

THE EFFECTIVENESS OF BOB IN DIFFERENT SPORTS PARTICIPATION OF BPED 2ND YEAR STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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This study aims to determine the effectiveness of the Book of Behavior (BOB) in enhancing sports participation among second-year Bachelor of Physical Education (BPED) students at Bestlink College of the Philippines. The research is grounded in Icek Ajzen's (1991) Theory of Planned Behavior, which provides a framework for understanding how behavioral intentions influence actual behavior. The study investigates whether the use of BOB improves student engagement and participation in various sports activities. A quasi-experimental research design with a quantitative approach was used. Through purposive sampling, 50 second-year BPED students were selected as participants. The study assessed barriers to active sports participation and the challenges students faced in engaging in different sports. Data were analyzed using frequency, percentage, and weighted mean, and the Wilcoxon signed-rank test was applied to compare pre-test and post-test results to determine the effectiveness of the intervention. The analysis revealed a statistically significant improvement in sports participation following the BOB intervention. The results provided strong evidence to reject the null hypothesis, indicating that BOB had a positive impact on student understanding and behavior. Most participants demonstrated increased engagement in sports activities after the intervention, supporting the conclusion that BOB was effective in promoting sports participation. Based on the findings, the researchers proposed guidelines to improve teaching strategies and promote active student participation in sports. Recommendations were also made to assist teachers in managing classrooms and maximizing engagement during sports activities. Despite its effectiveness, the study noted limitations such as poor lighting conditions, page quality of the material, and environmental factors that may affect the usability and impact of BOB. Addressing these concerns may further enhance its application in educational settings.

RECOMMENDED CITATION

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