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STUDENTS' INVOLVEMENT IN SPORTS ACTIVITIES: BASIS FOR SPORTS DEVELOPMENT PROGRAM

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ABSTRACT

Participation in different sports activities plays a significant role in the enrichment of a student's social life and the development of social interaction skills. This study aimed to evaluate the Jose Rizal Memorial State University-Katipunan Campus students' involvement in sports activities. It utilized the descriptive method that used 318 students participating in sports activities. The result of the study revealed that volleyball, basketball and badminton are the sports participated by the students in and off the campus, 2-3 hours of sports involvement in a week and 6% and 2% are involved in regional and national competition levels respectively. The facilities for basketball and volleyball were identified for need of improvements while facilities for gymnastics and sports club were identified to be established in the campus. Thus, the researchers recommend the administration to design a sports development program to address the current needs of the students.

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INTRODUCTION

Sport serves a great variety of social, cultural, political and economic purposes for countries around the world. Governments have increasingly invested resources for systematic development of various sports. Different organizations and local governments have a great deal of interest in promoting sports as one of the mediums for youth development. This means that sports involvement is believed to facilitate gaining of important life skills and attitudes. Pike (2009) said that traditional values of respect, fairness, responsibilities and resilience are developed as part of students' participation in school sports. Likewise, Chen, Snyder, & Magner (2010) expressed that physical educators and sports experts would agree that athletic participation brings numerous physiological, psychological, educational and social benefits to participants. These benefits may include promoting societal values, integrity and building character; enhancing confidence, motivation, sense of empowerment, and self-esteem; improving health and exerting student's surplus

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energies; knowing how to deal with failure and difficult situation and developing life-skills; obeying the competition or societal rules and constraining delinquent behaviors such as cheating, acting violently, consuming illegal substances and drinking excessive alcohol (Chen, Snyder, & Magner, 2010). Grit (2014) also supported that participation in athletics is extremely beneficial. The South Dakota State University student-athletes has better performance in classroom and motivated to complete their degree, possessed with time management skills and experienced a smoother transition into the college life style. According to Khan et. al (2012) that sports involvement of students improve their academic performances like grades, academic achievement, raises educational aspirations, as well as maintaining them in colleges. Their study revealed that there is a link between participation in sports and academic performance and sports activities positively influenced on the education of the youth. It also revealed that participation in these activities improve cognitive development of the youth. Moreover, Coe et. al (2006) also asserted that higher grades of the middle school children were associated with vigorous physical activities. Ghildiyal (2015) also supported that sports help students study better, improves concentration, problem solving, and memory. Sports teaches one to develop team spirit, leadership skills, fairplay, fighting

Table 1. Respondents' Demographic Data

Demographic Factor	Age (years)				Civil Status		Varsity		Non-varsity		Gender			
	15-17	18-20	21-23	24 and above	Single	Married	M	F	M	F	L	G	B	T
Frequency	28	226	54	10	315	3	4	1	107	206	2	6	5	0
Percentage	8.8	71.1	17.0	3.1	99	1	1.3	0.3	33.6	64.8	0.6	1.9	1.6	0

