

**PERCEIVED EFFECTS OF MULTIVITAMINS IN THE ATHLETIC  
PERFORMANCE OF THE CSPEAR ATHLETES  
IN S.Y. 2017-2018**

Undergraduate Thesis  
Submitted to the Faculty of the  
College of Sports, Physical Education and Recreation  
Cavite State University  
Indang, Cavite

In partial fulfillment  
of the requirement for the degree of  
Bachelor of Physical Education

**ARVIN A. DILOY  
MICHAEL S. DINGAL  
BRYAN DJ V. ROSANES**

June 2018

## ABSTRACT

**ARVIN A. DILOY, MICHAEL S. DINGAL, BRYAN DJ V. ROSANES. Perceive effects of Multivitamins in the Athletic Performance of CSPEAR Athletes in the S.Y. 2016-2017.** Undergraduate Thesis. Bachelor of Physical Education. Cavite State University, Indang, Cavite. June 2018 Adviser: Jazmin P. Cubillo.

The study was conducted in College of Sports Physical Education and Recreation of Cavite State University Main Campus to determine the perceive effects of multivitamins in the athletic performance of SCPEAR. Specially, the study determined the demographic characteristics of the participants in terms of their age, gender, and BMI (Body Mass Index); and determine if there is significant difference in the perceive effects of multivitamins in the athletic performance of CSPEAR when grouped according to their demographic characteristic.

The Participants used in the study were 75 CSPEAR athletes of Cavite State University main campus, Indang, Cavite. Total Enumeration Sampling technique were adapted in choosing the sample population of the CSPEAR Athlete in Cavite State-University. The researchers adapted a checklist type of questionnaire from where the participants would choose from selections in statement forms, all computerized and prepared in Filipino. The proponents of the study used the checklist type at questionnaire as their primary data gathering instrument. The data that gathered from the questionnaire were retrieved, tallied, interpret, and analyze and subjected to the statistical analysis.

The results showed that there is no significant difference in the perceive effect of multivitamins in the athletic performance when grouped according to their demographic characteristic. The result of the test on hypothesis using ANOVA revealed that the F ratio (computed ratio), which is 2.24 is less than the critical value of 9.55 at 0.05 significance level and at  $DFB = 2$  and  $DFW = 3$ , this indicates that the null hypothesis must be accepted which means that the perceived effects of multivitamins in the athletic performance of CSPEAR athletes are not different even if they grouped according to their age, gender, and BMI (Body Mass Index).

## TABLE OF CONTENTS

	Page
<b>BIOGRAPHICAL DATA</b> .....	iii
<b>ACKNOWLEDGEMENT</b> .....	v
<b>ABSTRACT</b> .....	vii
<b>INTRODUCTION</b> .....	1
Research Locale.....	2
Statement of the Problem.....	3
Assumption and hypothesis .....	4
Significance of the Study.....	5
Scope and Limitation of the Study.....	5
Objectives .....	6
Conceptual Framework.....	7
Definition of Terms .....	8
<b>REVIEW OF RELATED LITERATURE</b> .....	10
<b>METHODOLOGY</b> .....	24
Research Design.....	24
Participants of the Study.....	24
Sampling Procedure .....	25
Research Instrument.....	25
Data gathering process.....	25
Ethical Consideration.....	26
Statistical Analysis .....	26

<b>RESULT AND DISCUSSION.....</b>	<b>30</b>
Table 1: Respondents profile in age .....	30
Table 2: Respondents profile in gender .....	30
Table 3: Respondent profile in BMI .....	31
Table 4: Mean on the level of performance of CSPEAR athletes .....	32
Table 5: Difference of the perceive effects of multivitamins of CSPEAR athletes performance when grouped according to their demographic profile.....	34
<b>FINDINGS, CONCLUSION, AND RECOMMENDATION.....</b>	<b>35</b>
Findings .....	35
Conclusion.....	36
Recommendation.....	37
<b>REFERENCES.....</b>	<b>38</b>
<b>APPENDICES.....</b>	<b>39</b>