

بررسی رابطه ی بین سطح فعالیت بدنی با برخی ویژگی های آنترپومتریکی و تصویر بدنی دختران معلول شهرستان رشت

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1395-7-4

The aim of this study was to investigate the relationship between physical activity and some anthropometric characteristics and body image of girls with disabilities has been Rasht city. Due to the characteristics of the sampling population according to Morgan that is for 800 people were ed 256 as sample randomly. The research method was descriptive and correlational study was conducted in this field. First, the necessary information and knowledge about the process of study subjects was given.

In this study, the first measurements of body dimensions including height, weight and body mass index, waist to hip ratio was measured. Then, to determine the level of physical activity and body image the subjects of standard questionnaires were used. In analyzing the data collected indicator of descriptive statistics such as mean, standard deviation and graphs, as well as tests inferential statistics (Pearson correlation coefficient) were used. Based on descriptive findings, mean participants were demographic characteristics: age ($28/4 \pm 6/3$ years), height ($159/4 \pm 9/2$ cm), weight ($59/5 \pm 11/25$ kg), BMI ($23 \pm 4/6$ kg per square meter), and WHR ($0/88 \pm 0/06$ cm).

In summary, the results of this study showed that the level of physical activity and BMI and WHR disabled girls Rasht city, there is a negative significant relationship ($p < 0.05$). Between WHR and BMI city of Rasht disabled girls there is a positive significant relationship ($p < 0.05$). Overall results showed that due to the health of people with disabilities in society, the main purpose sports and physical education in the community, It seems that girls with disabilities to participate in regular physical activity and exercise in welfare centers and encourage more education are needs.

کلمات کلیدی : disability ,index mass body ,image body ,activity physical

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