



READINESS OF THE STUDENT- ATHLETE TO THE NEW NORMAL SPORTS COMPETITION

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ABSTRACT

This study determined readiness of the Student – Athlete to the new normal sports competition to the Students-Athlete of Cavite State University specifically the basketball and volleyball players men and women, the study sought answers to the following questions: What is the demographic profile of the student-athlete in terms of; age;sex; gender; socio-economic status; course intrams; regional; national? What is the extend of the readiness of the students-athletes in the sports competition in terms of: Innovative training approach; Safety precautionary measures? What is the level of the sports motivation of the student athletes in terms of; cooperation; work independent task competition; positive aggression? Is the Student-Athlete profile having a significant effect in the sports competition? Is the readiness of the student-athlete having a significant effect in the sports motivation?

In order to conduct this study, letters was sent to the University President Dr. Hernando D. Robles, asking permission and approval to conduct the study. Permission from the university Dean for each department. Preparation of self-made questionnaire by the researcher followed in order to obtain the necessary data on the readiness of the student-athletes it's effect to the new normal sports competition participated by the Cavite State University.. The respondents of the study included were forty-eight (48) student-athletes specifically the basketball and volleyball players men and women category of the Cavite State University, Cavite City. The researcher-made questionnaire was checked by the thesis adviser and thesis consultant. The copies were multiples and others sent by the google form considering the health protocols. The main source of data which prepared by the researcher were statistically use a simple descriptive statistic such as T-test formula and the weighted mean to determine the mean level of readiness of the student-athletes to the new normal sports competition participated by the Cavite.

I. INTRODUCTION

Physical activity for children has been linked to positive self-esteem, skill development, skeletal and cardiovascular health, and general healthy development. It is now widely known that childhood is the best time to establish positive attitudes and behavior relating to physical activity and a healthy lifestyle. Young people spend a significant amount of time at school and therefore school environments need to be supportive of students being physically active. A challenge to everyone is facing the global crisis with the advent of COVID-19. The coronavirus disease 2019 (COVID-19) pandemic forced the world's population to alter daily routines, including exercise habits. This unusual situation has physical, psychological, and behavioral consequences to all individuals, including elite and recreational athletes. Life in lockdown has been difficult because everyone has to stay safe and healthy, while at the same time abiding by new norms. Currently, mitigation strategies have been widely implemented to contain the spread of COVID-19. These measures include lockdown, social distancing, personal protective measures, and environmental and surface cleaning, Nieman DC (2020).



Moreover, physical activity is necessary to the development of children as a whole, including their physical, social and emotional health. Sport should not be under-estimated because the benefits of it will reach beyond the impact on physical well-being and the value of the educational benefits.

Palmowski J. et. al. (2019) mentioned that the risk of opportunistic infection is more likely to be influenced by the pre-exercise physical, nutritional, and psychological well-being. It is known that regular and frequent exercise enhances rather than suppresses the immune response in individuals of all ages, and thus protects them from infections.

It is challenge to everyone to face the global crisis with the advent of COVID-19. There are many sacrificial events especially in the field of sports. It won't be easy for young players to return to their usual training, but there are other ways they must learn to adjust, prepare the physical, mental and even the emotional ability of the coaches and players in the new normal at the moment, that have currently.

Through this, the researcher seeks to study the readiness of the student-athlete to the new normal sports competition, how to bring back the eagerness of the athletes and coaches to get ready for the future competition in the new normal system.

II. OBJECTIVES

This study determined the readiness of the student - athlete the new normal sports competition. Specifically, the study sought answers to the following questions:

1. What is the status of profile of the Students-Athlete;

Age;

Sex;

Gender;

Socio-economic status;

Course

Intrams;

Regional;

National?