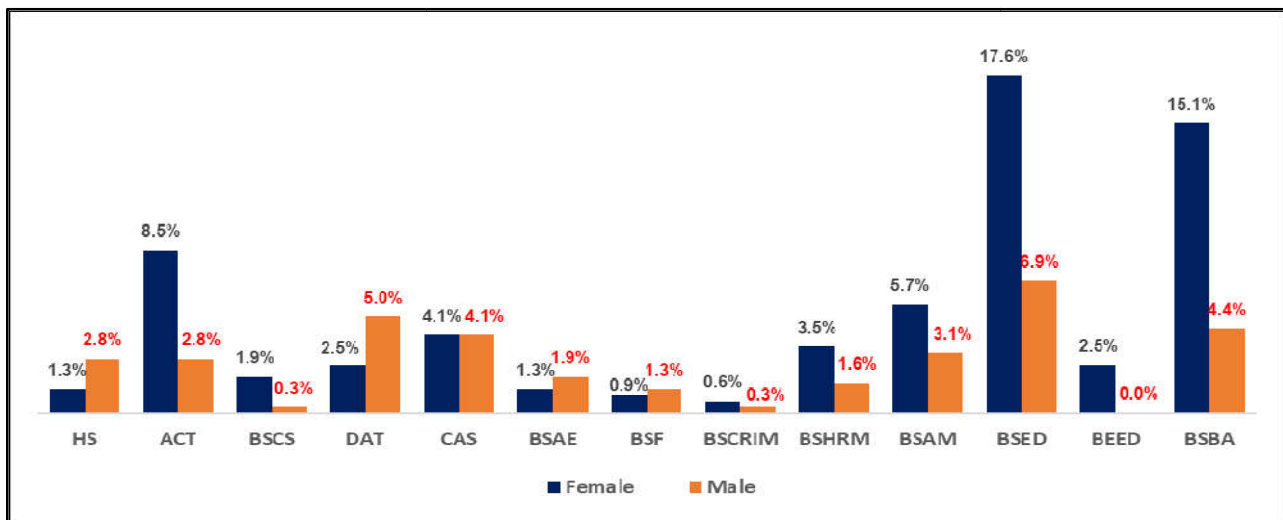


Figure 1. Frequency distribution of students according to sex

spirit, great leveler, focus, strengths and abilities, process and result, planning, earnestness and sincerity, and observation and analysis. The results of the study of Murphy et. al (2008) also emphasized that participation in the sports activities develops friendships and purpose in life, achieve mental and physical health, improves skills and form competencies and enhance creativity. On the other hand, Philippine government mandated the academe to promote physical education and encourage sports programs to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry. To carry out this mandate the Higher Education Institution shall provide opportunities for physical fitness and well-being of student.

There shall be a mechanism to promote national, sectoral and cultural sports activities and development in coordination with other agencies and there shall be a regular conduct of sports programs supporting schools athletes and the whole studentry (Section 34, CHED No. 9, series of 2013). The Jose Rizal Memorial State University (JRMSU) – Katipunan Campus as one of the CHED-supervised institution implemented this national mandate not only for their own students but as well as students from Department of Education (DepEd) and government employees in the Local Government Units and National Government. JRMSU is hosting local, regional and national sports events in coordination with DepEd, Civil Service Commission and MASCUF. According to Pike (2009), students spend a significant amount of time in the campus hence the school environment need to be supportive for the students to be physically active. She stressed further that comprehensive sport and physical education programs of the school are essential approach in providing this support. Through this mandate the researchers intended to conduct research to evaluate the JMRSU-Katipunan Campus students' involvement in sports activities, the students' demographic profile and the need for sports support. The result of the study served as the basis for the sports development program.

Objectives of the Study

This research aimed to evaluate the students' involvement in the sports activities. It specifically aimed to:

- Determine demographic profile of the varsity and non-varsity players,
- Determine the involvement of the students on sports activities on and outside the campus,
- Identify the sports facilities that need improvement,
- Identify the sports facilities that need to be established and
- Determine the other needs of the students towards sports activities.

MATERIALS AND METHODS

This study utilized the descriptive method which the researchers made a survey instrument that had been undergone validation by the experts of the field. This survey instrument was distributed through random sampling technique to 318 students of Jose Rizal Memorial State University-Katipunan Campus. The respondents were the members of the varsity team and students from different programs who had participated in the physical or sports activities. The collected data were then tabulated and interpreted.

RESULTS AND DISCUSSIONS

Demographic Profile of Students: The results of data were collected from the 318 student-respondents of the study who are coming from thirteen (13) programs. Only 1.6% are varsity players while 98.4% are non-varsity players. From 318 students who were involved in the sports activities, 8.8% are 15-17 years old, 71.1% are 18-20 years old, 17% are 21-23 years old, and 3.1% are 24 years old and above.

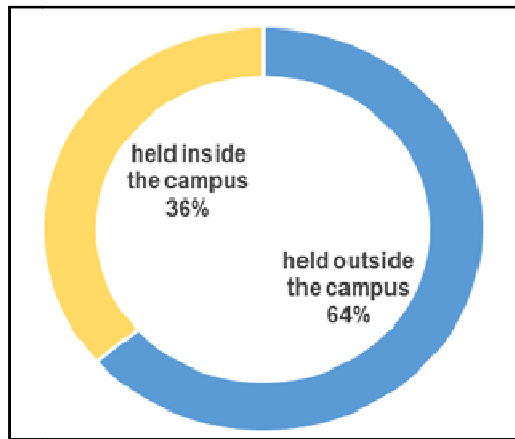


Figure 2. Students participation in sports activities held on and outside the campus

