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FACTORS INFLUENCING THE SPORTS INVOLVEMENT OF SEPAK TAKRAW ATHLETES IN A STATE UNIVERSITY

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Abstract

This research study focused on the factors influencing the sports involvement of Sepak Takraw athletes of Batangas State University- JPLPC Campus. It made use of the descriptive method of research. The respondents were 35 varsity players of Batangas State University- JPLPC Campus for the Academic Year 2014-2015. Percentage, weighted mean and chi-square test were utilized in the study. After careful analysis and interpretation of data, it was found out that majority of the factors are involved in playing Sepak Takraw. The respondents performed moderately high in their chosen sports. Likewise, there is a significant difference between the factors influencing the sports involvement of the respondents and their profile. The findings of the study helped the

respondents to do their passion and gained the enjoyment in playing the Sepak Takraw. They were also given a chance to pursue their dreams and studies by the scholarship and incentives from the program of the school. With this study, the coaches were able to identify the weaknesses and strength of the players and their needs. In view of the problem in this endeavor, the following actions were proposed by the researchers. The school personnel may consider these factors and assess the capability of each player:, the school may initiate seminars and trainings such as Sepak Takraw Sports Clinic for teachers as well as for students: It may conduct and supervise the training of athletes and organize leadership trainings and/or team building activities for moral and spiritual development of the players: In addition, they may create activities that would enhance the students' skills to facilitate difficulties they encounter regarding this sports: Lastly, they may allocate enough budgets to help realize and actualize the goals of the program. This may be done through the approval of the administration to procure the needed resources through the Annual Procurement Plan prepared by the Sports Director/ Heads: The Sports Coordinator may enhance the scholarship program to encourage more players to join this sport, enhance training programs and promote the organization that administers this sport.

Keywords

Influence, Sports Involvement, Sepak Takraw Players

1. Introduction

Physical Education is one of the many contents offered in the academe. It deals with different activities like physical fitness activities, recreational activities, dancing and, playing sports which are to be engaged with by a student in order to develop physically. Moreover, students enjoy best in playing sports because it has the biggest gateway towards enjoyment and learning in the subject. Each and every individual has different abilities and intelligences. Those people who are inclined to different sports and other forms related to this activities are said to be bodily-kinesthetic intelligent. The ideas of multiple intelligences are attractive to many due to the suggestion that everyone can be smart in some way. Many people for instance, are very smart in terms of sports related activities than academics.

Physical Education is also a part of the education program designed to promote the optimum development of an individual, physically, emotionally, mentally, and socially through total body movements in the participation of the properly selected physical activities (Sidhu as

cited in Allison and Baskin, 2009). Physical education programs in schools have the potentials to promote healthy, active lifestyles by providing student with some of their recommended physical activities, increasing their physical fitness levels, and teaching them generalized movement and behavioral skills. McKenzie and Lounsbery (2009) stressed out that, if exercise is medicine, physical education is the pill not taken. In addition, Untalan (2007) mentioned that the primary concern of physical education is the development of positive attitude towards physical activity that will result in lifelong participation in the activities that promote good health and well-being (Fleming and Bunting, 2007).

One of the sports which is popular among teenagers today is Sepak Takraw. Sepak takraw originated from 'Sepak Raga' which was the name of an antiquated amusement played in the Malay States and in the neighboring nations of Singapore and Brunei. 'Sepak' is Malay for "kick" and 'Raga' is the "rattan ball" used in game, which included players standing around keeping the 'Raga' in the air for as long as possible without using their hands. Variations of this were played in other Southeast Asian nations as well: In Thailand it was classified "Takraw", in the Philippines, "Sepa", in Myanmar, "Ching Loong", in Indonesia, "Rago" and in Laos, "Kator".