2. What is the level of readiness of the Students-Athlete in the new normal sports competition in terms of:

2.1 Innovative training approach;

2.2 Safety precautionary measures?

3. What is the level of the sports motivation of the student athletes in terms of;

3.1 Cooperation;

3.2 Positive aggression

3.3 Task competition;

3.4 Work independent?

4. Is there significance effect between the profile of the Student-Athlete and sports motivation?

5. There's significance effect between the readiness of the Student-Athlete in the new normal sports competition and sports motivation?

III. METHODOLOGY

Researcher consulted her statistician on the sampling techniques. Purposive sampling, also known as judgmental, selective, or subjective sampling, is a form of non-probability sampling in which researcher rely on their own judgment when choosing members of the population to participate in their study. This sampling method requires researchers to have prior knowledge about the purpose of their studies so that they can properly choose and approach eligible participants. Researchers use purposive sampling when they want to access a particular subset of people, as all participants of a study are selected because they fit a particular profile. Each individual was chosen entirely by chance and each member of the population has an equal chance of being included in the sample. The respondents of the study included were forty-eight (48) student-athletes specifically the basketball and volleyball players men and women category of the Cavite State University, Cavite City.

To meet the aim of to know the readiness of the student-athletes to the new normal sports competition participated by the Cavite State University.



The researcher is one of the Instructor of the said university. Purposive sampling technique was used to get the sample respondents Cavite State University in college level specifically the basketball and volleyball student-athlete. A validated researcher-made questionnaire was used as the major instrument to gather the adequate data and information from the respective subjects of the study.

The teacher questionnaire consisted of three parts; first part was about the demographic profile of the student-athletes in terms of: age, gender, year level, socio economic status, and course. Second part was about the readiness of the students-athletes in terms of: innovative training program and safety precautionary measures. Third part was sports competition participated by Cavite State University in terms of: Intramurals, Regional/STRASUC and National Level/ PASUC/ NCAA. The third part was the sports motivation of the student-athletes in terms of cooperation, work independence, task competition and positive aggression.

The respondents was asked to place a check mark on the responses they will choose from the given scale. A five-point rating scale was used to determine each part of the questionnaire. Each of the responses in the questionnaire was weighted as follows 5 with verbal interpretation of always or excellent; 4 with often or very satisfactory; 3 with sometimes or satisfactory; 2 with never or fair and 1 with never of poor.

In order to conduct this study, letters was sent to the University President Dr. Hernando D. Robles, asking permission and approval to conduct the study.

Permission from the university Dean for each department. Preparation of self-made questionnaire by the researcher followed in order to obtain the necessary data on the readiness of the student-athletes it's impact to the new normal sports competition participated by the Cavite State University,

The researcher-made questionnaire was checked by the thesis adviser. Face validation of the contents of the questionnaire was done by the adviser of the researcher and other panel members in the researchers list. They are vital panel members of the research department.

The copies of the questionnaire was multiplied based from the number of the respondents. Then it was administered. With confidentiality, the gathered information was transferred in a tally sheet. Subsequently, codes was assigned to each indicator. The encoded data was given to the researcher's statistician for the descriptive analysis. The gathered data was interpreted and presented in textual and tabular forms and appropriate interpretation was made.

The following statistical tools were used in order to analyze and interpret the gathered data:

Descriptive statistics will be going to apply to properly derive information and frequency distributions of the gathered data.

The answers of the respondents on the evaluation about the conducting study readiness of the student-athletes to the new normal sports competition participated by the Cavite State University is going to be analyze using the following formulas and measurements:

Weighted mean - used to find out the average responses of the respondents as measurement of the central tendency.

