



**Ghofran Bashir Hamza; Maryam Abdul Jabbar Khudair; Zeina Abdul Salam Abdul Razzaq. (2023).** Personal social and self-intelligence and its relationship to the performance of the individual and collective kinetic formation rhythmic gymnastics of school students. Health Research. 16(Supl 1):1-8. <https://doi.org/10.58727/jshr.103928>

## Review

# LA INTELIGENCIA SOCIAL Y PERSONAL PERSONAL Y SU RELACIÓN CON LA REALIZACIÓN DE LA GIMNASIA RÍTMICA DE FORMACIÓN CINÉTICA INDIVIDUAL Y COLECTIVA DE LOS ESCOLARES

## PERSONAL SOCIAL AND SELF-INTELLIGENCE AND ITS RELATIONSHIP TO THE PERFORMANCE OF THE INDIVIDUAL AND COLLECTIVE KINETIC FORMATION RHYTHMIC GYMNASTICS OF SCHOOL STUDENTS

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## RESUMEN

El estudio tiene como objetivo seguir métodos modernos en la enseñanza de habilidades de gimnasia rítmica al dirigir a los alumnos a desarrollar sus percepciones y absorber lo que el mundo enfrenta hoy y desarrollar la inteligencia entre los alumnos. Los investigadores buscaron las fortalezas del alumno brindándoles la oportunidad de formarse. su formación cinética, de ahí el problema surgió al introducir un método de autointeligencia y social para guiar al educando en la búsqueda de caminos y soluciones para superar el aburrimiento y ahorrar tiempo y esfuerzo en el proceso educativo en el aprendizaje y darle la libertad de expresarse. sus ideas y sus habilidades y aquí vino el papel de la inteligencia social y la autointeligencia para enseñar la formación cinética individual y colectiva al iniciar el ring en la gimnasia rítmica y conocer su vínculo con la inteligencia social y la autointeligencia en los estudiantes de quinto grado en la escuela secundaria Sama Baghdad. Escuela. El investigador utilizó el enfoque descriptivo para encontrar relaciones de correlación con el fin de adaptarse a la naturaleza de la investigación e identificó a la comunidad de investigación de manera deliberada estudiantes de literatura de quinto grado con una etapa de edad y el número de (20). Como resultados estadísticos el investigador encontró que existe un notable desarrollo en el aprendizaje de la formación cinética rápidamente, lo que recomendó a los investigadores explotar la posibilidad del aprendiz en el aprendizaje e innovar nuevas formas de aprendizaje así como la posibilidad de utilizar esto con el resto de las edades. y etapas en el proceso de aprendizaje y la posibilidad de utilizarlo con el resto de deportes y surgió esta Investigación para alcanzar los objetivos de desarrollo sostenible de las Naciones Unidas.

**Palabras clave:** (Inteligencia personal

Inteligencia social

Formación de movimientos (individual - grupal)).

## ABSTRACT

The study aims to follow modern methods in teaching rhythmic gymnastics skills by directing learners to develop their perceptions and absorb what the world deals with today and develop intelligence among learners, the researchers searched for the strengths of the learner by providing them with an opportunity to form their kinetic formation, hence the problem came by introducing a method of self-intelligence and social to guide the learner in the search for ways and solutions to overcome boredom and economy Time and effort in the educational process in learning and give them the freedom to express their ideas And their skills and here came the role of social and self-intelligence to teach the individual and collective kinetic formation by starting the ring in rhythmic gymnastics and knowing its link to social and self-intelligence on the fifth grade students in Sama Baghdad High School.

The researcher used the descriptive approach to find correlation relationships in order to suit the nature of the research and identified the research community in a deliberate way fifth grade literary students with one age stage and the number of (20). with the processing of the results statistically the researcher found that there is a remarkable development in learning the kinetic formation quickly, which recommended researchers to exploit the possibility of the learner in learning and innovate new ways of learning as well as the possibility of using this with the rest of the ages and stages in the learning process and the possibility of using it with the rest of the sports and came this Research to achieve the sustainable development goals at the United Nations.

