

**EFFECTIVENESS OF PHYSICAL EDUCATION ACTIVITIES AS A STRESS  
RELIEVER OF SELECTED COLLEGE STUDENTS IN CAVITE STATE  
UNIVERSITY INDANG, CAVITE**

Undergraduate Thesis  
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## ABSTRACT

**LOREN P. AGLUBA, ALIZA PAULA A. MELANIO.** Effectiveness of Physical Education Activities as a Stress Reliever of Selected College students in Cavite State University Indang, Cavite. Undergraduate Thesis Bachelor of Physical Education Cavite State University, Indang, Cavite December 2018 Adviser: Mary Ann R. Cardines.

This study was conducted from August 2018 to December 2018 at Cavite State University Indang, Cavite to determine effectiveness of physical activities as a stress reliever of selected college students in Cavite State University Indang, Cavite. Specifically, the study aimed to: 1. Determine the demographic characteristics of the participants in terms of sex, age, course and year level; 2. Determine the effectiveness of physical education as a stress reliever of selected college students; 3. Determine the Physical Education Activities reduces the stress of the college students in terms of social aspect, mental aspect and physical aspect; and 4. Determine the significant difference in the effectiveness of physical education activities in reducing stress as perceived by selected college students when grouped according to their demographic characteristic.

The participants were 155, first year and second year college students. They were selected through the use of purposive sampling. A survey was used to gather the data needed in the study.

The result showed that the demographic characteristic specifically sex has a significant difference to the effectiveness of physical education activities as a stress reliever of selected college students in Cavite State University.



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