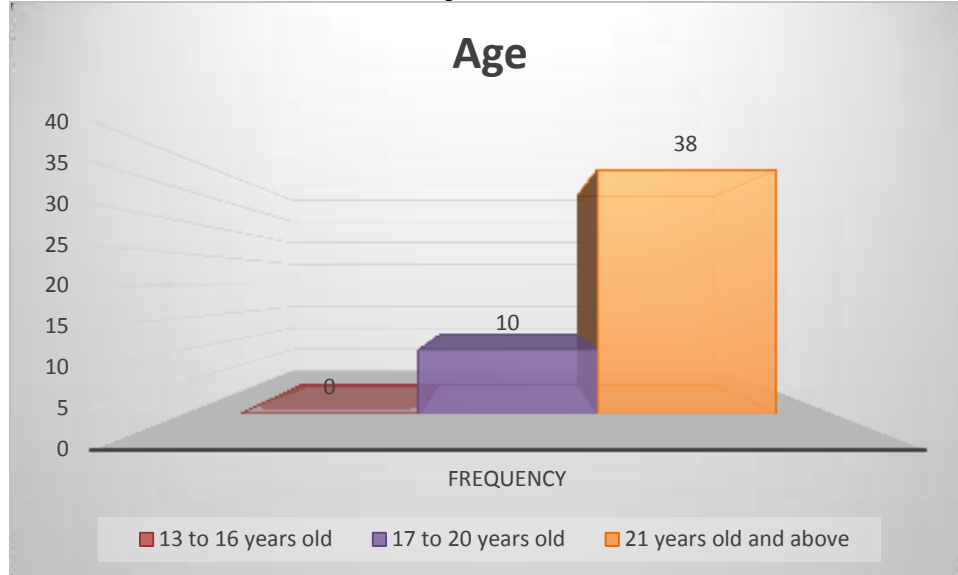
IV. RESULT AND DISCUSSION

This chapter deals with the presentation, analysis and interpretation of data gathered to answer the sub problem relative to the main problem of this study on strategies on online distance learning on critical thinking and technical skills of the students. This part discusses the findings of the study based on the research questions.



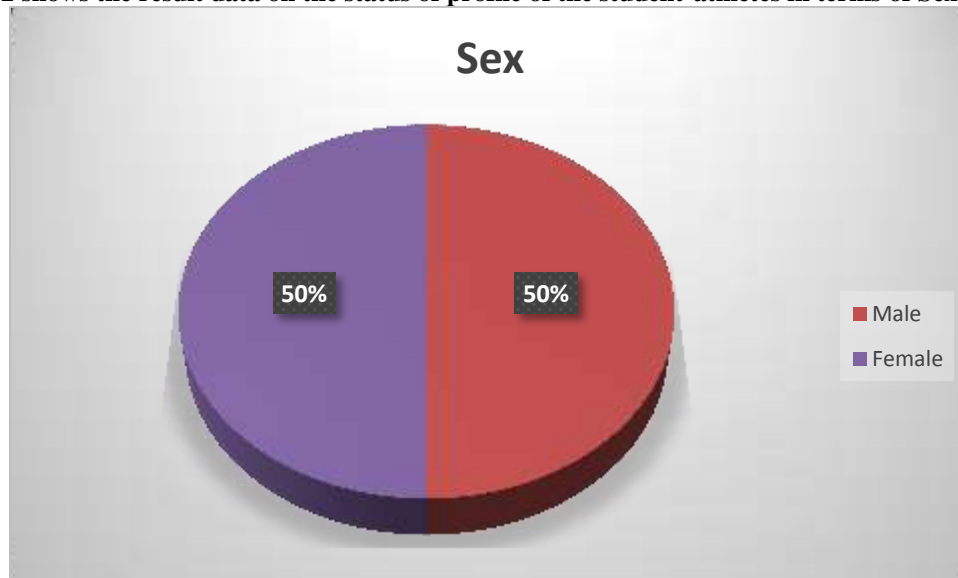
DEMOGRAPHIC PROFILE OF THE STUDENT-ATHELETES

Figure 1 below shows the data on the status of profile of the student-athletes in terms of Age.



Graph shows that ages “21 years old and above” have the highest frequency of thirty-eight (38) or 79.17% of the total respondent. And have ten (10) or 20.83% of the respondent are “17 to 19 years old”. While the ages “13 to 16 years old” received none (0) or 0.00% of the total respondents.

