ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 10| October 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

FACTORS AFFECTING THE DECREASING INTEREST OF FILIPINO PEOPLE UNDER GENERATION Z IN PLAYING TRADITIONAL GAMES

Percival T. Donato, Sherryl R. Ignacio
Querubin A. Manumbali

Article DOI: https://doi.org/10.36713/epra18569
DOI No: 10.36713/epra18569

ABSTRACT

This study focused on the factors affecting the decreasing interest of Filipino people under Generation Z in playing traditional games. The descriptive method was used to determine the different factors affecting the Filipino people in playing Filipino games. The researchers collect data through data mining that can be used to find information about the study. The researchers choose to conduct a web-based analysis, where data were collected through browsing reliable and valid sources in the world web. Collected data results will be analyzed to find out the factors affecting Filipinos in playing Philippine traditional games that have 56.66% who still played Philippine traditional games while 43.33% prefers to browse and play online.

The factors that affect the Filipino citizen to have less interest in playing Philippine traditiona1 games are the cultural onslaught of western countries which has brought about change in the lifestyle and attitudes of people in tribal societies where traditional games are in mostly in vogue and the Western sports (e.g. basketball or volleyball). Also, the changes come as people turn away from traditional TV viewing and streaming TV, a trend that has only grown during the Covid-19 pandemic. Philippine traditional games decrease as television and other mass media are widely accessible, passive activities, such as watching TV, listening to music, and internet surfing, video games, and online chatting are among the most popular leisure activities among adolescents. Also, the reason why Philippine traditional games are declining because the young generation has turned to virtual games and other modern games (e.g. cricket, hockey and football) for sporting, entertainment, and use of leisure. However, it was also due to rapid technological development. People conserve and maintain the Philippine traditional games through spending time with other members of the community and continuous engagement. It is important to preserve the information and knowledge about traditional games for the generations to come and is essential to raise awareness about traditional games and keep them alive in the present day for Filipinos to enjoy. Filipinos must began building advocacy that will help to educate the next generation, the Filipino children. The advantages of technologies that may affect playing Philippine traditional games are the following, it enhances computer skills and keep the child up to date, it helps in teaching children how to play as team using technology, it improves language, it improves Math skills, and boosts decision-making, it develops mental health, it improves cognitive development. On the other hand, the disadvantages of technologies that may affect playing Philippine traditional games are shorter sleep duration, lack of socialization, the 'Bob' effect syndrome, high-tech health syndrome, computer eye syndrome and carpal syndrome.

INTRODUCTION

"Tomorrow, these children will play in the leagues of society, and they will play as team called Filipino race. Traditional games give happiness to both mind and body. These also help the children maintain good emotional stability and keep them fit and healthy. These games can also have a great benefit to them. These games require physical activity, social skills, creativity, imagination, competition and camaraderie.

Humans have been acknowledged to continue changing in every aspect of civilization over the millennial in a variety of ways. They have been given the task of ccontinuing to progress towards a better society and way of life to assure our future survival.

Nowadays, they have been ssurprised by the word of technology, which has brought about a dramatic change in human everyday life. Parents of today's generation are still extremely familiar with the classic games, but their children are not. The traditional games have historical significance and left an indelible impression to every human who has ever played them as a child. Traditional games do not require expensive equipment and are accessible to people of all ages and genders.

These games were taken over from the previous generation and handed on to the younger generation via oral, acoustic, or visual transmission. However, as a result of urbanization in recent years, traditional games have been forgotten.

Transmission of cultural knowledge, values, and skills to the younger generations are done through the mentorship of older peers (Hassan, et.al. (2013 of UNESCO Islamabad)

Through mentorship, the important character values of traditional games such as teamwork, acceptance, humility and healthy competitions are also imparted to the younger generation.

Teens are losing interest in playing traditional games, and prefer to play social or online games instead, according to a new survey of high school students by analyst firm Piper Jaffray (2012) . The group's report says participants in the survey stressed the importance of feeling connected to their friends.

