

WELLNESS BENEFITS OF PHYSICAL EDUCATION
BY SENIOR HIGH SCHOOL STUDENTS

THESIS

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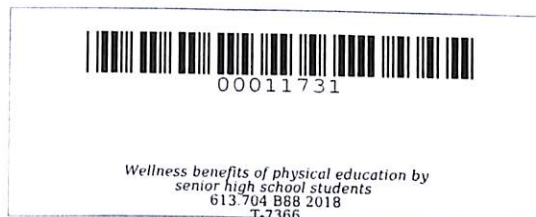
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ABSTRACT

DENZEL D. BUMANLAG, MA. JONALYN G. PELIGRINO, and EVANGELINE R. ROMEN. **Wellness Benefits of Physical Education by Senior High School Students.** Undergraduate Thesis. Bachelor of Sports and Recreational Management. Cavite State University, Indang Cavite. June 2018. Adviser: Mary Ann R. Cardines.

This study was conducted from January to June 2018 at Lumampong National High School – Indang Annex to determine the Wellness Benefits of Physical Education by Senior High School Students. Specially, the study determined the demographic profile of the Senior High School in terms of their age, sex, and year level; determined the Wellness Benefits of Physical Education in terms of physical, social, spiritual and emotional; and the study determined the Advantages of Physical Education.

The participants were 216 Senior High School in Lumampong National High School – Indang Annex. They were selected using the Random Sampling technique. A survey questionnaire was used to gather the data needed in the study.

This study benefits the students, teachers, and future researchers. This study gives them further information about the wellness benefits of Physical Education by senior high school students. It can also be their source of information.

The results showed that there is no significant relationship between the demographic profiles of respondents to the wellness benefits they get from Physical Education.

TABLE OF CONTENTS

	Page
APPROVAL LETTER.....	ii
BIOGRAPHICAL DATA.....	iii
ACKNOWLEDGEMENT.....	vi
ABSTRACT.....	viii
LIST OF TABLES.....	xi
LIST OF FIGURES.....	xii
LIST OF APPENDIX TABLES.....	xiii
LIST OF APPENDICES.....	xiv
INTRODUCTION.....	1
Statement of the Problem.....	3
Hypothesis.....	4
Significant of the Study.....	4
Scope and Limitation of the Study.....	5
Definition of Terms.....	5
Theoretical Framework of the Study.....	7
Conceptual Framework of the Study.....	8
REVIEW OF RELATED LITERATURE.....	9
METHODOLOGY.....	29
Research Design.....	29
Population and Sampling.....	29

Participants of the Study.....	30
Research Instrument.....	30
Data Gathering Process.....	30
Ethical Consideration.....	31
Statistical Treatment of Data.....	31
RESULT AND DISCUSSION.....	33
SUMMARY, CONCLUSION, AND RECOMMENDATION.....	45
Summary.....	45
Conclusion.....	47
Recommendation.....	48
REFERENCES.....	49
APPENDICES.....	52

LIST OF TABLES

Table	Page
1 Respondents Profile According to Age	33
2 Respondents Profile According to Gender	34
3 Respondents Profile According to Year Level	34
4 Perception on the Physical Benefits of Physical Education	36
5 Perception on the Social Benefits of Physical Education	38
6 Perception on the Spiritual Benefits of Physical Education	39
7 Perception on the Emotional Benefits of Physical Education	40
8 Advantages of Physical Education	41
9 Wellness Benefits of Physical Education	42
10 Relationship of Age and Wellness Benefits of Physical Education	43
11 Relationship of Gender and Wellness Benefits of Physical Education ...	43
12 Relationship of Year Level and Wellness Benefits of Physical Education.....	44

LIST OF FIGURES

Figure	Page
1 Conceptual Paradigm	8

LIST OF APPENDIX TABLES

Appendix Table	Page
age.....	62
sex.....	62
year level.....	62
Weighted Mean (Wellness Benefits)	
A. Physical.....	63
B. Social.....	63
C. Spiritual.....	64
D. Emotional.....	64
E. Advantage of Physical Education.....	65
Gender/Wellness.....	66
Year/Wellness.....	68
.	

LIST OF APPENDICES

Appendix	Page
1 Letter of Request.....	53
2 Study Survey Questionnaire.....	58
3 Table.....	63

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INTRODUCTION

Generally, wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle and attitudes. If we take responsibility for own health and well-being, we can improve our health daily. Certain factors influence our state of wellness, including nutrition, physical activity, stress coping methods, good relationship, and career success. Each day we work toward maximizing our level of health and wellness to the long, full, and health lives. The pursuit of health, personal growth, and improve quality of life relies on living a balanced life. To achieve balance, we need to care for our mind, body, and spirit. If any of these three areas is constantly lacking or forgotten about, we will not be at our optimal level of health. We are constantly challenged with balancing each of these three areas throughout life.