

EFFECT OF RECREATIONAL GAMES ON MOTOR FITNESS AND PSYCHOLOGICAL PROFILE OF SCHOOL CHILDREN

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Abstract

Introduction: Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction. The purpose of the study was to know the effect of recreational games on motor fitness, motor creativity, enjoyment, and attitude of school children.

Methodology: A total of 60 girls, 30 (Control) and 30 (Experimental) were selected randomly from ages ranging from 10-13 years. Motor Fitness, Motor Creativity, Enjoyment, Attitude, and Personality tests were used as tests. To see the difference between the two means t-test was used.

Result: The result showed that after participation for twelve weeks in recreational games, positive changes were found in motor fitness and motor creativity. The level of enjoyment and attitude changed. There were statistically significant differences found in neuroticism and dominance of level personality traits, but no significant difference was found in self-sufficiency and introversion of personality traits.

Conclusion: From the above findings and discussions it was concluded that participation in recreational games significantly improves motor fitness, motor creativity, enjoyment, attitude, and personality.

Keywords: Recreation, Motor Fitness, Motor Creativity, Enjoyment, Attitude, Personality

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