



**THE RELATIONSHIP BETWEEN CLASS SPORT AND THE AMOUNT OF
CREATIVITY IN GIRL HIGH SCHOOL STUDENTS OF BIJAR CITY**

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ABSTRACT

The purpose of the present study was to evaluate the relationship between class sport and the amount of creativity in girl high school students of Bijar City in the academic years of 2013-14. The statistical population of the present study was all girl high school students of Bijar City (N=1900) that 100 subjects of these numbers were selected by simple random sampling. Data collection tools in this research were the eight questions researcher-made test of class sport and Abedi Creativity Test Questionnaire (TC). The collected data was analyzed using descriptive statistic indices of frequency, mean, and inferential statistics, Pearson correlation coefficient, and one-sample t-test in SPSS 19. The results showed that there is a high positive correlation between the two variables of class sport and the amount of creativity in the students. This means that whatever the class sport be high, the creativity of the students will be higher. Other findings of the research indicated the confirmation of research hypotheses.

Keywords: Class sport, creativity, students, city of Bijar.

1. INTRODUCTION

Despite extensive evidence about the benefits of physical activity, there are still reports

from all over the world, which show that a high percentage of individuals are passive

that need for interventions to alter these behaviors. Physical activity and regular sport are an essential part of public health (Malina and litte, 2008). Regular physical activity is the key component of a healthy lifestyle. The amount of amount of sport and physical activity with a moderate intensity (at least five times a week for thirty minutes) and with a low intensity (at least three times a week for twenty minutes) for adults, is very effective in reduction of heart disease, preventing and delaying hypertension blood and metabolic syndrome, reducing the risk of osteoporosis, some cancers and mental health (Vatten, Nielsen and Holman, 2006; quoted by Khodashenas, 2014). Also, sport is also effective in prolonging life (Lee and Skerrett, 2001). By increasing the physical activity and sport, the mental health and cognitive performance of individuals also will be increased (Cockerill, Fox, 1999; quoted by Shahbazi et al., 2013).

Nowadays, despite profound changes in the education system and changes in educational policy and planning, many teachers do not have the ability to deal with the educational problems, and use old and traditional methods and skills to manage their class (Daemi, 2004). This issue leads to slowing the process of teaching and learning and the vulnerability of teaching. Numerous studies

have shown that many of the social and moral problems of our teenagers (adolescents) due to unattractive school environment, and the struggle of these students with their teachers, and academic failure (Karimi, 2011; Campbell, 2005; Abedi, 1993). Therefore, efficient management of teachers and creating enthusiasm and the necessary conditions to facilitate learning in the classroom that meets the needs and features of the learners are the necessity of today's society and a key for many problem of adolescents (Soleimani, 2005). Teachers must know that every student has its own characteristics, and this is the teacher, who depicts the lesson enjoyable and makes the class environment juicy and refreshing with his\her art and taste and applying correct methods and considering their individual differences, and does not give the opportunity for irregularity to his\her students (Kazemi, 2011). Today, teachers cannot satisfy the seeker soul of students with old and classic methods, but also he\she needs managerial skills based on learning psychological principles by scientific methods and active and dynamic teaching (Soleimani, 2005).The fact that creativity is innate and inherited or acquired, and if it is acquired, how it can be taught, and what techniques and methods can be used in its

development were the subject for various investigations. Many researchers believe that creativity is an inherent and inherited issue (Grigorenko, E.L & Sternberg. R. j, 1997; quoted by Kazemi, 2011). Fortunately, opinions are changing by extensive scientific researches, which were done in the field of creativity and their results. One of them is Abedi's researches that showed in a research entitled evaluating the factors affecting the creativity prosperity that creative students are more unconditionally accepted and approved by their peers than uncreative students. Also, results showed that students were higher happiness and morale have higher creativity (Abedi, 1993). Sam Khanian (2005) and Daemi (2004) in their study found that non-academic provided training and sports activities were effective in the development of creative ability and flexibility of high school male students. Karimi (2011) in a research entitled evaluating and comparing ordinary and special teaching method in the prosperity of the third class male students found out that the special teaching method along with extra-curricular activities is more effective in prosperity of creativity than common and ordinary methods. Now, it has been proven that creativity talent exists in all human beings with different intensity, and it can be developed and emerged by training,

