

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

**ΑΝΙΧΝΕΥΣΗ ΚΙΝΗΤΙΚΩΝ ΔΥΣΚΟΛΙΩΝ ΚΑΙ ΣΥΣΤΑΣΗ ΣΩΜΑΤΟΣ ΣΕ
ΠΑΙΔΙΑ ΠΡΩΤΗΣ ΣΧΟΛΙΚΗΣ ΗΛΙΚΙΑΣ**

**EVALUATION OF MOTOR DIFFICULTIES AND MASS COMPOSITION
IN CHILDREN OF EARLY SCHOOL AGE**

του

Ταπεινού Αθανάσιου

Μεταπτυχιακή διατριβή που υποβάλλεται
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τ.Ε.Φ-Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
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ΠΕΡΙΛΗΨΗ

Αθανάσιος Ταπεινός: Ανίχνευση κινητικών δυσκολιών και σύσταση σώματος σε παιδιά πρώτης σχολικής ηλικίας.

(Υπό την επίβλεψη του κ. Αντώνιου Καμπά, Αναπληρωτή Καθηγητή)

Σκοπός της παρούσας έρευνας είναι να εξετάσει την επίδραση που έχει ο διαφορετικός ΔΜΣ των παιδιών πρώτης σχολικής ηλικίας στην απόδοσή τους σε δοκιμασίες κινητικής επιδεξιότητας. Οι μετρήσεις έγιναν με τη χρήση της δέσμης Δημόκριτος Εργαλείο Κινητικής Ανίχνευσης για παιδιά Προσχολικής ηλικίας «Δ.Ε.Κ.Α. – ΠΡΟ». Η δέσμη «Δ.Ε.Κ.Α. – ΠΡΟ» αποτελείται από δέκα δοκιμασίες – τεστ εκ των οποίων βαθμολογούνται οι εννέα, καθώς η πρώτη αποτελεί έλεγχο της κυριαρχίας άνω άκρου. Για τις ανάγκες της μελέτης αξιολογήθηκαν 91 παιδιά πρώτης σχολικής ηλικίας από τον νομό Αττικής. Η στατιστική ανάλυση περιέλαβε υπολογισμό του συντελεστή Spearman's r για τον έλεγχο της συσχέτισης μεταξύ ΔΜΣ και κινητικών διαταραχών καθώς και ανάλυση διακύμανσης για ένα παράγοντα (ONE-WAY ANOVA) για τον έλεγχο της επίδρασης της ανεξάρτητης μεταβλητής ΔΜΣ στις εξαρτημένες μεταβλητές, δηλαδή στις επιδόσεις στα εννέα τεστ της «Δ.Ε.Κ.Α.- Προ». Από τα αποτελέσματα φάνηκε πως η συσχέτιση ΔΜΣ και κινητικών διαταραχών ήταν στατιστικά σημαντική σε τρία από τα εννέα τεστ της δέσμης «Δ.Ε.Κ.Α. – ΠΡΟ» ($p<.05$ και $p<.005$) και η επίδραση της κατηγοριοποιημένης μεταβλητής του ΔΜΣ φάνηκε να είναι στατιστικά σημαντική σε δύο από τα εννέα τεστ της δέσμης «Δ.Ε.Κ.Α. – ΠΡΟ». Συμπερασματικά, με βάση τα αποτελέσματα που προέκυψαν, η ερευνητική υπόθεση, πως όσο μεγαλύτερο ΔΜΣ έχει ένα παιδί τόσο μεγαλύτερες δυσκολίες θα παρουσιάζει στην κινητική του απόδοση και επομένως στην κινητική του επάρκεια, φαίνεται να υποστηρίζεται ικανοποιητικά.

Λέξεις κλειδιά: κινητική απόδοση, δείκτης μάζας σώματος, πρώτη σχολική ηλικία

ABSTRACT

Athanasios Tapeinos: Evaluation of motor difficulties and mass composition in children of early school age.

(Under the supervision of Antonios Kambas, Associate Professor)

The purpose of the present study was to evaluate the effect of the different BMI of children in the first school age in their performance in tests of motor competence. The measurements performed with the use of the screening tool Democritus - Screening Tool for Preschool Children (DEMOST-PRE®). For the needs of the study 91 children of first school age were evaluated from the town of Athens. The statistic analysis concluded the calculation of Spearman's r factor for the review of interrelationship between BMI and motor difficulties. Also a variance analysis for one factor was calculated (ONE-WAY ANOVA) for the evaluation of the effect of the independent variable of BMI in the dependent variables, i.e., the performances in the nine trials of DEMOST-PRE. The results showed that the interrelationship between BMI and motor difficulties was statistically important in three of the nine tests of DEMOST-PRE ($p < .05$ και $p < .005$) and the effect of the categorized variable of BMI proved to be statistically important in two of the nine tests of DEMOST-PRE. In conclusion, according to the findings of the research, the research hypothesis, that, as the BMI increasing so does the motor difficulties seems to be supported adequately.

Key words: motor performance, body mass index, first school age

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