

The Investigation of Bodily-Kinesthetic Intelligence Levels in Adolescents

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Abstract : The purpose of this study was to investigate the effect of 8 weeks of basic basketball and volleyball exercises to Bodily-Kinesthetic Intelligence (BKI) levels in 245 (92 girls and 154 boys) adolescents aged between 12 and 14 years. Data collected via Bodily-Kinesthetic Intelligence scale as a subdimension of Multiple Intelligences Inventory. BKI levels were not different between basketball and volleyball groups. Statistical analyses were made based on gender, age groups (12, 13, 14 years) and exercise type. Independent samples t-test revealed that there was no significant difference between boy's and girl's BKI levels. One way ANOVA test revealed that there was significant difference between age group's (12, 13, 14) BKI levels in post-test. However, Paired samples t-test revealed no significant differences between pre-post test results of adolescent's BKI levels. In conclusion, despite the relatively long-term (8 weeks) physical activity. BKI levels have not shown significant differences.

Keywords : bodily-kinesthetic intelligence, adolescent, basketball, volleyball

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