and taking advantage of social, extra-curricular, and sport activities (Grigorenko, E.L & Sternberg. R. j, 1997; Skoillro et al., 1983). In our current system of education, sport activities are not concerned as they have to as a factor for the development of students' creativity, and thus, it will have an adverse effects on the student's creativity in the long term (Grigorenko, E.L & Sternberg. R. J, 1997). In the present study, it is tried to evaluate the relationship between class sport and the amount of creativity in girl high school students (second cycle) of Bijar city.

2. RESEARCH HYPOTHESES

The first hypothesis: Distribution of class sport in the girl high schools of Bijar city is different.

The second hypothesis: The amount of creativity of girl high school students of Bijar city is different.

The third hypothesis: There is a significant relationship between class sport and the amount of creativity in girl high school students of Bijar city.

3. RESEARCH METHOD

Considering that the aim of the present study is to evaluate the relationship between class sport and the creativity of students, the research method is descriptive-operational. The statistical population of the present study is all girl high school students of Bijar City in

the academic year of 2013-14 that almost 1900 people were selected (N=1900). Simple random sampling was used to collect data that in this process, 100 subjects were selected. Data collection tool in this research for measuring the class sport was the researcher-made test of class sport in Likert scale by scoring method, which includes completely agree, agree, no opinion, disagree, and completely disagree. The second tools in this research was Abedi Creativity Test Questionnaire (TC) that its scoring method was consisted of completely disagree -2, disagree -1, no opinion 0, agree 1, and completely agree 2. For other questions, in which the type of questions was reversed, scoring was applied reversely. The collected data was analyzed using descriptive statistic indices of frequency, mean, and inferential statistics, Pearson correlation coefficient, and one-sample t-test in SPSS 19.

4. FINDINGS

4-1. Describing Findings

In this section, the descriptive features of the sample group are evaluated.

According to Table 1, the general group has the most the highest frequency, and the work and knowledge group has the lowest frequency. In Table 2, the frequency of students has been evaluated based on the distribution in different grades.

According to Table 2, the second grade has the most frequency, and the first grade has the lowest frequency.

4-2. Information Analyzing

Analyzing of the first hypothesis of the research: Distribution of class sport in the girl high schools of Bijar city is different. It should be noted that the number of questions in this section were eight questions that its desired situation is 24 in average. In this regard, the one-sample t-test was used to compare the average of the sample with the desired standard index of the significance level (Table 3).

According to the results of the one-sample t-test, there is a significant difference between the current and desired situation in the significance level. Therefore, the first hypothesis is confirmed, and it can be said that class sport distribution of girl high schools of Bijar City is significant at the 0.01 level.

Analyzing of the second hypothesis of the research: The amount of creativity of girl high school students of Bijar city is different. It should be noted that the number of questions in this section were five questions that its desired situation is zero in average. In this regard, the one-sample t-test was used to compare the average of the sample with the

desired standard index of the significance level (Table 4).

According to the results of the one-sample t-test, there is a significant difference between the current and desired situation in the significance level. Therefore, the second hypothesis is confirmed, and it can be said that there is a difference between the creativity of girl high schools of Bijar City.

Analyzing of the third hypothesis of the research: There is a significant relationship between class sport and the amount of creativity in girl high school students of Bijar city.

Pearson correlation coefficient was used in order to evaluate the relationship between the

class sport and the amount of creativity of the girl high school students of Bijar city. The amount of correlation and significance level are shown in Table 5. According to the results of Pearson correlation, it can be said that there is 0.2 significance level between the class sport and the amount of creativity of the girl high school students of Bijar city that this relationship is significant compared to a critical error (0.05). Therefore, with 95% confidence level it can be said that there is a significant relationship between the class sport and the amount of creativity of the girl high school students of Bijar city.