Each sport has special principles and Sepak Takraw is not excluded. The best ability in this sport is kicking with foot. Good view, good kicking, skillful playing with ball, controlling of strokes and concentration are the necessary capabilities for the success in this field. Current Sepak Takraw, or Takraw for short (otherwise called Kick Volleyball), started in Malaysia and is presently their national game. It combines the components of Soccer, Football, Volleyball, Baseball, Badminton, Gymnastics and the antiquated game of Sepak Raga. Balls woven of rattan stems have essentially been supplanted by woven manufactured balls, which are a lot more secure and more durable. Sometimes the game involves a net and sometimes not, depending on the facilities available and the degree of formality involved. However, Sepak Takraw is undoubtedly a great game to observe however a troublesome one to cooperation particularly when one isn't utilized to it. Sepak Takraw is played on a badminton-sized court with a hand-woven ball (the 'Sepak Takraw' articulated 'raw' as in raw meat). Three players on each side of a five-foot high net get three opportunities to kick, knee, shoulder, or head the ball back to the contradicting group. Like in volleyball game, players attempt to play the ball toward before the net, however without utilizing hands or arms, much the same as soccer. Indeed, a few people depict it as "volleyball without hands". Following its introduction in the tenth Asian Games in Beijing in 1990, and as an exhibition sport in the 1998 Commonwealth Games in Kuala Lumpur,

Sepak Takraw has turned out to be one of the quickest developing games in Asia and has spread to more than 20 nations including Argentina, Australia, Brazil, Canada, Korea, Germany, England, India, Japan, Puerto Rico, Spain, and the USA. The game is played in a zone size of a multiplied badminton court, with three players on each side of a 1.52 m high net. A group or team comprises of three players: feeder, tekong/server, and spiker/executioner. Sepak Takraw has also been included in different competition in our country. It is included in Palarong Pambansa including female players in this game. Though female students are included in this sport, it will remain as exhibition game for girls. Elementary students are also required to have this sport in their Physical Education class. It is amended and approved in the Department of Education Memorandum No.29, Series of 2015 which states “ Sepak Takraw will also be an included sports activity for girls and boys in elementary and secondary schools”. Sepak Takraw has become popular in different places in the Philippines. It is a popular game played by kids in the Philippines, and turned into their national game. Sepak Takraw is incorporated into the Philippines' elementary and highschool curriculum. In fact, BatStateU-JPLPC has a training program for this sports and offered scholarship to Sepak Takraw Varsity players. BatStateU-JPLPC also has “Laurelian Takraw Organization” which promotes the game and encourages the students to get involved on it. The purpose of this paper was to ascertain the factors influencing the sports involvement of Sepak Takraw players of Batangas State University, JPLPC Campus, Malvar, Batangas. As observed, most of the researches in Physical Education deal with basketball, volleyball and other sports but not this one. The researchers believe that it is also important to conduct this research about Sepak Takraw, in which a lot of people get involved knowing that it is also a skillful required type of sports. Besides, the game is not well known unlike basketball. As future MAPEH teachers, this study is deemed important because it would greatly develop teaching strategies in teaching Sepak Takraw. Moreover, it will help to understand why students of today get interested in this kind of sports.

1.1. Research Objectives

This study endeavored to determine the factors influencing the sports involvement of Sepak Takraw Players at Batangas State University- JPLPC Campus. Specifically, it shed light to the following questions: What is the profile of respondents in terms of age, program, year level and monthly family income? How may the factors influencing the sports involvement of the respondents be described in terms of personal factors, mily factors, peer factors,school factors; and community factors? Is there a significant relationship between the factors influencing the

sports involvement of the respondents and their profile? What course of action may be proposed to further enhance the respondents' involvement in Sepak Takraw?

2. Methodology

The study used the descriptive type of research in order to reveal the factors that influencing the sports involvement Sepak Takraw players at Batangas State University- JPLPC Campus. This design is used in obtaining information concerning the current status of the phenomena to describe "what exists" with respect to variables or conditions in a situation. The method involved processes ranging from surveys which describe the status quo, the correlation study which investigates the relationship between variables, to developmental studies which seek to determine changes over time. It described in detail the matter being researched (Adanza, 2009).

The main instrument that was used in this study is a questionnaire that was developed by the researchers. The items in the self-constructed questionnaire were considered in the aim of unfolding the perception of the respondents about the factors that influence the sports involvement of Sepak Takraw players of Batangas State University-JPLPC Campus.