**Keywords:** (Self-personal intelligence

Social intelligence

Movement formation (individual - group).



## INTRODUCCIÓN

(With the multiplicity of learning methods and directing the learner towards creativity and innovation, developing intelligence and ideas, using them in the learning process and facilitating their learning process, and that the accelerated cognitive and technological development, which leads to the formation of an essential element in the development of learning among learners.

Intelligence in the sports field is the tool that is based on preparing athletes to adapt better to the surrounding environmental conditions, by operating the existing in order to reach a solution to existing problems, and refers to the ability of athletes to think, solve problems and teach using numbers and abstract visual information, and the ability to analyze the relationships between cause and effect, and learners of this method of intelligence are usually arranged and think in a logical or linear way, and they can be skilled in finding solutions to mathematical problems Mentally, as confirmed by (Sahar) (118:13) and usually attracted by games and logical puzzles and get amazing results in IQ tests and here comes the role of social self-intelligence in the operation of intelligence engines in the learner in an interesting and fun way.

And due to the fact that the researcher is a teacher of gymnastics and gymnastics skills require accuracy and focus, as confirmed by (Enas Salman) "The performance in rhythmic gymnastics is characterized by diversity, comprehensiveness and speed of response to muscular work in a compatible framework, and the nature of performance depends on the availability of agility, flexibility and compatibility to show the beauty of motor performance as well as creativity, innovation and the combination of physical capabilities and kinetic sense in a way that achieves the requirements for performance of rhythmic gymnastics skills" (Enas Salman) (144:1)

Just as gymnastics requires intelligence and concentration, as confirmed by (Iman Abd Hassan) "rhythmic gymnastics game of games that need accuracy in focusing attention in order to accompany the performance of skill" (Iman Abdul Hussein) (332:2).

Personal intelligence (subjective - social) is one of the indicators indicative of The quality of the learner's performance and his ability to form rhythmic movements

And due to the fact that the researcher is a teacher of rhythmic gymnastics and to move away from traditional methods and the introduction of (self-intelligence and social) in the learning process and leave the freedom for the learner to form movements in the kinetic formation, whether individual or collective. Hence the researchers' inquiries whether the learner has the ability to work his self-intelligence and social and the freedom given to him in the performance of the individual or collective kinetic formation, the problem of Research crystallizes in knowing the relationship between intelligence Personal (**self-social**) and performance Individual and collective kinetic composition of female students

The current research attempts to answer the main **question**. next:

Is there a correlation between intelligence Personal (**self-social**) and performance Individual and group kinetic composition of students

The following questions arise from this question::

- Is there a correlation between intelligence **Personal-self** and the performance of the individual and group kinetic formation of students
- Is there a correlation between intelligence Personal - social and the performance of the individual and collective kinetic formation of students
- Objectives of the study
- Revealing the nature of the correlation between intelligence Personal (**self-social**) and performance Individual and group kinetic formation in rhythmic gymnastics for school students).

## MATERIAL Y MÉTODOS

### (Method and procedures:

The nature of the problem is what directs the researcher to use the appropriate approach to solve the problem "the researcher has the choice of research designs, viewing methods, measurement methods and types of analysis" Use the descriptive approach to find a correlation .

### Community and Research Sample:

The research community was deliberately identified students Al-Khanes preparatory stage one age and their number (20).and used the random method in the selection of the research sample was not conducted homogeneity and equivalence of the sample because it is of the age group and unit and starts from one point of initiation of learning.(Anaam et al.) (11:11)



### Devices and tools used in the research:

The researcher used the following tools and means:

- Arabic and English sources.
- Internet Information Network.
- Tests used.
- Auxiliary team.
- Collars number (20).