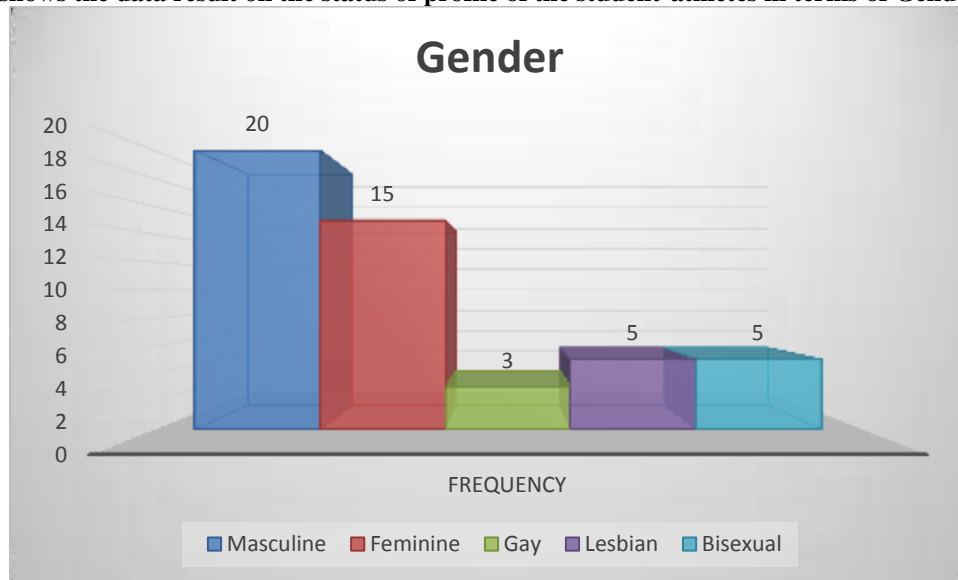
Figure 2 shows the result data on the status of profile of the student-athletes in terms of Sex.



Graph shows that sex “Male and Female” have both the frequency of twenty-four (24) or 50.00% each of the total respondent.

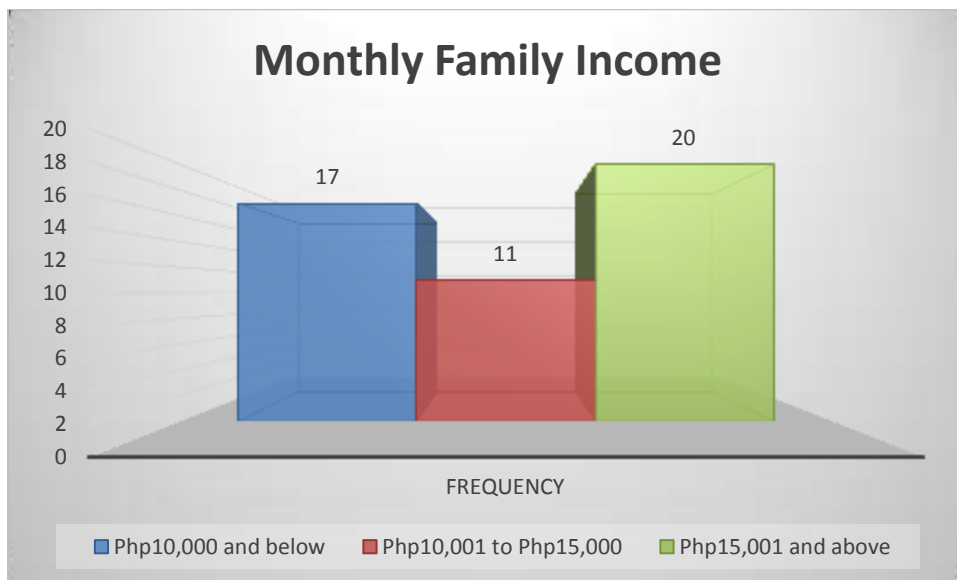


Figure 3 shows the data result on the status of profile of the student-athletes in terms of Gender.