2.1. Respondents of the Study

The researchers made use of the Sepak Takraw players of Batangas State University- JPLPC Campus for the Academic Year 2014-2015. The respondents were purposively chosen since they were the main focus on this research. The researchers believed that the Sepak takraw players should exhibit the most favorable response as they will become the agents to which sepak takraw as part of our culture can be handed down from generations to generations. Purposive-Quota Sampling was used to determine the sample from the population of the respondents. The researchers made used of the program enrolled by the respondents as the indicator of quota sampling; 35 Sepak Takraw players were intended as respondents of the study.

2.2. Research Instrument

The questionnaire comprised of 25 items that were answered in a fixed alternative format. The responses in the questionnaire were given in a four point scale option which revealed how the respondents agree to each specific statement; the verbal interpretation was as follows:

Numerical Value	Mean Ranges	Interpretation
4	3.25-4.00	Strongly Agree/Highly Influential
3	2.50-3.24	Agree/Influential
2	1.75-2.49	Disagree/Not Influential
1	1.00-1.74	Strongly Disagree/Highly Not Influential

To generalize the assessment of the respondents on the weighted mean of the factors influencing the sports involvement of Sepak Takraw players, the responses for each specific item in the questionnaire was computed; this showed how the agreement of respondents in general. The composite mean of the responses was also computed to reveal the factors influencing the sports involvement of sepak takraw players. The means were interpreted using the verbal scale given in the table above.

2.3. Data Gathering Procedure

In order to conduct the study, necessary permits were acquired. The researchers sought the assistance of the Office of Sports to identify the target respondents. Sepak Takraw players were the target respondents of the undertaking. After determining the target respondents, the questionnaire was prepared. A draft questionnaire based on other studies and conceptual references was submitted to the adviser for improvement. After the draft questionnaire was improved it underwent validation procedure. A copy of the questionnaire was distributed to the panel members and to some experts for validation. Comments and suggestions from the experts were incorporated in the final questionnaire. After the questionnaire was finalized, the researchers sought the permission of the Associate Dean of the CTE to conduct the research. When the permit was secured the questionnaire was distributed among the target respondents. The questionnaire was collected; responses were tabulated, analyzed, and interpreted. Necessary statistical measures were employed to find the answers to the questions that the study intended to reveal.

2.4. Statistical Treatment of Data

The following statistical techniques were utilized in the analysis of the gathered data.

Chi – square. This will be utilized to determine if significant relationship existed between the respondents' profile and the factors influencing their sports involvement in Sepak Takraw.

Frequency and Percentage. This was utilized to determine the frequency of occurrence of each category in the respondents' profile.

Weighted Mean. This was utilized to interpret the respondents' responses to the items in the questionnaire so as to reveal the factors that influenced the sports involvement of Sepak Takraw players of Batangas State University- JPLPC Campus.

3. Results and Discussion

Based on the analyzed data, tables are hereby presented. The results are organized and presented relative to the specific problems posed by the researcher.

3.1 Profile of the Respondents

In this part, the profile of the respondents regards in terms of age, program enrolled, year level and monthly family income are presented. It also shows the most frequent based on the answers of the respondents.

Table 1: Profile of the Respondents in Terms of Age

Age in Years	Frequency	Percentage
20 and above	3	9
18 – 19	13	37
16 – 17	19	54
Total	35	100

Table 1 shows that the most frequent in terms of respondents' age are 16-17 years old that comprises 54% of the total respondents. This is followed by 13 respondents on 37% of the respondents and lastly, 9 % of the respondents which is from ages 20 and above. The lead is due to instances that some of the respondents are freshmen and enrolled as first year college. It is justified by Department Education which controlled the Philippine Education System. DepEd said that the age of student in 1st year College must be 16 years old (now for Grade 11, Junior High School).

Table 2: Profile of the Respondents in Terms of Program

Program	Frequency	Percentage
Bachelor of Science in Accountancy	3	9
Bachelor of Science in Information Technology	10	29
Bachelor in Industrial Technology	16	46
Bachelor of Science in Criminology	6	18
Total	35	100

Table 2 shows that most of the students are enrolled in Bachelor in Industrial Technology which is 46% followed by Bachelor of Science in Information Technology which is 29% of the respondents, followed by 18 % from Bachelor of Science in Criminology while 9 % of the respondents came from Bachelor of Science in Accountancy. During the interview, the respondents from this program said that they acquired a lot of time to deal with their involvement in Sepak Takraw compared to other courses because of their schedule.