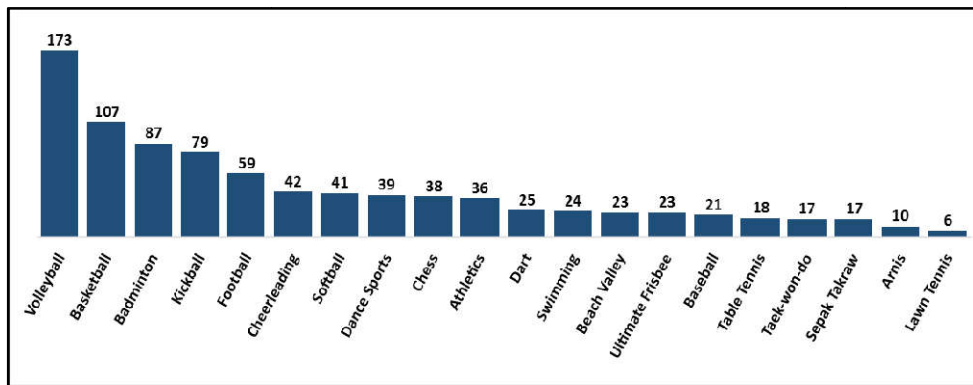


Figure 3. Sports activities participated by the students in the campus

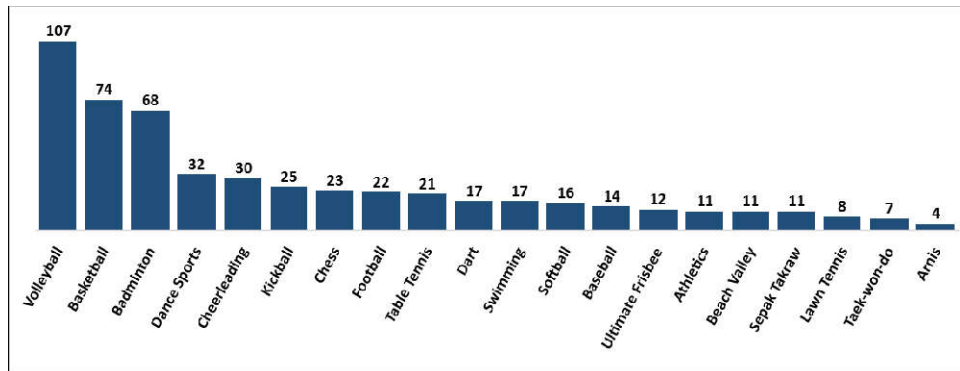


Figure 4. Off-campus sports activities participated by the students

They were 34.9% male students participated in sports activities while 65.1% were female students. From the total respondents, only 1% are married while 99% are single status.

Involvement of the students in sports activities on and outside the campus

The study revealed that 64% of the total respondents involved in sports activities held outside Jose Rizal Memorial State University (JRMSU) – Katipunan Campus while only 36% joined the sports activities held inside the campus. The study shows that there are more sports opportunities that were available in the communities than in the university since JRMSU-Katipunan Campus hosted only two (2) big sports events within a year. Sturts and Ross (2013) stressed that participation to intramural activities improves students’ social development and helping them to persist at universities.

Meanwhile Wilson (2009) also stressed that participation to out-of-school activities enable the young people to learn teamwork and leadership while reducing the chances of taking alcohol and illegal drugs and other related problem behaviors. Based on the survey conducted, volleyball, basketball and badminton are the common sports held in the campus as participated by the most number of respondents which are ranked as first, second and third respectively as shown in Figure 3. The study also revealed that the respondents play the same sports outside the campus as shown in Figure 4. This indicates that female respondents were active in playing these sports. Moreover, this study was supported by the survey results conducted in the United States that more female students than male participated in a high school volleyball program from school year 2009 to 2017. The study disclosed that 43% of the total student-respondents get involved in sports activities in weekly basis as shown in Figure 5.