Graph shows that gender “*Masculine*” has the highest frequency of twenty (20) or 41.67% of the total respondent. And have fifteen (15) or 31.25% of the respondent are “*Feminine*”. While the gender “*Gay*” received the lowest frequency of three (3) or 6.25% of the total respondents.

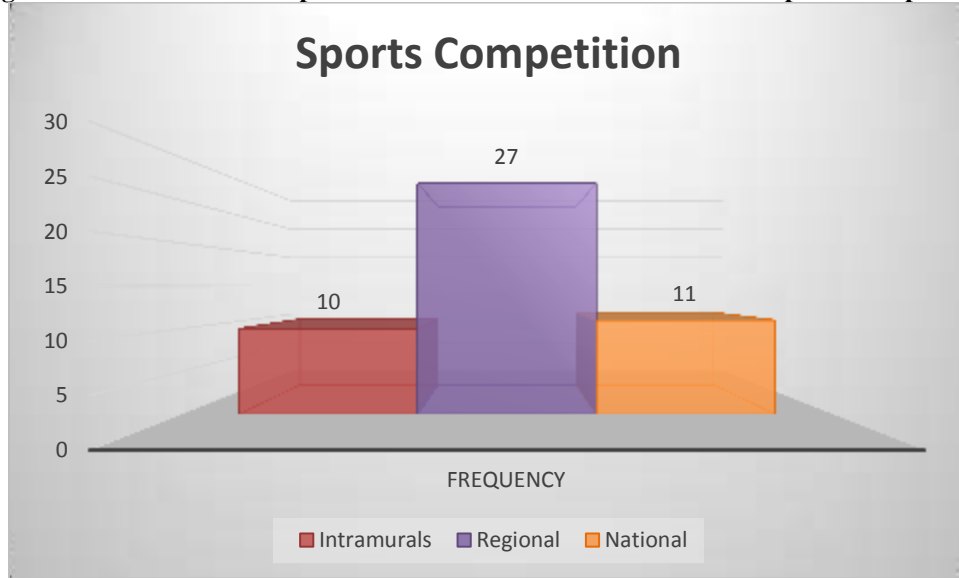
Figure 4 shows the result of the Status of profile of the student-athletes in terms of Monthly Family Income.



Graph shows that income “*Php15,001 and above*” have the highest frequency of twenty (20) or 41.67% of the total respondent. And have seventeen (17) or 35.42% of the respondent are “*Php10,000 and below*”. While the income “*Php10,001 to Php15,000*” received the lowest frequency of eleven (11) or 22.92% of the total respondents.



Figure 5 shows the status of profile of the student-athletes in terms of Sports Competition.



Graph shows that the competition “Regional” have the highest frequency of twenty-seven (27) or 56.25% of the total respondent. And have eleven (11) or 22.92% of the respondent attended “National”. While the competition “Intramurals” received the lowest frequency of ten (10) or 20.83% of the total respondents.

Table 1 Level of readiness of the student-athlete in the new normal sports competition in terms of Innovative Training Approach

Statements	Mean	SD	Remarks
<i>Improve agility by performing the various agility tests and by incorporating specific drills into your workouts like, cutting drilling using cones, agility ladder drills, and short circuit workouts with lateral movement are ways to become more athlete.</i>	4.48	0.82	Always
<i>Stretch my body to become more supple and flexible physical benefits by mean of such training allows for easier and deeper movements while building strength and stability.</i>	4.67	0.69	Always
<i>Stretching my muscles and joints also leads to greater range of motion, improved balance, and increased flexibility.</i>	4.63	0.61	Always
<i>Do strengthening exercise, or resistance training, good for muscles by using resistance movement, like with the use of a dumbbell or your own body weight such as push ups.</i>	4.60	0.64	Always
<i>Do the cardio exercise to measure and maintain the endurance in my respective discipline.</i>	4.58	0.68	Always
Overall Mean = 4.58 Standard Deviation = 0.691 Verbal Interpretation = Very High			



