

PERCEIVED INFLUENCE OF SPORTS ON SOCIAL ENGAGEMENT AMONG GRADE 12 HUMANITIES AND SOCIAL SCIENCES STUDENTS

ABSTRACT

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Sports can contribute to students' social development. The Department of Education has emphasized sports as part of learners' holistic development. This study examined Grade 12 Humanities and Social Sciences students' perceptions of the influence of sports on social engagement. The study used a descriptive quantitative research design. Twenty-nine Grade 12 Humanities and Social Sciences students were selected through purposive sampling. Data were collected using a survey questionnaire. Students strongly agreed that sports influenced motivation, teamwork, and communication. They also strongly agreed that sports influenced social engagement in terms of attention, retention, and production. Pressure was identified as a commonly encountered problem. The proposed action plan included participation in sports seminars, competitions, and learning programs to support social engagement. The findings indicate that respondents perceived sports as supporting motivation, teamwork, communication, attention, retention, and production. Pressure was the most frequently identified challenge. The study recommends sports seminars, competitions, and learning programs intended to strengthen students' social-engagement skills.

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