

LEVEL OF SPORTS PARTICIPATION AND STRESS
RESILIENCY OF THIRD YEAR CSPEAR STUDENTS
OF CAVITE STATE UNIVERSITY - MAIN
CAMPUS A.Y. 2021-2022

THESIS

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**LEVEL OF SPORTS PARTICIPATION AND STRESS RESILIENCY OF THIRD
YEAR CSPEAR STUDENTS OF CAVITE STATE UNIVERSITY -
MAIN CAMPUS A.Y. 2021 – 2022**

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ABSTRACT

ATAS, JHON ROMMAR C. and PEGENIA, JOHN MHAR C. Level of Sport Participation and Stress Resiliency of Third Year CSPEAR Student of Cavite State University-Main Campus Enrolled During School Year 2021 – 2022. Undergraduate Thesis. Bachelor of Science in Exercise and Sport Science. Cavite State University, Indang Cavite. May 2022. Adviser Mr. Ray-Ann H. Penus.

The study was conducted from September 2021 to January 2022 in the Indang, Cavite. The research design was used to assess the: (1) demographic characteristics by Age, Sex Course, and Section; (2) level of sports participation and the stress resilience of the participants; (3) significant relationship between sport participation and stress resilience of the participants; and (4) significant relationship between stress resilience of the participant when they are group according to their demographic characteristic.

The findings revealed that 85 out of 117 were aged 21 to 23 years old or 72.60 percent, 29 were 18 to 23 old or 24.80 percent, two were 24 to 26 years old or 1.70 percent and one was 27 and above or 0.90 percent. There were 62 male or 53 percent and 57 female or 47 percent respondents. Sixty-four or 54.70 percent of the respondents were from BPE, 29 or 24.80 percent were from BSESS-SM and 24 or 20.50 percent were from BSESS-SC. In terms of section, 45 or 38.50 percent were 3-1 2, 28 or 23.90 percent were from section 3-2, 23 or 19.70 percent were from section 3-3, 13 or 11.10 percent were from section 3-4 and 8 or 6.80 percent were from section 3-5.

The findings assess the nature and the level of sports participation of the third year CSPEAR students on how often do they engage in sports participation. Results show that CSPEAR students in terms of engagement in sports two to six times a week; in terms of breath taking and sweating, results show a moderately; in terms of the number of times a week, the result shows once a week; in terms of, how they spend

leisure time, the result shows indoors and outdoors, in terms of how often do they engage in intensive sports, the result shows once a week also. For every day, in terms of how many hours a week do they engage in sports participation, result shows two to three hours a week; in terms of how much time do they usually spend for sports participation, result shows more than 60 minutes. Moreover, most of the members are not members of any sports club and only participated in the local level sports participation.

In terms of student's response to the level of stress resiliency of the third-year CSPEAR student, for item, "Sometimes fate or God helps me" most of the respondents said true nearly all the time. However, on the item, "I have to act on a hunch" respondents said often true.

Also, the study found that there is no significant relationship between the level of sports participation and stress resiliency of the participants.

The study also found out that there is no significant relationship between the stress resilience of the participants when grouped according to their demographic characteristics.

The study was conducted to know if there is a significant relationship between sports participation and the stress resilience of the participants. The researchers recommend conducting similar study on sports participation and stress resilience. The result of this study is different from others. It suggested that a future study should be conducted with a wider scope to really understand this topic.

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MAIN CAMPUS A.Y. 2021 – 2022**

**Jhon Rommar C. Atas
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INTRODUCTION

Background of the Study

According to Rodrigo writer of Sports essay, sports play a vital role in modern contemporary society. It is an integral part of life and essential for the physical and natural well-being of individuals. Not only is it physical activity, but also an area where people socially interact. Sports and leisure activities are an integral part of social life and they are intricately linked to politics and society. For most people, sports play a fundamental role whether passive spectators or active participants. Generally, sports have been praised for their numerous benefits and which include improving not only health and fitness but also mental. Some people had an opportunity for employment and business because of sports. Also, some said that playing and participation in sports and doing activities can become a therapy for others.