Table 2 below shows readiness of the student-athlete in the new normal sports competition in terms of Innovative Training Approach

Based on the respondents' perceptions, the level of the readiness of the student-athlete in the new normal sports competition in terms of Innovative Training Approach was generally *very high*. They stretch body to become more supple and flexible physical benefits by mean of such training allows for easier and deeper movements while building strength and stability have ($M=4.67$, $SD=0.69$) and stretching muscles and joints also leads to greater range of motion, improved balance, and increased flexibility with ($M=4.63$, $SD=0.61$).

Table 2. Level of readiness of the student-athlete in the new normal sports competition in terms of Safety Precautionary Measure

Statements	Mean	SD	Remarks
Check the body temperature with the use of thermometer.	4.33	0.78	Always
Wear mask as one of the protocols to prevent the spread of virus.	4.69	0.72	Always
Sanitized my hand with the use of alcohol and other sanitizer.	4.81	0.45	Always
Make sure that all my teammates are in good condition and free from any signs of sickness.	4.81	0.39	Always
Take a bath after the training to maintain the cleanliness and prevent virus causing germs.	4.79	0.46	Always
Overall Mean = 4.79			
Standard Deviation = 0.605			
Verbal Interpretation = Very High			

Table 2 below shows Level of readiness of the student-athlete in the new normal sports competition in terms of Safety Precautionary Measure. Based on the respondents' perceptions, the level of the readiness of the student-athlete in the new normal sports competition in terms of Safety Precautionary Measure was generally *very high*. They sanitized hand with the use of alcohol and other sanitizer and make sure that all the teammates are in good condition and free from any signs of sickness have ($M=4.81$, $SD=0.45$, 0.39) and take a bath after the training to maintain the cleanliness and prevent virus causing germs with ($M=4.79$, $SD=0.46$).

Table 3. Level of sports motivation of the student-athlete in terms of Cooperation

Statements	Mean	SD	Remarks
Set a meeting to prepare a game plan and strategies for the upcoming competition.	4.56	0.54	Always
Train and set some tune-up and friendly games as part of the training.	4.56	0.62	Always
Set the mind and goals for clear and well performance for the competition.	4.81	0.49	Always
Stay focused and optimistic	4.75	0.53	Always
Build confidence and increased the chance of positive performance outcomes.	4.75	0.48	Always
Overall Mean = 4.75			
Standard Deviation = 0.539			
Verbal Interpretation = Very High			

Table 3 shows Level of sports motivation of the student-athlete in terms of Cooperation. Based on the respondents' perceptions, the level of sports motivation of the student-athlete in terms of Cooperation was generally *very high*. They set the mind and goals for clear and well performance for the competition have ($M=4.81$, $SD=0.49$) and stay focused and optimistic and build confidence and increased the chance of positive performance outcomes with ($M=4.75$, $SD=0.53$, 0.48).

**Table 4. Level of sports motivation of the student-athlete in terms of Cooperation**

Statements	Mean	SD	Remarks
<i>Set a meeting to prepare a game plan and strategies for the upcoming competition.</i>	4.56	0.54	Always
<i>Train and set some tune-up and friendly games as part of the training.</i>	4.56	0.62	Always
<i>Set the mind and goals for clear and well performance for the competition.</i>	4.81	0.49	Always
<i>Stay focused and optimistic</i>	4.75	0.53	Always
<i>Build confidence and increased the chance of positive performance outcomes.</i>	4.75	0.48	Always
Overall Mean = 4.75			
Standard Deviation = 0.539			
Verbal Interpretation = Very High			

Table 4 show Level of sports motivation of the student-athlete in terms of Cooperation. Based on the respondents' perceptions, the level of sports motivation of the student-athlete in terms of Cooperation was generally very high. They set the mind and goals for clear and well performance for the competition have (M=4.81, SD=0.49) and stay focused and optimistic and build confidence and increased the chance of positive performance outcomes with (M=4.75, SD=0.53, 0.48).