MATERIALS AND METHODS

Research Design

This study is classified as a descriptive research design. It deals with variables and natural relationships between and among them. It is a study in which the researcher is primarily interested in getting information among variables rather than attempting to establish a causal relationship. There is a link between Filipino participation in traditional Philippine games and the involvement

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 10| October 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

of Filipinos in traditional Philippine games. This study, in particular, used a fundamental research strategy.

The Office of Human Research Protections (OHRP) defines a descriptive study as "any study that is not truly experimental". Also, it is one in which information is collected without changing the environment.

Procedure of the Study

The researchers collect data through data mining that can be used to find information about the study. The researchers choose to conduct a web-based analysis, where data were collected through browsing reliable and valid sources in the world web. Collected data results will be analyzed to find out the factors affecting Filipinos in playing Philippine traditional games.

Statistical Analysis of Data

The researchers conducted secondary data analysis to gather information from published journals and publication about Filipino participation in traditional games in the Philippines. The data collected were analyzed and summarized to obtain the variables needed in the study.

Ethics in Research

This study will follow the specific research rules and ethics to construct a clean and ethical study and this study will secure permission to conduct the study in order to proceed in this research. The researchers will collect data from reliable sources which are open access for public consumption. To measure the plagiarism level of the study and did not own any. Further, it educates, monitors and ensures the high quality of ethical standards to avoid plagiarism cases; the researchers will use plagiarism test of the cited ideas, studies, and theories of other authors and credited them to the prospective owners or authors. This research study is aligned to our university college research thrust that is locally and internationally relevant in the sense of addressing the factors affecting the decreasing interest of Generation Z in playing Philippine traditional games.

RESULTS

Table 1. Filipino people play Philippine traditional Games.

Games in the Philippines	Percentage of Generation Z
Philippine Traditional Games	56.66%
Playing Online Games	43.33%

Table 2. Factors affecting Filipino people in playing traditional games.

Factors Affecting Generation Z to have Less Interest in Playing Traditional Games	Percentage of Generation Z
Social Media	24.1%
Video Games/Virtual Games/Modern Games	20.1%
Technological Development	18.2%
Western Games	14.3%
Cultural Onslaught	12.1%
Traditional TV Viewing	11.2%

Table 3. Advantage and Disadvantage of Technologies.

Advantages and disadvantages of technologies that may affect playing Philippine traditional games.	
Advantages	**Disadvantages**
1. It enhances computer skills and keeps the child up to date.	1. Shorter Sleep Duration
2. It helps in teaching children how to play as steam using technology, improves language, math skills, and boost decision-making.	2. Lack of Socialization
3. It develops mental health.	3. The 'Bob' Effect Syndrome
4. It progress children's emotional health and helps achieve optimal development.	4. High-Tech Health Syndrome
5. It improves cognitive development.	5. Computer Eye Syndrome
	6. Carpal Tunnel Syndrome

DISCUSSION

1. How many Filipino people under Generation Z play Philippine traditional games?

Based on the gathered results from the existing study, 56.66% of the participants still play traditional Filipino games despite their access to online games and 43.33% prefers to browse and play online (Booc, R.P., et al. 2019).

2. What are the factors that affect the Filipino citizen under Generation Z to have less interest in playing Philippine traditional games?

Philippine traditional games decrease as television and other mass media are widely accessible, passive activities such as watching TV, listening to music, and Internet surfing, video games, and online chatting are among the most popular leisure activities among adolescents (Pavlova & Silbereisen, 2015). Social media has 24.1% of Generation Z as a factor affecting their interest in playing Philippine traditional game.

Also, the reason why Philippine traditional games are declining because the young generation has turned to virtual games and other modern games which has 20.1% (e.g., cricket, hockey, and football) for sporting, entertainment, and use of leisure (Pfister, 2014).