Table 1: Frequency distribution according to academic branch

Branch	Frequency	percent
Theoretical	39	0/39
Technical and Vocational	17	0/17
Work and knowledge	14	0/14
General	30	0/30
Total	80	0/100

Table 2: Frequency distribution by academic grade

Grade	Frequency	percent
First	30	30
Second	36	36
Third	34	34
Total	100	100.0

Table 3: The one-sample t-test of class sport

Variable	T	Degree of freedom	Significance level
Class sport	4.15	99	0/000

Table 4: One-sample t-test of creativity

Variable	T	Degree of freedom	Significance level
Creativity	25.78	99	0/000

Table 5: Correlation test of class sport and creativity in the classroom

Variable	Frequency	Degree of freedom	Significance level
Sport and creativity	80	0.99	0.02

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CONCLUSIONS AND RECOMMENDATIONS

Evaluating the first hypothesis of the research was on this basis that distribution of class sport in the girl high schools of Bijar City is different. In order to evaluate this question, eight questions (component) are listed in the research tool of the research-made questionnaire for class sport. The following results were obtained, the one-sample t-test was used in the analysis was used to compare the sample average of the class sport with the standard indicator of its desired situation. According to the results of the one-sample t-test, there is a highly significant difference between current and desired levels. Therefore, according to the sample average and its comparing with the standard index, it can be said that the current situation is higher than desirable situation. Also, the results indicate that the situation of the class sport of the teachers was in the desirable level.

Evaluating the second hypothesis of the research was on this basis that the amount of creativity of girl high school students of Bijar city is different. In order to evaluate this question, five questions (component) are listed in the research tool of the standard questionnaire. The performed analysis about

the second hypothesis of the research had the following findings. The one-sample t-test was used in the analysis was used to compare the sample average of the students' creativity with its desired standard index to determine the significance level of the test. According to the results of the one-sample t-test, there is a highly significant difference between current and desired levels. Therefore, according to the sample average and its comparing with the standard index, it can be said that the current situation is higher than desirable situation. Also, the results indicate that the situation of students' creativity is in the desirable level. The mentioned results were aligned with the researches of (Keras, Kelly, 2005) and (Baron, 2003).

Evaluating the third hypothesis of the research was on this basis that there is a significant relationship between class sport and the amount of creativity in girl high school students of Bijar city. Pearson correlation coefficient was used in order to survey the relationship between the class sport and the amount of creativity of the girl high school students of Bijar city. On this basis, according to the results of the Pearson correlation coefficient it can be said that there is a significant relationship between the class sport and the amount of creativity in

girl high school students of Bijar city at 0.05 level. The mentioned results were coordinated with the perspectives and findings of Zhang, li-fang (2004), Keras , Kelly (2005), Skoillro et al. (1983), in line with the skills of teachers in the development of creativity, Sam Khanian (2005), in the field of the role of teacher in creativity, Campbell (2005), Lumbe, J & Chann. L (2004), in the field of emotional relationships between teacher and student, the impact of teachers' intimate, compassionate and informal behavior, imagination of teachers about the volubility of teaching with a creative method, Kazemi (2011), higher ability of educated teachers, Kadivar (1996), lack of knowledge about the creativity in our teachers, Ruskin (2000), the impact of the creativity of the teacher, Abedi (1993), the importance of the attitude of teachers to students' creativity (Keras , Kelly, 2005), attendance of creativity with freedom and happiness of students Grigorenko, E.L & Sternberg (1997), sport and creativity Srivasta et al. (2010), the positive impact of teachers (Ko, Stephen, 2008), the positive effect of encouraging teachers to develop students' creativity (Amabli, 2002).

RECOMMENDATION

According to the research results, there is a significant relationship between the class

sport and the amount of creativity of the girl high school students of Bijar city. Therefore, preparation of contexts to foster students' creativity requires reforms in the behavior of teachers, curriculum, teaching methods, educational facilities, and educational programs.

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