Table 3: Profile of the Respondents in Terms of Year Level

Year Level	Frequency	Percentage
Fourth Year	2	6
Third Year	4	11
Second Year	10	29
First Year	19	54
Total	35	100

Table 3 shows that the most frequent in terms of respondents' year level is the First year level which is 54 % followed by the second year college students which is 29 %. This is because most of the member of Laurelian Sepak Takraw Association which serves as our respondents is freshmen students.

Table 4: Profile of the Respondents in Terms of Monthly Family Income

Monthly Family Income	Frequency	Percentage
20,001.00 and Above	3	9
16,001.00 – 20,000.00	12	34
12,001.00 – 16,000.00	11	31
8,000.00 – 12,000.00	9	26
Total	35	100

Table 4 shows that most of the respondents income is in average state. The respondents are not rich, but not that poor and belongs to what we called middle class family. This table shows that the most frequent are those students who have a monthly family income of 16,001.00-20, 000.00 which is 34 %.

3.2 Factors Influencing the Sports Involvement of Sepak Takraw Players

In this portion, factors influencing the sports involvement of Sepak Takraw players at Batangas State University- JPLPC Campus in terms of personal, family, peer, school and community factors are presented.

3.3 Personal Factors that Influence the Sports Involvement of the Respondents in Sepak Takraw

Table 5 presents personal factors influencing the sports involvement of Sepak Takraw players at Batangas State University-JPLPC Campus. It shows the impressions of the respondents in terms of Personal Factors.

Table 5: *Personal Factors Influencing the Sports Involvement of the Respondents in Sepak Takraw*

Item Statements	Weighted Mean	Verbal Interpretation
I get involved in Sepak Takraw because I ..		
1. Have passion in playing it.	3.46	Strongly Agree
2. May become famous if I am a Sepak Takraw player.	3.17	Agree
3. Want to be physically fit.	3.63	Strongly Agree
4. Feel it is my talent.	3.34	Strongly Agree
5. I want to meet new friends.	3.51	Strongly Agree
Composite Mean	3.42	Highly Influential

The table shows that the majority of the respondents strongly agreed that they want to be physically fit as manifested by the weighted mean of 3.36. This means that health and physical well-being served as their motivation in joining sepak Takraw. Further, the respondents also agreed that joining this sport may help them become famous. It garnered a weighted mean of 3.17. This implies that the players want to be recognized by many people as they may give them achievement. Overall, the respondents' assessment on personal factors influencing involvement in the said sport obtained a composite mean of 3.42, interpreted as influential. This means that the involvement in Sepak Takraw is influenced by the individual's character, conduct, motives and private affairs.

Table 6: *Factors that Influence the Sports Involvement of the Respondents in Sepak Takraw in Terms of Family*

Item Statements	Weighted Mean	Verbal Interpretation
I get involved in Sepak Takraw because my.....		
1. Brother is also a Sepak Takraw player.	2.06	Disagree
2. Parents push me into this sport.	2.29	Disagree
3. Family loves this sport.	2.34	Disagree
4. Parents support me whenever I play this game	2.91	Agree
5. Parents are proud of me when I am playing it.	3.20	Agree
Composite Mean	2.56	Influential

The table shows that the majority of the respondents strongly agreed that their parents were proud of them as manifested by the weighted mean of 3.20. This means that they were joining Sepak Takraw to make their parents proud of them. Further, the respondents disagreed that they join in this sport because they also have a brother or siblings who is a Sepak Takraw player. It garnered a weighted mean of 2.60. This implies that the players joined in this sport because they want it themselves, thus, most of them don't have sibling who's also a Sepak Takraw player. Overall, the respondents' assessment on family factors influencing involvement in the said sport obtained a composite mean of 2.56, interpreted as influential.

This mean that the involvement in Sepak Takraw is influenced by the individual's family and private affairs. This finding was supported by the book of Winter (2009), the quality of parent child relationship is primary variables in finding out the relative influence of family and peers. Despite all of this, the respondents said that they were unto this sport even though their parents don't love this sports and other members of their family was not in this sports.

