

CORRELATES OF EFFECTIVENESS OF SPORTS PROGRAM OF STATE UNIVERSITY IN CENTRAL, LUZON PHILIPPINES, BASIS FOR POLICY ENHANCEMENT IN COLLEGIATE SPORTS

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ABSTRACT

The study aimed at determining the factors that correlate the effectiveness of Sports and Physical Development Program of State University in Central Luzon Philippines during the academic year- 20014-2015. This study utilized descriptive cross sectional design and data was supplemented by qualitative information through Focused Group Discussion. This study involved all the forty-four (44) sports personnel and one hundred thirty-eight (138) athletes in all campuses of the university with the attained retrieval rate in athletes' population of 80.43 %. The result of the study revealed that: Majority of the sports personnel were male, mostly teaching PE but non-PE majors. Only few have doctorate degree. System of Incentives and benefits for athletes have moderate positive correlation on the effectiveness of the program, but qualitative data revealed that all the correlates have influence on the effectiveness of the university sports program. Selection of athletes in the university is done through "try-out" strategy only. The sports program of the university is focused more on competitive sports than on other equally important activities that would cater to the general student population such as wellness and fitness activities and conduct of research in sports, wellness and fitness.

Keywords: University athletics, collegiate sports, sports program.

1. INTRODUCTION

Considerable controversy exists concerning university athletics. Depending upon one's perspective, athletic programs are seen as having important positive, or negative, effects on universities. (Putler & Wolfe, 1999). The role of intercollegiate athletics in college has recently become the focus of considerable discussion and debate. There is a small but growing body of evidence on the impact of athletic participation on various educational outcomes (Vanover, & DeBowes, 2013). In the Philippines, the Commission on Higher Education issued memorandum on the Enhanced Policies on Student Affairs and Services stating that, there shall be a regular conduct of sports program supporting school athletes and the whole studentry and that there shall be a mechanism for regular monitoring and evaluation on the implementation of Student Services (including conduct of sports program) to ensure sustainability and effectiveness of programs (Cariaga, 2014).

This study attempts to make an assessment of the sports and physical development programs of a State University in central Luzon Philippines and examines its strengths and

weaknesses, its successes and failures and to help suggest plans for the future (Trudeau & Shephard, 2008).

The objective of the study was to study what factors correlate to the effectiveness of sports and physical development program of Bataan Peninsula State University during the Academic Year, 2014-2015. Specifically, this study was attempted to answer- What is the profile of sports personnel in terms of gender; no. of years teaching PE; no of years in sports; educational attainment; specialization; incentives received; sports trainings/ seminars attended, and number of teaching load. It was also studied in this study that how may the university related factors be described in terms of- adequacy of physical and equipment; policies and procedures in selection of athletes; and system of incentives and benefits. This study also focused on what is the level of effectiveness of Sports and Physical Development Program of the university in terms of- number of sports activities accomplished; awards received; attainments of goals and objectives, and sustainability of the training program.

2. METHODS AND MATERIALS

2.1 Research Design

The study used a mixed method, descriptive cross sectional design and data was supplemented by qualitative information through Focused Group Discussion.

2.1.1 Quantitative: descriptive correlational research design since this attempted to describe, measure and analyze data to find out the association between sports personnel factors, university related factors and the level of effectiveness of sports and physical development of the subject Institution.

2.1.2 Qualitative: Focused Group Discussion (FGD) and personal interview with sports personnel and student athletes. For accuracy, records of summary of awards received in athletic competitions were also gathered for documentary analysis.

2.2 Population and Sample of the Study

This study involved 44 sports personnel such as sports director, sports coordinator, coaches, trainers, and 138 athletes in all campuses of the university. Universal sampling is applied with the attained retrieval rate in athletes' population of 80.43 %.

2.3 Research Instrument

The first part of the questionnaire was to be answered by the Sports Administrator and Personnel only while the second part were filled up by all groups of respondents. Some items on the first part were adapted from the study of Escartin (2001) entitled correlates of performance of school coaches in the division of Bataan. To assess the level of effectiveness of Sports and Physical Development Program, items in part II of the questionnaire were adapted from instrument of BPSU OSA in evaluation of sports and extra- curricular activities. Documentary analysis was also employed to gather data on awards received by the athletes during the last 3 years.

2.4 Data Gathering Procedure

To facilitate the data gathering process, the researcher sought permission from the director of Sports and Physical Development Program to administer the questionnaire to athletes, trainers,

coaches, and sports officials. The request was granted and the researcher administered the questionnaire during the ten-day training of athletes at Orani Campus last January 2009 to ensure a high retrieval rate. To ensure that the questions were understood and to make sure that the data that will be obtained were reliable, the respondents were enlightened about the purpose of the respondents were likewise assured that their responses were treated with utmost confidentiality.

