

THE EFFECTIVENESS OF DRP IN ENHANCING THE HIP-HOP DANCE SKILLS OF 1ST YEAR BPED STUDENTS IN BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Hip-hop dance, as part of popular culture, continues to evolve as a dynamic form of physical expression. This study aims to assess the effectiveness of the Dance Revolution Program (DRP) in enhancing the hip-hop dance skills of first-year Bachelor of Physical Education (BPED) students at Bestlink College of the Philippines. The research explores how interactive gaming platforms, such as DRP, can serve as supplemental tools to traditional dance instruction methods. Physical education contributes holistically to student development by promoting physical fitness, mental health, social interaction, and emotional well-being. Hip-hop dance, in particular, improves balance, tones muscles, burns calories, and stimulates cognitive function, making it both an engaging and effective form of physical activity. A quasi-experimental research design was employed in this study. The participants included 50 purposively selected first-year BPED students. The study utilized pre-test and post-test evaluations to measure the effectiveness of DRP in enhancing students' hip-hop dance performance, focusing on physical, mental, and emotional skill development. The findings showed a significant improvement in the respondents' hip-hop dance skills following the intervention. Comparative analysis of pre-test and post-test scores revealed marked increases in performance, indicating that the DRP positively influenced students' knowledge and execution of hip-hop dance techniques. The results demonstrated that the DRP effectively enhanced the physical, mental, and emotional capabilities of students in performing hip-hop dance. These outcomes suggest that integrating technology-based tools like DRP into dance education can enrich teaching strategies and support skill development. The findings provide valuable insights for educators and practitioners in designing engaging and effective instructional methods for hip-hop and other movement-based disciplines.

RECOMMENDED CITATION

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