

RELATIONSHIP BETWEEN STUDY HABITS AND  
TRAINING HABITS OF VARSITY ATHLETES  
IN A PRIVATE UNIVERSITY IN CAVITE

THESIS

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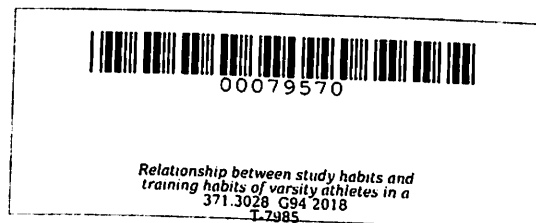
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**RELATIONSHIP BETWEEN STUDY HABITS AND TRAINING HABITS OF  
VARSITY ATHLETES IN A PRIVATE UNIVERSITY IN CAVITE**

**Undergraduate Thesis  
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## ABSTRACT

**GUINSISANA, KARLO P., LLORENTE, JOHN DENIEL N. and MACAHILAS, JEFFERSON G. Relationship between Study Habits and Training Habits of Varsity athletes in a Private University Varsity in Cavite.** Undergraduate Thesis. Bachelor in Sports and Recreational Management. Cavite State University. Indang, Cavite. June 2018. Adviser Ms. Mary Ann Cardines.

The study was conducted at Lyceum of the Philippines University – Cavite from January to May 2018 to determine the relationship between study habits and training habits of Varsity Athletes in a Private University in Cavite. Specifically, the study aimed to; 1. determine the demographic characteristic of the respondents; 2. determine the study habits of LPU varsity athletes; 3. determine the training habits of LPU varsity athletes; 4. determine is there a significant relationship between the study habits and training habits of LPU varsity athletes; and 5. determine is there a significant relationship between the demographic characteristics and study habits and training habits of LPU varsity athletes.

The study employed the use of descriptive research and correlation research design to answer the objectives presented. The validity and reliability of research instruments was established and data was collected from 105 participants from Lyceum of the Philippines University using random sampling method.

Findings revealed that the LPU varsity athletes had effective and good study habits and highly effective and good training habits. There is a significant relationship between study habits and training habits of the LPU varsity athletes. The study also revealed that playing years has a significant relationship between study habits and training habits.

On the basis of the conclusions made, the researchers recommend that varsity athletes must maintain both their study habits and training habits because the results shows that the higher ratings given to their study, signifies a greater value for their trainings. For CSPEAR coaches and athletes they can pick up some pointers and ideas on how to guide athletes for them to avoid not being able to play because of failing grades. The results of this study can help as guide to the future researchers who will conduct the same study.

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## INTRODUCTION

Education is an activity or process, which modifies the behavior of a person from instinctive to human behavior (Taneja, 2007). This definition reveals the innate truth that education aims at discovering aptitudes as well as to progressively prepare man for social activity; because of this, education is considered as one of the basic needs and considered as one of the most important things in the world. It is the main producer of professionals and skilled workers who can work for society that will improve one country's economic growth.

The primary objective of education is for the learners to attain high educational achievement but it cannot be achieved in a nick of time. Many school learners fail in their studies due to their inability to cope with the daily obstacle and demands in schools. Effective study skills are about more than understanding, and they must be practiced in order to improve and also enable students to work privately and independently. By