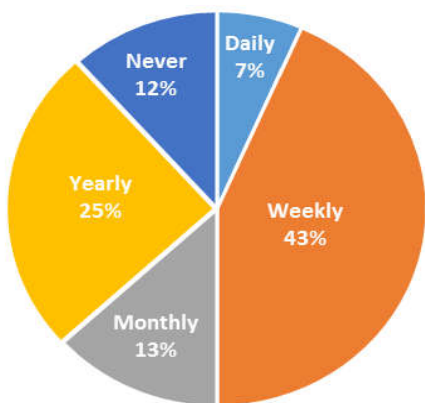


Figure 5. How often the students participated in sports activities

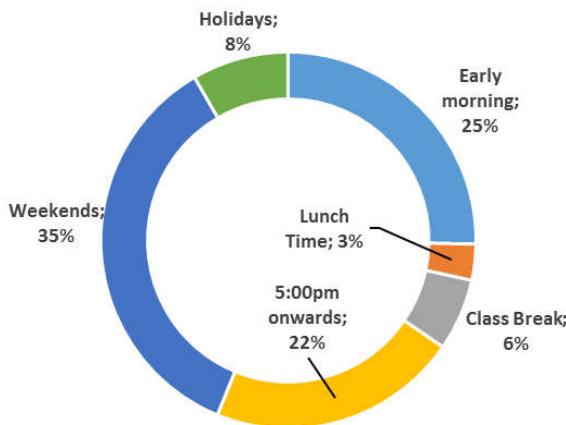


Figure 6. Preferred time for sports activities

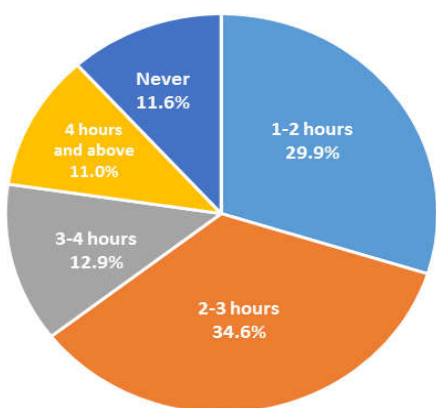


Figure 7. Average number of hours in sports activities involvement

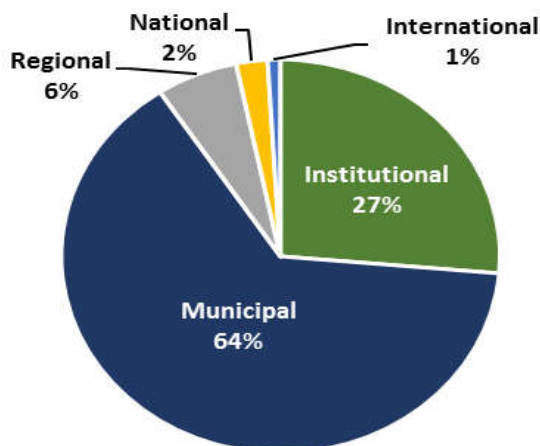


Figure 8. Sports level competition

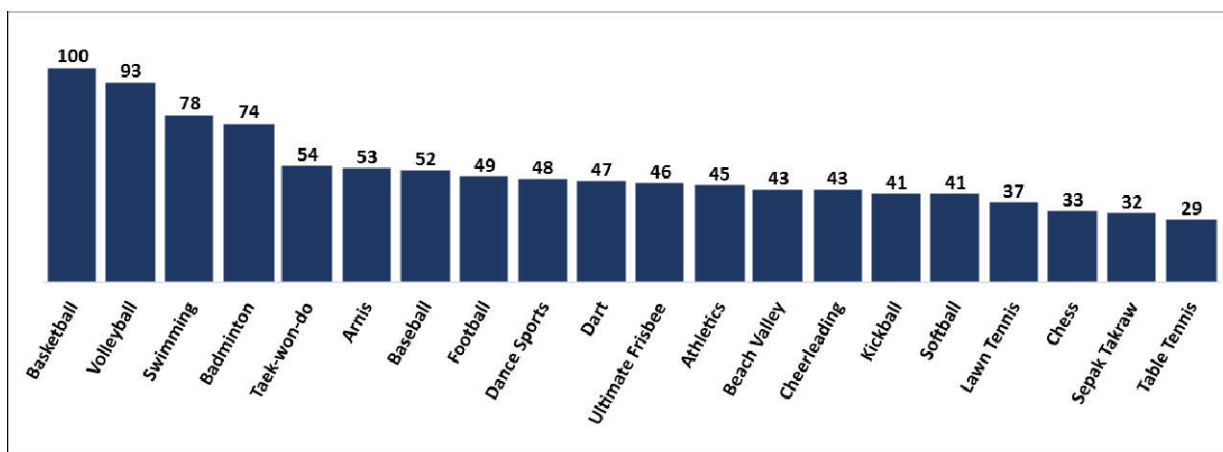


Figure 9. Sports that need more improvement in facilities and equipment

There were also 35% preferred to participate sports activities during weekends and 25% preferred to play at early morning as shown in figure 6. The research conducted revealed that only 11% of the student-respondents spend four (4) hours and above in sports activities and 12.9% for three to four hours a week as shown in Figure 7. There is a big percentage of respondents who were involved in sports activities with lesser number of hours. 34.6% spend two to three (2-3) hours and 29.9% for one to two (1-2) hours a week. It also revealed that municipal sports activities are participated much by the student-respondents as represented by 64% and only 2% had been participated for national sports competition as shown in Figure 8.

This shows that students of Katipunan Campus who are active in sports activities have lesser time involvement in sports. This implies that these students have less sports skills and abilities which are not capable for regional and national sports competition.

