, depending on the level of performance

-The total score for the observation network is 25 points

result :

Table (1) shows the differences in the level of the total degree of Bodily-kinesthetic intelligence between pre and post measurement among the sample members.

Paired simple statistics

		Moyenne	N	Ecart type	Moyenne erreur standard
Paire 1	CONTROL-POST	3,0667	15	,79881	,20625
	CONTROL-PRE	2,3333	15	,97590	,25198
Paire 2	Expressiveness -POST	2,3333	15	,89974	,23231
	Expressiveness-PRE	1,1333	15	,35187	,09085
Paire 3	Sensitivity- POST	3,6667	15	1,04654	,27021
	Sensitivity-PRE	2,8667	15	1,06010	,27372
Paire 4	Generation-POST	1,5333	15	,63994	,16523
	Generation-PRE	1,2667	15	,45774	,11819
Paire 5	Manipulation-POST	3,0667	15	1,09978	,28396
	Manipulation-PRE	2,2667	15	,96115	,24817

It is clear from Table No. 1 that there are statistically significant differences between the pre and post measurements of the five Bodily- kinesthetic intelligence Dimensions, Where we find in the ability of body control the

average in the pre-measurement is (2.333) and the average in the post-measurement is (3.066), We find in the Expressiveness ability also clear differences, where the average of the pre- measurements reached(1.133) and the average of the post-measurements (2.333),the same thing about the ability of sensitivity of rhythm where the average of pre- measurement reached (2.866) and the average of the post-measurement where (3.666),also there is a deference between the average of pre-measurement and post measurement in the ability of Generation of movement idea where the fist reached (1.266) and the second (1.533)

Finally , the ability of object manipulation also made clear differences between pre -measurements that reached (2.266) and post-measurements that reached (3.066)

DISCUSSION:

it is clear that there are statistically significant differences between the pre and post measurements averages for the total degree of Bodily- kinesthetic intelligence, The applied program relied on a problem-solving method to stimulate all Bodily- kinesthetic intelligence, according to a study of (Mohsen Homs and Abdel Latif Salem,2013) This method is best suited to develop Bodily-kinesthetic intelligence , As this method is based on designing one problem or successive problems, one of its most important goals is to provide an opportunity for players to produce ideas and implement these ideas in a specific activity and to understand the relationships between ideas and physical performance.

The researcher also adopted open pedagogy and positions based on the presence of the opponent and the permanent and sudden changes in the conditions of multiplayer play, which necessarily led to the stimulation of the

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dimensions of the motor physical intelligence to be used to solve the motor problems (CRISTOPHINZIRIL .BOURNOIS FRANK ,2009)

Conclusion :

1/ Bodily- kinesthetic intelligence can be developed using problem solving method and open pedagogy

2/ the ability of Generation of movement ideas requires mental preparation and addition skillful preparation, and it requires relatively longer time to develop it before the age of 15 years.

3/ Organized observation is a very effective method for measuring the Bodily-kinesthetic intelligenc

STUDY SUGGESTIONS:

1/ Adopting as a Bodily- kinesthetic intelligence key determinant in the selection of young soccer players

2 / Conducting similar studies on different samples in the football field or other sports fields

3/ The development of Bodily- kinesthetic intelligence is an essential part of the psychological preparation for soccer player

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