

EFFECTIVENESS OF PALAPI IN PROMOTING LARONG PINOY AMONG 2ND YEAR BPED STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Larong Pinoy, the treasured traditional games of the Philippines, are increasingly being overlooked due to the growing dominance of digital entertainment, limited access to open play spaces, and evolving lifestyle preferences that prioritize modern recreational activities. This gradual decline endangers the transmission of cultural values and traditions to younger generations, posing a significant threat to the preservation of Filipino heritage. Guided by the Culture-as-a-Contributor-to-Development framework, This study emphasized the need to revitalize traditional games as a tool for strengthening cultural identity, promoting social interaction, and supporting the holistic development of Filipino youth. This quasi-experimental study engaged 50 second-year Bachelor of Physical Education (BPED) students from Bestlink College of the Philippines, selected through quota sampling. Data were gathered through structured surveys and pre- and post-tests to assess the effectiveness of the PALAPI program in improving students' knowledge and active participation in Larong Pinoy. The majority of participants, aged 20 to 22, were male and actively involved in athletic activities. The study identified several key barriers to participation in traditional games, including limited access to suitable play areas, academic time constraints, and a prevailing preference for digital forms of entertainment. The findings demonstrated that the PALAPI program effectively improved students' understanding, participation, and appreciation of traditional Filipino games. Post-test results revealed significant gains over pre-test scores, with the Wilcoxon Signed-Rank Test producing a Z-value of -6.04, indicating a statistically meaningful impact. The program's perceived effectiveness was reflected in mean ratings of 3.51 ("Agree") for developmental outcomes, 3.67 ("Agree") for sustainability, and 3.54 ("Agree") for socio-economic benefits. These improvements were notably observed in areas such as social skill enhancement, cultural preservation, and fostering community engagement. Nonetheless, challenges arose during implementation, including concerns regarding injury risks and limited student interaction with the educational materials. The PALAPI program proved to be an effective educational resource that significantly enhanced students' understanding, engagement, and appreciation of traditional Filipino games. Beyond fostering cultural pride, the program also contributed to the development of social skills, critical thinking, and physical fitness among participants. To sustain these positive outcomes, it is recommended that schools implement portable play areas, upgrade learning materials to better capture student interest, enforce comprehensive safety protocols, and promote active student involvement. Parental encouragement is likewise vital to reinforce the cultural and health benefits of these traditional games. Future studies should explore the integration of digital instructional materials to further improve accessibility and learning effectiveness.

RECOMMENDED CITATION

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