

Nittaya Intes 2012: Effects of Sensory Integration Training upon Learning and Health Related Fitness.

Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science.

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The objectives of this research were to study and to contrast the effects of the sensory integration training towards the learning abilities and health related fitness. 30 Samples of this research were drawn from 110 first grade students of age 6-7 years from Plearpattana School by simple random sampling methods. They were then divided into three groups by randomly assignment technique. The control group participated the regular class, while the experimental group one participated the regular class along with the free play activities and the experimental group two participated the regular class along with the sensory integration training. Three groups of this research were trained for 8 weeks, three days per week on Monday, Wednesday and Friday during 08.00-08.50 am. For the sensory integration training as well as the learning ability tests were verified from the experts for the construct validity by using the index of item objective congruence: IOC. For the data collection procedures the researcher tested the samples before, after the forth and the eighth week with the learning abilities test as well as the health related physical fitness tests and then analyzed the datas by using F-test (one way analysis of variance: ANOVA), one way analysis of variance with repeated measure and multiple comparison by Tukey method with the level of significance testing at .05

The results of this research revealed that after the forth and the eighth week, there are significant differences of the learning abilities of the first grade students between the control group and the experimental group two at the .05 of significance level. At the same time, there are not significance differences of the learning abilities between the control group and the experimental group one as well as between the experimental group one and experimental group two at the .05 of significance level. For the health related physical fitness tests, this research found that , in control group, before giving the treatment after the first and the eighth week, there was not significance differences at .05 level in all sub-test of health related physical fitness tests. While the experimental group one, there were significance differences between the first weeks and eighth week in push up 30 seconds and zig-zag run . For the experimental group two, there were significance differences between the first weeks and the eighth week in push up 30 seconds , sit-up 60 seconds, sit and reach, zig-zag run and 1,200 meter distance run but there was not significance differences at .05 significance level in percent body fat. From these findings, the researcher concluded that the sensory integration training which were developed by the researcher can be applied to enhance their learning abilities for children.

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Thesis Advisor's signature