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 10| October 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

However, the present day has made traditional games now almost forgotten and the younger generations do not play these traditional games anymore due to rapid technological development which has 18.2% (Ismail, 2016). The advent of ICT (Information and Communication Technology) has also played a pivotal role in dwarfing the importance and charm of traditional games (Pfister, 2014).

According to the website entitled Traditional Games in the Philippines (2021), games such as patintero, tumbang preso, piko, sipa, turumpo, and many others, are played daily. However, one of the main reasons why some children stop playing Filipino games is because Western Sports (e.g., basketball or volleyball) which has 14.3% of Generation Z are featured in local barangays and in schools.

According to Liponski & Jaouen (2023), it is the cultural onslaught of western countries which has 12.1% of Generation Z and has brought about change in the lifestyle and attitudes of people in tribal societies where traditional games are in mostly in vogue.

According to the reports of the Wall Street Journal (2021), traditional sports, and other major leagues are seeing declines in younger viewership. The changes come as people turn away from traditional TV viewing and streaming TV which has 11.2% of Generation Z, a trend that has only grown during the Covid-19 pandemic.

3. How do people conserve and maintain the Philippine traditional games?

3.1 People conserve and maintain the Philippine traditional games through spending time with other members of the community and continuous engagement.

According to the quora.com, it states that it is important to preserve the information and knowledge about traditional games for the generations to come. It is essential to raise awareness about traditional games and keep them alive in the present day for Filipinos to enjoy. Filipinos must begin building advocacy that will help to educate the next generation— the Filipino children.

3.2 The best way to preserve culture, the Philippine traditional games are to keep it alive.

According to the website entitled "Preserve Your Culture", Filipino people must spend time with other members of the community because the best way to preserve your culture is to keep it alive. Gather as a group not just for holidays, but for ordinary meals, events, or just conversation. Many aspects of culture are difficult to learn in books and museums, including etiquette, body language, and humour.

3.3 Laro ng Lahi can be preserved through employing continuous engagement.

As stated on the website entitled "How do you preserve and promote Laro ng Lahi?" (2018), it states on the report that traditional games such as Laro ng Lahi can be preserved employing continuous engagement in the respective houses and classroom integration by considering the use of native materials.

3.4 Filipinos must promote major campaigns about the revival of the Philippine Indigenous Games.

According to Magna Kultura Foundation (2012), a Non-Governmental Organization (NGO), it states that Filipinos must promote Philippine arts and culture via outreach activities. Major campaigns about the revival of the Philippine Indigenous Games through its Larong Pinoy Program is essential, which helps to raise awareness of traditional games and keep them alive in the present day for Filipinos to enjoy.

However, patintero, tumbang preso, luksong tinik, liksong baka, siyato, piko, luksong lubid, holen, and tutumpo are just a few of the traditional Filipino games that must be included and taught in the program.

3.5 Filipinos must began building the advocacy by means of establishing Sports Training Play Camps to educate the next generation of Filipino children the game mechanics of every Pinoy game.

The foundation states that Filipinos must began building the advocacy by means of establishing Sports Training Play Camps to educate the next generation of Filipino children the game mechanics of every Pinoy game, as well as how to properly play in a tournament setting. Official tournament rules and game officiating formats must implement by the foundation and are used in sports fests held in barangays, schools, and private corporations (Magna Kultura Foundation, 2012).

4. What are the advantages and disadvantages of technologies that may affect playing Philippine traditional games?

However, the advantages of technologies that may affect playing Philippine traditional games are (a) it enhances computer skills and keep the child up to date, (b) it helps teaching children how to play as team using technology, improves language, math skills, and boost decision-making, (c) it develops mental health, (d) it progress children's emotional health and helps achieve optimal developments, (e) it improves cognitive developments.

On the other hand, the disadvantages of technologies that may affect playing Philippine traditional games are (a) shorter sleep duration, (b) lack of socialization, (c) the 'Bob' Effect Syndrome, (d) High-Tech Health Syndrome, (e) Computer Eye Syndrome, (f) Carpal Tunnel Syndrome.