Table 7: *Factors that Influence the Sports Involvement of the Respondents in Sepak Takraw in Terms of Peers*

Item Statements	Weighted Mean	Verbal Interpretation
I get involved in Sepak Takraw because:		
1. My friends are also Sepak takraw players.	3.31	Strongly Agree
2. My friends encourage me to join in it.	3.23	Agree
3. I feel closer to my friends if I become a player.	3.29	Strongly Agree
4. I get excited when I see my friends playing in the field.	3.34	Strongly Agree
5. Playing this sport is our bonding.	3.31	Strongly Agree
Composite Mean	3.30	Highly Influential

The table shows that the majority of the respondents strongly agreed that they get excited when they see their friends playing this sport manifested by the weighted mean of 3.34. This means that they were joining Sepak Takraw due to excitement of playing this kind of sports as they seen in their peers. Further, the respondents agreed that they join in this sport because they were encouraged to join by their friends. It garnered a weighted mean of 3. 24. This implies that the players joined in this sport because their friends influenced them. Overall, the respondents' assessment on peer factors influencing involvement in the said sport obtained a composite mean of 3.30, interpreted as highly influential. This mean that the involvement in Sepak Takraw is influenced by the individual's friends. This finding was supported by the study of Mendoza et. al (2009) , stating that "peers are the most influential factor why an individual get engaged in some activities". Table shows that the respondents are getting excited when they see their friends playing in the field.

Table 8: *Factors that Influence the Sports Involvement of the Respondents in Sepak Takraw in Terms of School*

Item Statements	Weighted Mean	Verbal Interpretation
I get involved in Sepak Takraw because the school offers.....		
1. Good training program for this sport.	2.43	Agree
2. Scholarship for Sepak Takraw players.	2.20	Disagree
3. Organized group for Sepak Takraw players that encouraged me to join.	3.34	Strongly Agree
4. Incentives for varsity players of takraw.	3.46	Strongly Agree
5. School offers adequate resources and facility in this sport.	3.40	Strongly Agree
Composite Mean	2.97	Influential

The table shows that the majority of the respondents strongly agreed that the school gives incentives for the varsity players as manifested by the weighted mean of 3.46. This means that they were joining Sepak Takraw because they gained incentives from it. Further, the respondents disagreed that they join in this sport because of the scholarships. It garnered a weighted mean of 2.20. This implies that the players believed that scholarships are for varsity players only. Overall, the respondents' assessment on school factors influencing involvement in the said sport obtained a composite mean of 2.97, interpreted as influential. This mean that the involvement in Sepak Takraw is influenced by school and the incentives that was given by the school.

Table 9: *Factors that Influence the Sports Involvement of the Respondents in Sepak Takraw in Terms of Community Factors*

Item Statements	Weighted Mean	Verbal Interpretation
I get involved in Tepak Takraw because:		
1. Most of the teenagers in our place play this sport.	2.57	Agree
2. It is promoted in our community.	2.57	Agree
3. Our community supports players of this sport.	2.63	Agree
4. Our community offers scholarship for this sport.	2.63	Agree
5. It is the most popular sport in our community.	2.74	Agree
Composite Mean	2.61	Influential

The table shows that the majority of the respondents agreed that they involved in this sport because it is the most popular sport in their community sport manifested by the weighted mean of 2.74. This means that they were joining Sepak Takraw because it is popular in their community. Further, the respondents agreed that they join in this sport because it is promoted in their community. It garnered a weighted mean of 2.57. This implies that the players joined in this sport because the community where they live in is aware of Sepak Takraw and it influenced them. Overall, the respondents' assessment on community factors influencing involvement in the said sport obtained a composite mean of 2.61, interpreted as influential. This mean that the involvement in Sepak Takraw is influenced by the community. This finding was supported by the study of Mendoza et.al (2009), "When an activity is supported by the community, constituents will become more aggressive in participating in it".

4. Relationship between the Respondents' Profile and Factor's Influencing their Involvement in Sepak Takraw

The table underneath presents the relationship between the respondents' profile and factors influencing the sports involvement in Sepak Takraw.