Sports facilities that need improvement: From the survey of 318 student-respondents the basketball and volleyball are the first and second sports respectively that need improvement in terms of facilities and equipment in the university as perceived by these students. This implies that these are the sports that are commonly played by the students in the campus and thus the existing equipment are fully used.

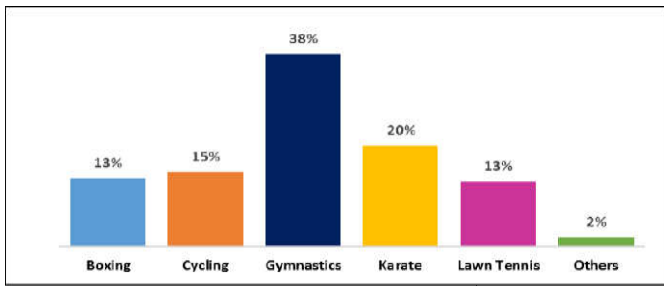


Figure 10. Preferred sports facilities to be established in the campus

participate in different sports competition levels like regional and national level.

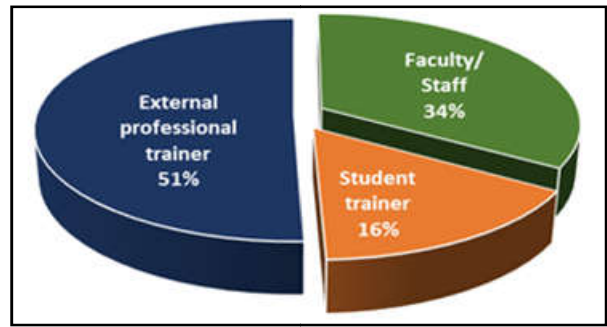


Figure 13.

Other needs of the students towards sports activities

In the survey conducted as shown in graph 11, 56% of respondents preferred to borrow equipment from Jose Rizal Memorial State University – Katipunan Campus in participating sports activities and only 10% preferred to bring their own sports equipment. Figure 12 also shows that 52% of the respondents preferred to have a coach or trainer to be present during their sports activities involvement and 48% do not want the presence of the coach or trainer. The study indicates that students who are active in sports are not capable to purchase their own sporting goods and want to be trained since their sports skills is for municipal level only.