Table 5. Level of sports motivation of the student-athlete in terms of Positive Aggression

Statements	Mean	SD	Remarks
<i>Punishment to performers that are displaying hostile or instrumental aggression within sport e.g. fines, bans, red cards.</i>	4.50	0.68	Always
<i>Channel aggression into the performance, focusing on the task.</i>	4.56	0.68	Always
<i>Praise for non-aggressive behavior provided by the peers/coaches.</i>	4.67	0.60	Always
<i>Updated rules implemented in the sports they are playing.</i>	4.67	0.56	Always
<i>Fault that each co-player may do.</i>	4.79	0.54	Always
Overall Mean = 4.79			
Standard Deviation = 0.619			
Verbal Interpretation = Very High			

Table 5 shows Level of sports motivation of the student-athlete in terms of Positive Aggression. It means the student-athletes perception in the sports motivation in terms of positive aggression was observed and implemented during the performance in the competition and even the training.

Table 6. Level of sports motivation of the student-athlete in terms of Task Competition

Statements	Mean	SD	Remarks
<i>Take arrangement in competitions between two teams, each with two players.</i>	4.60	0.71	Always
<i>Easily determine the teams' performance.</i>	4.58	0.61	Always
<i>Be responsible on the one task team.</i>	4.75	0.53	Always
<i>Perform tasks simultaneously or sequentially leading to the same actions.</i>	4.69	0.51	Always
<i>Depend on their comparative advantages in tasks.</i>	4.40	0.74	Always
Overall Mean = 4.40			
Standard Deviation = 0.632			
Verbal Interpretation = Very High			



Table 5 shows Level of sports motivation of the student-athlete in terms of Task Competition. Based on the respondents' perceptions, the level of sports motivation of the student-athlete in terms of Task Competition was generally very high. *Being responsible on the one task team* have ($M=4.75$, $SD=0.53$) and *perform tasks simultaneously or sequentially leading to the same actions* with ($M=4.69$, $SD=0.51$). They depend on their comparative advantages in tasks with ($M=4.40$, $SD=0.74$);

Table 7. Level of sports motivation of the student-athlete in terms of Work Independent

Statements	Mean	SD	Remarks
<i>Take the initiative rather than wait to be told what to do;</i>	4.17	1.08	Often
<i>Do what is asked to the best of one's ability without the need for external prodding</i>	4.46	0.71	Always
<i>Work until the training is completed.</i>	4.56	0.62	Always
<i>Learn to work at a pace is sustainable</i>	4.56	0.82	Always
<i>Take ownership of one's mistakes without looking for excuses.</i>	4.31	0.97	Always
Overall Mean = 4.31			
Standard Deviation = 0.863			
Verbal Interpretation = Very High			

Table 7 shows Level of sports motivation of the student-athlete in terms of Work Independent. It means the level of sports motivation of the student athletes in terms of work independent was evident.

Table 8. Significant effect of the profile of the student-athlete to the sports motivation