The devices used by the researcher:

- MP3 device
- 4 stopwatch
- Computer Type Computer Type Acer Type .
- Camera.

### Steps to perform the research

**First: Multiple Intelligences Scale** (Midas) prepared by Branton Sparks ( 1996 ) Arabization of Maryam Al-Lihyani ( 2004

And take the two sub-scales of the subject of the current study and they:

A - personal social intelligence (interpersonal), which represents Abilities to deal effectively with a person or group Who is it

People ordinarily or **logically**. It consists of (18) phrases.

B- Personal self-intelligence (the individual with himself :( It represents the ability to retain oneself within the framework of Interpersonal relationships ) Personality) and self-effective work .The scale consists of (9) phrases.

-Scale stability

The researcher took steps to ensure the stability of the scale After applying it to the members of the survey sample .

To ensure the stability of the scale, the researcher used the method The coefficient of stability of Vacronbach where the coefficient of stability Scale Personal **intelligence** (subjective - social) ( **0.991** ) as shown In the following table .

Table ( 1) shows the stability coefficient of the IQ scale Personal (**self-social** ) .

-----Table 1-----

Scale dimensions	Number of ferries	Alpha Cronbach
Self-personal intelligence	9	0.990
Social Intelligence	18	0.995
Total stability of the scale	27	0.991

It is clear from the previous table that the stability coefficient of the subjective personal intelligence dimension It reached (0.990). The coefficient of stability

The dimension of social personal intelligence (0.995) while the coefficient of stability Total Personal Intelligence Scale (Subjective

- social) reached (0.991) and this indicates that the scale enjoys With a high degree of stability, researchers are assured of

Apply it to the study sample .

### Second: Evaluation of skill performance in rhythmic gymnastics:

The researcher adopted the degrees of three arbitrators to evaluate the performance of the kinetic formation in rhythmic gymnastics by taking the arithmetic average of those degrees for each of the individual kinetic formation and the collective kinetic formation .

### Exploratory Experience:

The exploratory experiment is a miniature part of the main experiment and is one of the basic and important things for conducting any research, as we can clarify through it a number of factors that control the time of research and the reality of the results, and it is a survey of the circumstances surrounding the phenomenon that the researcher wishes to study. Also, in order to avoid the difficulties and obstacles that the researcher may face during the main experiment and to identify the strengths and weaknesses of the work and its validity, so the researcher followed the steps of scientific research to show the work accurately. Therefore, a number of exploratory experiments must be conducted because of their importance in (Ghufran and Mawahib) pointed out: (10143: 5)



- Identify the negatives and positives that may face the experience.
- Ensure the integrity of its organization.
- Know the suitability of the questionnaire for the sample
- Know the safety of the tools used.
- Know the efficiency of the assistant staff.(Aya and Abeer) (10:105).

The exploratory experiment of the research variables was conducted on the research sample consisting of (3) female students from the fourth trip other than the selected sample, on 15/3/2023.

## RESULTADOS

(Table 1)

### Illustrates the arithmetic means and standard deviations of tests for the research group

For subjective personal intelligence

First dimension Self-personal intelligence	Performance of the individual kinetic formation			Performance of the collective kinetic formation		
	Correlation coefficient	Significance level	Sample	Correlation coefficient	Significance level	Sample
	0.898	0.01	20	0.874	0.01	20

At significance level (0.01)

(Table 2)

### Illustrates the arithmetic means and standard deviations of tests for the research group

For social personal intelligence

Second dimension Social Intelligence	Performance of the individual kinetic formation			Performance of the collective kinetic formation		
	Correlation coefficient	Significance level	Sample	Correlation coefficient	Significance level	Sample
	0.958	0.01	20	0.899	0.01	20

At significance level (0.01)

## DISCUSIÓN

(It is clear from the previous table (1) that there is a correlation Between personal self-intelligence and students' performance

The study sample members are fifth grade students at the level of significance (0.01) which is Positive positive correlation

Powerful where the higher the level of subjective personal intelligence, the more Their level of performance has increased

. And vice versa and this correlation coefficient confirms Pearsonben interpersonal intelligence Self and female students in the individual kinetic formation, where it reached (0.898) and is considered a coefficient of High.