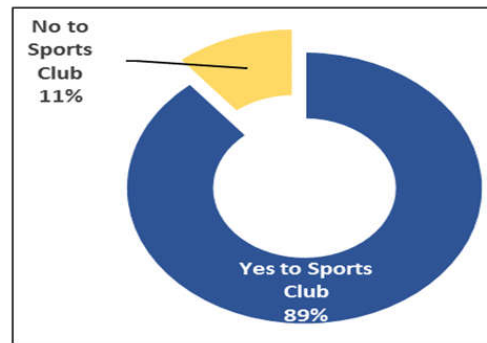


Figure 14. Desired to have a sports club

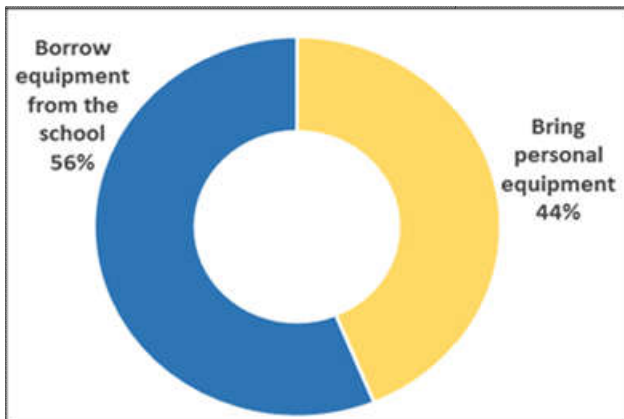


Figure 11. Sources of sports equipment

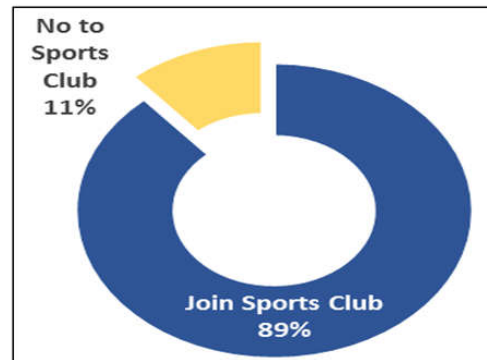


Figure 15. Joining sports club

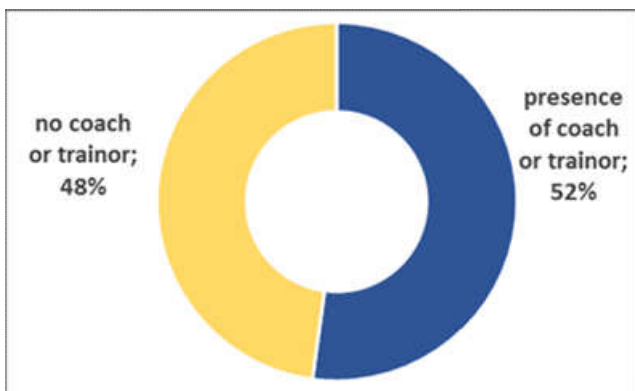


Figure 12. Desired availability of coach or trainer

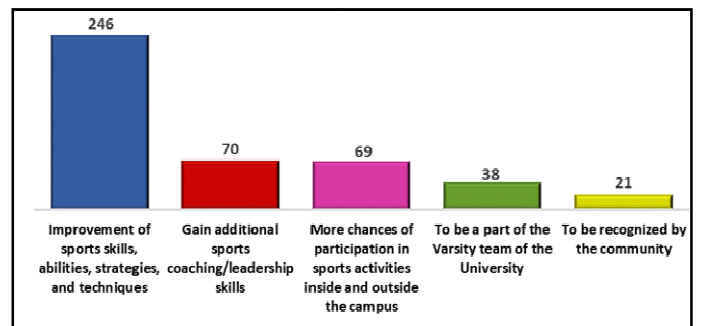


Figure 16. Benefits to be offered by the sports club according to the students

The respondents of the study preferred to have an external professional coach or trainer to be present during their involvement in sports activities. 34% of them preferred the Faculty and Staff of Katipunan Campus to be the coaches and only 16% preferred the student-trainer. This implies that students want to be trained professionally in order to

The survey resulted that the number one benefit in joining the sports club as perceived by the 246 student-respondents is improvement of sports skills, abilities, strategies and techniques. This is followed by gaining additional sports coaching/leadership skills which is identified by 70

respondents. This study indicated that the students desire to have sports club in the campus because several benefits will be gain by them that are important in participation to higher level of sports competition.

Conclusion and Recommendations

The research conducted on the evaluation of the Jose Rizal Memorial State University – Katipunan Campus students' involvement in the sports activities provides the institution with the basis for sports development of the college students. Students' involvement with lesser number of hours limits them to join and qualify to higher sports competition levels. Since the survey shown that students in JRMSU-Katipunan Campus are more active to volleyball, basketball and badminton, the student affairs may focus on the development of these sports. Moreover, sports facilities that are always used need to be monitored to have efficient services to the students.

To improve the services of the institution towards the sports development of the students, the researchers recommend to design a sports development program that will:

1. increase the number of sports activities in the campus that can be participated most by female students;
2. improve the sports facilities of basketball, volleyball and badminton;
3. provide a scheme for borrowing of equipment during sports activities in the campus;
4. consider the presence of an external professional coach or trainer to prove sports strategies and techniques, and
5. organize a sports club that will help the students improve their sports skills, abilities, strategies, techniques and leadership skills.

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