

## MMR Approach in the Study of Physical Activity, Intelligence, and Gender in Adolescents

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**Introduction:** One of the myths surrounding high intellectual abilities is the belief that individuals with higher intelligence are not interested in physical activity, implying a relationship between intelligence and exercise. **Objective:** To analyze the relationships between intelligence and physical activity, as well as gender differences in interest in physical activity, while also studying perceptions about physical activity.

**Methodology:** The sample consisted of 297 secondary school students aged 13 to 16. The instruments used included an intelligence test (Herranz's G factor), a physical activity questionnaire (PAQ-A), and two open-ended questions: "Do you like engaging in physical activity?" and "Why?" Quantitative analysis included Pearson's correlation to examine the relationship between intelligence and physical activity and Student's t-test to study gender differences in interest in physical activity. Qualitative data were analyzed using the IRAMUTEQ software.

**Results:** No relationship was found between intelligence and physical activity, and boys showed greater interest in exercise. Qualitative analysis revealed three main themes: engaging in sports, enjoyment, and mental benefits. The significance of the independent variables used was also analyzed.

**Discussion:** Further research is needed to explore the relationship between intelligence and physical activity to confirm the independence of these variables. It is also important to examine the reasons behind gender differences, which show a greater interest in exercise among boys. The qualitative analysis offers three perspectives on understanding physical activity: the act of exercising itself, its recreational aspects, and the mental health benefits it provides.

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