The technologies from various legitimate gathered data.

4.1. According to the website entitled "The Benefits of Playing Video Games", sometimes video games are more beneficial for the children because it can enhance their computer skills which is important for them later in the future and keep them up to date with the rogue and what is happening around them if it was in the technology field, games field or news.

4.2. According to the website entitled "The Educational Benefits of Video Games", some other benefits of video games is that they help in teaching how to play as team using technology, many games are developed to help improve the children language and math skills and also some video games incite decision making where they teach children how to take their own decision without the help of their families.

4.3. According to the website entitled "Traditional Game as a way of Healthy", play in children is considered important in achieving the development of his mental health, so the play is a type of therapy in children. Also, the website states that the play is considered to have many beneficial effects on the development of children's emotional health. The play is significant part of a child and referred to as "child work" for achieving optimal development.

4.4. According to the article entitled Business Standard (2020), it states that playing video games can improve cognitive development such as greater sensitivity to contrasts, better eye-

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 10| October 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

to-hand coordination, and superior memory. Moreover, games can be a powerful tool for cognitive training according to Dr. Liu)2020).

The disadvantages of technologies from various legitimate gathered data.

4.1. Due to the lack of physical activities, with lesser involvement in traditional games and more time on electronic devices, studies have found a negative association between technology uses and sleep duration. It has consistently been reported that increased time using technology is associated with an elevated risk of shorter sleep duration and other sleep problems among children and adolescents (Bartel, Gradisar, & Williamson, 2015; Hale & Guan, 2015).

4.2. According to the website entitled Larong Pinoy, the advent of modern technology like the high tech gadgets and computer games fascinated children and even adults. Playing computer games and gadgets lessen the physical activities and bonding for children among their neighbourhood friends, they have more "ka-Chat" at "ka-Facebook" or "ka-YM". Unlike those children who grew up playing in the streets, would have call and have memories with their "kababata" or childhood friend. In this case, the socialization among children is slowly vanishing, that's why many of the children nowadays are shy, has lack of self-confidence because they do not have the chance to play with other children or what we call socialization.

A part from this website entitled "What can we get in playing computer games", many of our Filipino children nowadays are neglecting the traditional Filipino games, instead of playing these, they rather choose playing computer games and other gadgets, they don't know that these games have no good effect in their body, they're just getting sick of playing these. The 'Bob' Effect Syndrome diseases can get through playing computer games where from a gamer's view, the most likely cause of simulation sickness is the 'Bob' effect, which is manifest in the FPS genre by the illusion of their character's moving, through their weapon and the scenery 'bobbing' up and down slightly with each step taken. As FPS games are generally fast paced, and then the effect of motion is accelerated to the point where eyes and ears get out of sync with one another and so become disoriented.

4.3. Our ancestors roamed the Serengeti with their sights set on the horizon. We sit at desks all day staring at a computer screen. The result for many: computer fatigue syndrome. It causes eye strain, dizziness, headaches, low energy, and neck, back, and shoulder pain.

4.4. The use of computers in the United States and the world is growing exponentially. The amount of time one spends looking at a computer screen is also increasing similarly. Humans evolved biologically as "hunters and gatherers". Our vision developed primarily for seeing distance (98% of all humans are born farsighted). Our eye muscle systems are in their most relaxed state when we use our vision for distance objects and space. In similar fashion, our bodies were designed for movement.

4.5. Maintaining a sitting posture for long periods of time is unnatural for us. As a result, working at a computer for a long period of time without breaks can cause unnatural strain on us that can result in a condition called "computer fatigue syndrome". Computer users have shown to have a reduced average blinking time while using computers, which, according to Japanese investigators, causes a major risk of developing transient, or short-term dry eyes. Over a period of time, excessive computer use can have cumulative negative effects on the user including the worsening of farsightedness, near sightedness, astigmatism, eye-focusing disorders and poor eye coordination. In addition, constant working from a set position can cause neck and shoulder stiffness, as well as stress headaches, which can then cause pain in the jaw (referred to TMJ or tempo mandibular joint).