Table 10: Relationship between the Respondents' Profile and Factor's influencing their Involvement in Sepak Takraw

Variables	Computed Value	Tabular Value	Decision (Ho)	Interpretation
Age and Sports Involvement	56.655	12.592	Reject	Significant
Program and Sports Involvement	80.160	16.919	Reject	Significant
Year Level and Sports Involvement	29.066	16.919	Reject	Significant
Monthly Family Income and Sports Involvement	70.355	16.919	Reject	Significant

It can be gleaned from the table that a significant relationship exists between the profile of the respondents and their assessment on the factors influencing involvement in Sepak Takraw. The computer chi-square values when the factors influencing involvement were related to age, program of sports, year level and monthly income were all greater than the tabular values. This indicates significance relationship in the respondents' profile and assessment on the factors influencing involvement in the said sport. Thus, the researchers rejected their stated hypothesis. This implies that the players' profile may affect their assessment on the factors influencing involvement in sepak takraw. As revealed in the table, it is further worthy to mention that the greatest difference between the computed and tabular values of the chi-square is identified in program, followed by the monthly family income, age, and year level. This means that among the four factors, program greatly affects the respondents' assessment on the factors influencing their involvement in sepak takraw.

5. Implications of the Findings

After the careful tabulation, statistical treatment, analysis and interpretation of data, the following findings were revealed: Majority of the respondents aged 16-17 years old that comprises 54% of the total respondents. Further, most of the students are enrolled in Bachelor in Industrial Technology which is 16 Or 46% while in terms of respondents' year level, 19 belonged to First year level which is 54 %. Lastly, 12 respondents have a monthly family income of 16,001.00- 20, 000.00 which is 34 %. Sepak players want to be physically fit was the highest rated item, with a weighted mean of 3.63, verbally interpreted as strongly agree. Further, in terms

of family factors, the respondents agreed that their parents support them whenever they play this game, with a weighed mean of 2.91. Moreover, the respondents strongly agreed that they get excited when they see their friends playing in the field. It obtained a weighted mean of 3.34. This was the highest rated item in terms of peer factors. In terms of school factors, the players strongly agreed that school offers incentives for varsity players of sepak takraw made them involve in playing the said sport. It garnered a weighted mean of 3.46. Lastly, in terms of community factors, the respondents strongly agreed that it is the most popular sport in their community, with a weighted mean of 2.74. The computer chi-square values when the factors influencing involvement were related to age, program of sports, year level and monthly income were all greater than the tabular values. This indicates significance relationship in the respondents' profile and assessment on the factors influencing involvement in the said sport. The results of the study afforded the researchers in coming up with a proposed course of action that can further enhance the respondents' involvement in sepak takraw. This involves set of objectives and activities that may be considered by the concerned authorities since one of the thrusts of our university is to strengthen Sports performance, specifically in Sepak Takraw.

In the light of the important findings uncovered in this study, the accompanying conclusions were drawn: Majority of the respondents were aged 16-18 years old, first year, taking up BIT program, with a family income of P16, 001.00-P20, 000.00. Peer and personal factors were found to be highly influential in sports involvement of the respondents, while family, school and community factors were found to be influential. There was a significant relationship between the respondents' profile and factors influencing their sports involvement in Sepak Takraw. The proposed course of action personally crafted by the researchers may be utilized to further enhance players' involvement in Sepak Takraw.

Considering the significant findings revealed and conclusions drwain in this study, the researchers suggested the accompanying proposals: Since this study revealed that personal and peers are two highly influential factors affecting involvement in Sepak Takraw, the coach may conduct self-reflection-related activity to further motivate and encourage the players to engage in the said sport. Strengthening supervision on training the athletes and organizing additional leadership trainings and/or team buildings for moral and spiritual development may be also conducted. The administration, specifically through the Scholarship Office may review their Sports Scholarship Scheme to further strengthen the players' involvement and dedication in playing Sepak Takraw. In doing so, this may attract other students to join in the said sport. The

people in-charge for Sports may conduct a pep talk as a marketing strategy to invite other students to involve in the said sport. Allocation of additional budget to procure the needed facilities and equipment stipulated in the Annual Procurement Plan may be observed by the administration. This may help realize and actualize the training program of the Sports Director/ Head and coaches. Since this study deals with numerous concerns, a follow-up study may be considered using other variables.

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