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Does Movement Creativity Effect Enjoyment?

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Americanos College

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Title:	Does Movement Creativity Effect Enjoyment?
Year:	2009
Author:	Reppa, Glykeria P; Theodorakou, Kalliopi.
Abstract:	<p>The purpose of this study is to compare the effects on enjoyment that a creative program of gymnastics has between senior university students. The sample consisted of 267 senior university students. The students participated in a gymnastic lesson which was based on creativity. The Intrinsic Motivation Inventory was used for the enjoyment. The results showed that there was not any significant difference of the general enjoyment between boys and girls ($t=2.69$, $p =0.07$). This study has showed that the creative program in gymnastic can be enjoyable for both boys and girls. Also, it suggests that there is a relationship between creativity and enjoyment.</p> <p>Keywords: Creative Gymnastics; Gender Difference; Enjoyment.</p>