## Main Experience::

The researchers distributed the questionnaire to the students for 20 students and then tested the students individually to perform the kinetic formation and in groups to perform the group kinetic formation and that was done in the second semester (Wijdan et al.) :(653:7)

## Statistical processing :

Statistical bag spss.

To extract the search results, and using the appropriate statistical laws for the search.

This means that a person's self-knowledge and emotions and their defect, and that Be self-aware by knowing the strengths

And deficiencies in it and taking this knowledge and this awareness as the basis of behavior is his thinking, helps him succeed in his tasks and in Performance in the course of his work.

The explanation for this is that the ability of female students to know the knowledge of emotionmatters And their awareness of their feelings as soon as they happen is the basis of self-confidence and it is The basis that makes them more balanced or focused in Their work, which in turn is reflected in performance. Aseel and Naimiya) :(8:148)

And that there is a correlation between subjective subjectivity and student performance in the study



sample members of fifth grade students at the indicative level (0.01), which is a strong positive dismissal relationship where the higher the level of subjective personal intelligence, the higher the level of performance they have

. And vice versa and this correlation coefficient confirms Pearsonben interpersonal intelligence Self and female students in the collective kinetic formation, where it reached (0.874) and is considered a coefficient of High.

This means that a person's knowledge of himself and his emotions, and that Be self-aware by knowing the strengths

And deficiencies in it and taking this knowledge and this awareness as the basis of behavior is his thinking, helps him succeed in his tasks and in

His performance during his work, as confirmed by Zeina, witnessed "the excitement of students' learning motivation and their willingness to learn more, happily and willingly.(Zeina and Shahad): (6:63)

The previous table (2) shows that there is a correlation between social personal intelligence and student performance in the fifth-grade students' study sample members at the indicative level (0.01), which is a positive expulsion relationship

Powerful where the higher the level of social personal intelligence, the more Their level of performance has increased .

And vice versa and this correlation coefficient confirms Pearsonben interpersonal intelligence Social and female students in the individual kinetic formation, where it reached (0.958) and is considered a coefficient For high correlation .

There is a correlation between subjective personal intelligence and student performance in the fifth-grade student sample at the indicative level (0.01), which is a strong positive dismissal relationship where the higher the level of social personal intelligence, the higher the level of performance they have.(zeena )(3:12)

And vice versa and this correlation coefficient confirms Pearsonben interpersonal intelligence Social and female students in the unanimous kinetic formation, where it reached (0.899) and is considered a coefficient For high correlation .

This means that a person's knowledge of himself and his emotions, and that Be self-aware by knowing the strengths

And deficiencies in it and taking this knowledge and this awareness as the basis of behavior is his thinking, helps him succeed in his tasks and in Perform it while working.(Aya and Aber) (9:10).

### CONCLUSIONES

- (1- There is a clear effect of learning the kinetic form by starting the individual and collective ring
- 2- There is an effect of personal and subjective intelligence in the performance of the individual and collective kinetic formation
- 3- The positive effect of personal and self-intelligence in the performance of the kinetic formation by the ring tool of the research group(zeena)(12:4).

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### Recommendations:

- 1- The possibility of using self-intelligence and social with the rest of the tools in learning the kinetic formation.
- 2- The possibility of using self-intelligence and social in more advanced categories in the level.
- 3 - Attention to intelligence variables and the introduction of modern methods of learning.
- 4- Paying attention to the rhythmic gymnastics game and focusing on it, as confirmed by (Rana Abdul Sattar) "conducting research on different samples and other motor skills in rhythmic and artistic gymnastics" (Rana Abdul Sattar) (54:3)

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