

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»

**Ανίχνευση κινητικών δυσκολιών μέσω της αξιολόγησης της δύναμης και της  
ευκινησίας/συννοσηρότητα με άλλες μαθησιακές δυσκολίες**

**Motor difficulties screening through strength and agility  
assessment/comorbidity with other learning difficulties**

της

Μελά Μαριάννας

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 ένταξης»

**Η τριμελής επιτροπή**

1. ΑΝΤΩΝΗΣ ΚΑΜΠΑΣ  
ΚΑΘΗΓΗΤΗΣ ΤΕΦΑΑ ΔΠΘ
2. ΦΩΤΕΙΝΗ ΒΕΝΕΤΣΑΝΟΥ  
ΕΠΙΚΟΥΡΗ ΚΑΘΗΓΗΤΡΙΑ ΤΕΦΑΑ-ΕΚΠΑ
3. ΖΩΗ ΚΑΡΑΜΠΑΤΖΑΚΗ  
ΣΥΝΕΡΓΑΖΟΜΕΝΗ ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. “ΔΗΜΟΚΡΙΤΟΣ”

Κομοτηνή/Αθήνα

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## Περίληψη

Σκοπός της παρούσας έρευνας ήταν να διερευνηθούν οι κινητικές δυσκολίες παιδιών, ηλικίας οχτώ έως εννιά ετών, μέσω της αξιολόγησης της δύναμης και της ευκινησίας τους καθώς και να ανιχνευθεί ο βαθμός συνύπαρξης των κινητικών δυσκολιών με άλλες μαθησιακές δυσκολίες. Στην έρευνα συμμετείχαν συνολικά 51 παιδιά οχτώ έως εννιά ετών, (30 αγόρια και 21 κορίτσια) που φοιτούσαν σε ιδιωτικό σχολείο των νοτίων προαστίων του νομού Αττικής. Μεταξύ αυτών, τέσσερα είχαν διαγνωστεί με μαθησιακές δυσκολίες από ΚΕΔΔΥ και Ιατροπαιδαγωγικά Κέντρα. Αρχικά ο εκπαιδευτικός Φυσικής Αγωγής αξιολόγησε τη γενική κινητική επιδεξιότητα των συμμετεχόντων και στη συνέχεια χορηγήθηκαν δοκιμασίες των ενοτήτων Ταχύτητα/Ευκινησία και Δύναμη του BOT-2 (Bruininks & Bruininks, 2005). Από τα αποτελέσματα της ανάλυσης συνδιακύμανσης που εφαρμόστηκε στις συνολικές επιδόσεις των δύο ενοτήτων, διαπιστώθηκε ότι ο ΔΜΣ δε συνδέθηκε στατιστικά σημαντικά με τις επιδόσεις των συμμετεχόντων, ενώ δε σημειώθηκαν στατιστικά σημαντικές διαφορές μεταξύ των δύο φύλων. Επίσης από τα t-tests που εφαρμόστηκαν στις συνολικές επιδόσεις των δύο ενοτήτων φάνηκε πως οι μαθησιακές δυσκολίες δε συνδέθηκαν στατιστικά σημαντικά με καμία από τις δύο ενότητες, ωστόσο, στατιστικά σημαντικές διαφορές σημειώθηκαν μεταξύ των παιδιών με διαφορετικό επίπεδο κινητικής επιδεξιότητας, εύρημα που επιβεβαιώθηκε και από την πολυμεταβλητή ανάλυση διακύμανσης που εφαρμόστηκε στις επιδόσεις των επιμέρους δοκιμασιών. Από τα ευρήματα της παρούσας έρευνας φάνηκε πως οι ενότητες της Ταχύτητας/Ευκινησίας και της Δύναμης του BOT-2 (Bruininks & Bruininks, 2005), μπορούν να εφαρμοστούν για την ανίχνευση ενδεχόμενων κινητικών δυσκολιών σε παιδιά πρωτοβάθμιας εκπαίδευσης, ηλικίας οχτώ έως εννιά ετών.

Λέξεις κλειδιά: αναπτυξιακή διαταραχή κινητικής συναρμογής, κινητική επιδεξιότητα, παιδική ηλικία, BOT-2, μαθησιακές δυσκολίες

## Abstract

The aim of the present study was to investigate the motor difficulties of children aged eight to nine years old by assessing their strength and agility and to identify the degree of comorbidity of motor difficulties with other learning difficulties. Fifty one children (30 boys and 21 girls), 8-9 year-old, attending a private school in the southern suburbs of Attica, participated in the study. Among them, four had been diagnosed with learning difficulties from Medical Pediatric Centers. Initially, the Physical Education Teacher assessed participants' motor competence and then Speed / Agility and Strength subtests of the BOT-2 (Bruininks & Bruininks, 2005). From the results of the co-variance analysis applied to the total score of the two subtests, it was found that the BMI was not statistically significant with the scores of the participants, while there were no statistically significantly associated differences between the two sexes. Also from the t-tests applied to the total score of the two subtests it was found that the learning difficulties were not statistically significant with either of the two subtests; however, statistically significant difference revealed between the children with a different level of motor competence, a finding confirmed by the multivariate variance analysis applied to the scores of the individual tests. The findings of this study have shown that Speed / Agility and Strength subtests of BOT-2 (Bruininks & Bruininks, 2005) can be applied to detect possible motor difficulties in children aged eight to nine years old.

Key words: developmental coordination disorder, motor coordination, childhood, BOT-2 learning difficulties

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