Age	Beta	t-value	p-value	Analysis
<i>Cooperation</i>	1.234	1.473	0.148	<i>Not Significant</i>
<i>Positive aggression</i>	0.229	0.558	0.579	<i>Not Significant</i>
<i>Task competition</i>	-0.263	-0.475	0.637	<i>Not Significant</i>
<i>Work independent</i>	-0.879	-1.823	0.075	<i>Not Significant</i>
Sex				
<i>Cooperation</i>	3.154	5.244	0.000	Significant
<i>Positive aggression</i>	0.584	1.987	0.053	<i>Not Significant</i>
<i>Task competition</i>	-0.672	-1.690	0.098	<i>Not Significant</i>
<i>Work independent</i>	-2.245	-6.490	0.000	Significant
Gender				
<i>Cooperation</i>	1.677	1.251	0.218	<i>Not Significant</i>
<i>Positive aggression</i>	-1.623	-2.475	0.017	Significant
<i>Task competition</i>	-0.624	-0.703	0.486	<i>Not Significant</i>
<i>Work independent</i>	-1.008	-1.307	0.198	<i>Not Significant</i>
Monthly Income				
<i>Cooperation</i>	4.550	4.123	0.000	Significant
<i>Positive aggression</i>	0.919	1.703	0.096	<i>Not Significant</i>
<i>Task competition</i>	-1.183	-1.622	0.112	<i>Not Significant</i>
<i>Work independent</i>	-3.314	-5.221	0.000	Significant
Sports Event				
<i>Cooperation</i>	1.244	1.281	0.207	<i>Not Significant</i>
<i>Positive aggression</i>	-0.171	-0.359	0.721	<i>Not Significant</i>
<i>Task competition</i>	-0.434	-0.676	0.503	<i>Not Significant</i>
<i>Work independent</i>	-0.957	-1.713	0.094	<i>Not Significant</i>

Adjusted R-Square: 0.7209

F-value: 122.39

Sig.: 0.0000



Table 8 below shows revealed that *Sports Motivation* had no effect on profile of the student-athlete. The beta coefficient indicates that for every standard deviation unit increase in *Cooperation, Positive Aggression, Task competition and Work independent*, there is a corresponding unit increase in the profile of the student-athlete. The t-value of *Cooperation, Positive Aggression, Task competition and Work independent* is not significant having a p-value of greater than 0.05 level of significance.

Table 9. Significant effect of readiness of the student-athlete to the sports motivation

Innovative Training Approach	Beta	t-value	p-value	Analysis
<i>Cooperation</i>	-0.031	-0.126	0.901	<i>Not Significant</i>
<i>Positive aggression</i>	0.852	7.058	0.000	Significant
<i>Task competition</i>	0.337	2.067	0.045	Significant
<i>Work independent</i>	-0.009	-0.066	0.948	<i>Not Significant</i>
Safety Precautionary Measures				
<i>Cooperation</i>	1.048	3.048	0.004	Significant
<i>Positive aggression</i>	-0.162	-0.964	0.340	<i>Not Significant</i>
<i>Task competition</i>	0.006	0.027	0.979	<i>Not Significant</i>
<i>Work independent</i>	0.100	0.508	0.614	<i>Not Significant</i>

Adjusted R-Square: 0.98.07

F-value: 2391.7

Sig.: 0.0000

Table 9 shows **Significant effect of readiness of the student-athlete to the sports motivation**. Based on the data, it is shown that there is “no significant effect of the readiness of the student-athlete to the sports motivation” at 0.05 level of significance. It shows that the null hypothesis stating that “*There is no significant effect of the readiness of the student-athlete to the sports motivation*” is accepted, it can inferred that there is “no significant” effect between them.

CONCLUSIONS

Drawn the results of the study, the following results are set forth;

1. The null hypothesis stating that “There is no significant effect of the profile of the student-athlete to the sports motivation” is accepted, it can inferred that there is “no significant” effect between them.
2. The null hypothesis stating that “There is no significant effect of the readiness of the student-athlete to the sports motivation” is accepted, it can inferred that there is “no significant” effect between them.

RECOMMENDATIONS

In the light of the findings and conclusion of the study, the following recommendations were drawn.

1. The student-athletes may give importance to keep them motivated goals in achieving their desire level of completion despite of pandemic.
2. The student-athletes may continue to have focus on the trainings even in times of pandemic experiencing by them. Reaching goals may continue to pursue for the benefits of their future.
3. They may continue the habit that they have started to maintain the strength and ability to compete.
4. The Teacher-Coach may also communicate to the Student-Athletes to train and monitor the progress of the players in the observance of health protocols.
5. A follow-up, study may be conducted on the readiness of the Student-Athletes in the new normal sports competition. so, to assess the progress and development of the program.

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