2.5 Data Processing and Statistical Treatment

The data were analyzed statistically and appropriate and applicable statistical treatment for the study was the descriptive statistics, specifically the mean and standard deviation. To describe the profile of the respondents in terms of the variables used in the study, frequency counting, percentage, mean and standard deviation were employed. To determine the effect of each variable on the level of effectiveness of Sports and Physical Development Program, Parsons Moment of Correlation was used. Analysis of Variance (ANOVA) simple analysis will be used to establish significant differences in the perceptions of the respondents on level of effectiveness of sports and physical development program of Bataan Peninsula State University. Adequacy of institutional resources and facilities as well as the system of incentives and benefits and adequacy of activities conducted was measured using the five-point Likert scale formula (Balinasay, 2001).

3. RESULTS & DISCUSSION

Profile of the Sports Personnel

Gender. Majority or 92.9 % of the sports personnel were male. Only 7.1% were female.

Years in Teaching PE. Majority of the sports personnel which is about 39.3 % were teaching PE within the 5 years and below bracket, 6 out of 28 were teaching PE within 6-15 years bracket and 2 out of 28 or 7.8 % were teaching PE for 16 years and above.

Educational Attainment. Among the 28 sports personnel of BPSU only 1 had earned units in Doctoral Program while 2 out of 28 were Masters' Degree holders. Table 2 also revealed that sports personnel come a range of undergraduate background: 6 BSE graduate, 6 BSIE graduate, 3 BSIT graduate, 1BEEd graduate, 3 AB majors, 1 BSN major and 4 BSBA majors.

Specialization. Out of the 28 respondents only 9 were PE majors or 28.15% of the total number of respondents and 68% were non PE majors.

Incentives Received in Sports. Sports Personnel received incentives in different forms. Out of the 28 respondents, one (1) received service credit as incentives, one (1) received extra pay equivalent to 3 units extra teaching load, 5 received extra pay equivalent to 3 units extra teaching load plus honorarium while most of the sports personnel respondents or 75 % received honorarium.

Trainings/ Seminars Attended. Only three (3) sports personnel have not attended seminars or trainings yet. Majority or 39.3% attended sports seminar and attended in sports clinic/ workshop; 17.9% attended seminar; 10.7 participated in sports clinic; 3.6% enrolled in coaching and officiating courses; while 17.9% attended sports seminar, participated in sports clinic/ workshop, and enrolled in coaching and officiating courses.

Teaching Load/ Unit. Majority had no teaching load since they were either part time coach or trainers only (46.4%), while 25% had 25 up or have so many ETL (extra-teaching load), 17.9% minimal etl or 19-24 units, 7.1% got 18 units or regular load and only 1 was under load.

University Related Factors

On the assessment of respondents on the adequacy, sports facilities and equipment, the overall mean of 2.69 or descriptive rating of 'adequate' was observed. Volleyball court and equipment

appeared to get the highest rating and was rated very adequate, and soccer field and equipment being the lowest with the mean rating of 1.96.

Policies and procedures in selection of athletes appeared to be appropriate with an overall mean of 3.36. As perceived by the respondents, game competition through intramurals appeared to have the highest mean rating of 3.6835. When it comes to the perceived adequacy on the system of incentives and benefits for athletes training under coach was perceived as very adequate with a mean of 4.01. System of incentives and benefits were perceived as adequate in general with an overall mean of 3.05.

Coach and sports personnel identified the need to improve the policies and procedures in selection of athletes-talent identification program should be considered, it focused only try-out, no other strategies were conducted.

Table 1: Summary of level of effectiveness of sports and physical development program as perceived by all groups

Respondent	Sports Activities Conducted		Attainment of Goals and Objectives		Sustainability/Training Program	
	Mean	Descriptive rating	Mean	Descriptive rating	Mean	Descriptive rating
Sports Administrators	3.26	Satisfactory	3.40	Satisfactory	3.36	Satisfactory
Coaches/Trainer	2.98	Satisfactory	3.46	Very Satisfactory	3.37	Satisfactory
Athletes	2.35	Fair	3.62	Very Satisfactory	3.67	Very Satisfactory

Level of Effectiveness of Sports and Physical Development Program of the University:

Number of projects accomplished. Among all the indicators, in-service training for coaches and trainers appeared to be adequate with the highest mean of 3.03, while indicator that got the lowest mean and appeared inadequate as perceived by the respondents was research conducted on sports and wellness with a mean rating of 1.74. In general, number of projects accomplished by sports and physical development program was perceived as adequate with an overall mean of 2.65.