4.6. When someone has carpal tunnel syndrome, or CTS, the "tunnel" of bones and ligaments in their wrist has narrowed. These narrowed tunnel pinches a nerve, causing a tingly feeling or numbness in a person's hand, especially in the thumb and first three fingers. Someone with carpal tunnel syndrome may have trouble typing on the computer or playing a video game. In fact, repetitive motions (doing the same thing again and again) from those activities may be to blame for causing the carpal tunnel syndrome in the first place.

REFERENCES

1. *Ezzati, M., Lopez, A. D., Rodgers, A., & Murray, C. J. L. (2004). Comparative quantification of health risks: global and regional burden of disease attributable to selected major risk factors: Global and Regional Burden of Disease Attributable to Selected Major Risk Factors. World Health Organization Geneva, https://apps.who.int/iris/bitstream/handle/10665/42792/9241580348engVolume1.pdf#page=/753*
2. *Gray, D. (2021, August 5). Keeping Your Family Physically Active in a Pandemic Healthier, Happy Lives Blog. Retrieved October 31, 2022, from https://healthier.stanfordchildrens.org/en/keeping-your family-physically-active-in-a-pandemic/*
3. *Impact of Philippine Traditional Games in the Context of Science Curriculum / FernanTupas – Academia.edu.Retrieved October 31, 2022, https://www.academia.edu/32943686*
4. *Impact_of_Philippine_Traditional_Games_In_The_Context_Of_Science_Curriculum Philippine Traditional Games (n.d.) Google Docs. Retrieved October 31, 2022, from*
5. *https://docs.google.com/document/d/1WuGmy2LazMR50I3bmzi0cTp4ZOFmpzj/edit?usp=drivesdk&ouid=101385184851037345712&rtpof=true&sd=true*
6. *Kirchengast, S. (2020). Physical Inactivity from the Viewpoint of Evolutionary Medicine. MDPI. https:// www.mdpi.com/2075-4663/2/2/34 /htm*
7. *Physical Inactivity and Cardiovascular Disease (2020). https://www. heaith.ny.gov/diseases/chronic/cvd. htm*
8. *The Traditional Filipino Street Games are Alive in the Philippines. (2013). Ncca.Gov.Ph. Retrieved October 31, 2022, https://ncca.gov.ph/about-culture-and-arts/infocus/traditional-games-in-the-philippines/.Larong-pinoy.weebly (n.d.)*
9. *The_Traditional_Filipino_Games_Status_Check_Among_Generation_Z.p (n.d.). Retrieved October 31, 2022, from https://www.researchgate.net/publication/336685466*

Preparation of Tables

Table 1. Filipino people play Philippine traditional Games.

Games in the Philippines	Percentage of Generation Z
Philippine Traditional Games	56.66%
Playing Online Games	43.33%

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 10| October 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

Table 2. Factors affecting Filipino people in playing traditional games.

Factors Affecting Generation Z to have Less Interest in Playing Traditional Games	Percentage of Generation Z
Social Media	24.1%
Video Games/Virtual Games/Modern Games	20.1%
Technological Development	18.2%
Western Games	14.3%
Cultural Onslaught	12.1%
Traditional TV Viewing	11.2%

Table 3. Advantage and Disadvantage of Technologies.

Advantages and disadvantages of technologies that may affect playing Philippine traditional games.	
Advantages	**Disadvantages**
1.It enhances computer skills and keeps the child up to date.	1. Shorter Sleep Duration
2.It helps in teaching children how to play as steam using technology, improves language, math skills, and boost decision-making.	2. Lack of Socialization
3.It develops mental health.	3. The 'Bob' Effect Syndrome
4.It progress children's emotional health and helps achieve optimal development.	4. High-Tech Health Syndrome
5.It improves cognitive development.	5. Computer Eye Syndrome
	6. Carpal Tunnel Syndrome