Awards received. Based from documentary analysis, presented data revealed that there was an increase of gold, silver and bronze awards received by athletes from the last 3 years.

Attainment of goals and objectives. All indicators are perceived as satisfactory and very satisfactory except for the one item that got a fair rating which was the program encourage not only athletes but also the members of the academic community to attain a desirable level of physical fitness with a mean rating of 2.21. Attainment of goals and objectives appeared satisfactory in general with an overall mean of 3.28.

Athletes fair rating of 2.35 in terms of sports activities conducted was validated through the result of the FGD. As found out on the result, student athletes expressed needs to be addressed for them to be able to achieve holistic development and promote balance among their athletic life and their academic development. Another realization that arise during the discussion was the need to include support program for athletes aside from the traditional activities. Common themes that also arise is the discussion is the view that the sports program of the university is overly focused on training of athletes and minimal activities were conducted for the general population.

Significant differences in the perception of three (3) groups of respondents on the level of effectiveness of the Sports and Physical Development Program.

On the number of projects accomplished. The acquired *F* value was 6.46 which had a corresponding equivalent of 0.00 sig. Or probability value. This probability value was lower than

0.05 level of significance and so the hypothesis that the perception of the 4 groups of respondents on the effectiveness of the program was rejected.

On the Attainment of Goals and Objectives and Sustainability Training/ Program. *F*-value 0.39 with 0.76 probability values and *F*-value 0.85 with 0.46 probability values, their probability values or their sig exceeds the 0.05 level of significance. It only meant that the hypothesis for these two components are accepted. The difference on the perception of the respondents was not significant.

On the overall effectiveness considering all components, the *F*-value 2.46 reveals the non-significant difference on the level of effectiveness since the probability value (sig. = 0.065) was greater than 0.05 level of significant.

Table 2: Coefficient of Correlation between University Related Factors and the Effectiveness of Sports Program

Sports Personnel Related Factors	R(XY)	Descriptive	Sig. (2-Tailed)	Interpretation
Physical Facilities and Equipment	0.372	Moderate positive correlation	0.051	Not significant
Policies and Procedures in Selection of Athletes	0.016	Very small positive correlation	0.936	Not significant
System of Incentives and Benefits	0.481	Moderate positive correlation	0.010	Significant

The directionality of the influence was positive which meant that an increase in the variability of the university related factors had a corresponding increase in the effectiveness. The adequacy of the sports facilities and equipment was a very important factor for successful coaching. Catapang (1998) a sports psychologist cited that motivation through facilities and equipment is one way to inspire many of the team members. Coaches and players can work together to create an environment that will help develop a sense of pride in oneself, the team, and the team unity. It can bring recognition to individuals as well as to the team and school, create safe and secure conditions, and encourage players to achieve.

However as to the test of significant relationship, the Sig. (2- tailed) of the 3 factors namely: 1. Physical facilities (0.51) and 2. policies and procedures in selection of athletes (0.936), were greater than 0.05 level of significance (*p*- value >0.05). This means that even if there was a moderately positive influence of the university related factors to the level of effectiveness but the FGD result of athletes and coaches indicates that the improved facilities and the increase in amount of incentives received by athletes and coaches helped a lot in the increasing award of the university in sports (Bhattacharya, 2014). Majority of the sports personnel were male, mostly teaching PE but non-PE majors. Only few have doctorate degree. System of Incentives and benefits for athletes have moderate positive correlation on the effectiveness of the program, but qualitative data revealed that all the correlates have influence on the effectiveness of the university sports program. Selection of athletes in the university is done through “try-out” strategy only.

The sports program of the university is focused more on competitive sports than on other equally important activities that would cater to the general student population such as wellness and fitness activities and conduct of research in sports, wellness and fitness (Haddad & Tan, 2008).

4. CONCLUSION

The obtained results suggested that to sustain the increasing performance of athletes, facilities and equipment must be based from standard specification. It is further concluded that:

- Other strategies in selection of athletes may be explored.

- Faculty members and staff involved in sports should be encouraged to conduct more research on sports so as to improve the delivery of sports services in the university.
- for researchers, always look for the qualitative side of the program/qualitative research in P.E and sports.
- For colleges/university administrator-specific guidelines/qualifications for recruitment of sports director should be established and followed.
- For physical educators and sports leaders- sports policies/laws should be created for the observance of the principle of sports for all and not only for a certain group of population.

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