



## Youth and Community Engagement in the Organized Health and Physical Activities in Lake Sebu, South Cotabato

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### ABSTRACTS

This study aimed to examine the role of the community in the development of the youth, as well as the participation of the community to address the needs of the youth pertaining to health-related and physical activities both in and out of school. This study was driven: (1) examine the role of the community to the physical and health-related activities of the youth, (2) determine the level of the engagement of the youth and the community pertaining to health-related and physical activities, and (3) introduce a new framework to strengthen the programs proposed to widen the scope of awareness of physical and health-related activities. This study used a descriptive research design with a survey questionnaire in collecting data from thirty youth ages 12-24 years. Findings show that the level of physical activities of the youth is high. They engaged in an average level considering their health-related practices. There is a high engagement of the community to the youth's physical activities in terms of their motivation, participation, and attitude. We concluded that the youth is actively engaging in any physical activities because of the support of their community in terms of their motivation, participation, and to their attitude. However, the youth are uncertain in terms of their health-related activities, ensuring they do not have a hereditary disease, got confined to a hospital, and even use illegal drugs.

### ARTICLE INFO

**Article History:**

*Submitted/Received 18 Nov 2021*

*First revised 01 Des 2021*

*Accepted 12 Des 2021*

*First available online 13 Des 2021*

*Publication date 01 Sep 2022*

**Keyword:**

*Attitude,*

*Community,*

*Engagement,*

*Motivation,*

*Participation,*

*Physical and health-related activities,*

*Youth.*

## 1. INTRODUCTION

Lack of physical activity is one of the factors that affect a person and is needed to be mitigated and addressed on a global scale. The issue affects the country and is in hover to have a severe impact on obesity rates, non-communicable health conditions, and overall health (Nyberg, 2018).

Several studies focus on the factors that affect the youths' participation in physical activity. According to a study, the physical activity of students has a positive effect on maintaining their mental performance during the school year and the prevention of fatigue (Nekhoroshkov, 2015). To increase the physical activity of the youth, the community should be on stage and play an imperative role in the well-being of the youth.

Adolescence is an important period for acquiring knowledge and developing health-promoting behavior, contributing to sustainability (Ramos et al., 2020). Physical activity programs can raise children's belief in their capacity to participate in physical activities and their perceived support for physical activities from friends. Maintaining the health and fitness level of the youth is one of the major benefits of physical activities, and being active in physical activities can also influence the academic achievement of the youth positively. Moreover, initiating activities with collaboration with the community leads to a fruitful and successful outcome. It may be more beneficial for both parties to do the right job, especially for success, especially among young people (Hemphill & Martinek, 2017). The cooperation and mutual support of the community and the family towards the youths' developmental process is an important thing to deal with.

The primary objective of this study is to examine the role of the community in the development of the youth, as well as the participation of the community to address the needs of the youth pertaining to health-related and physical activities. This was done through given survey questionnaires to be answered by the randomly selected youth both in and out-of-school, and youth leaders of Barangay Poblacion, Lake Sebu, South Cotabato, the Philippines.

## 2. METHODS

We employed the descriptive research design. A structured survey questionnaire was used in a form of Google Forms in obtaining the data used in the study. This study used a descriptive research design with a survey questionnaire in collecting data from thirty youth ages 12-24 years in Barangay Poblacion, Lake Sebu, South Cotabato, the Philippines.

## 3. RESULTS AND DISCUSSION

The results of the study (see **Table 1**) show that the youth agree that in terms of physical activities in Brgy. Poblacion, Lake Sebu, South Cotabato is high (M=3.61). The findings imply that youth on the said Barangay engages in physical activities daily such as walking, bicycling, and even engage in moderate physical fitness and leisure activities. It is supported by the study of Wickel and Belton (2016) that suggests that it is beneficial to structure out-of-school time for increasing physical activity levels of children, such as participating in exercise and sports. However, they are uncertain in terms of health-related activities (M=2.7). In general, the physical and health-related activities of youth in Brgy. Poblacion, Lake Sebu, South Cotabato got a weighted mean of 3.155 described as uncertain. It is supported by the study of (Wray-Lake & Syvertsen, 2011), it is important as its health benefits are for children, physical activities offer more for their development than just a form of exercise to reduce the risk of developing lifestyle diseases.

**Table 1.** Levels of physical and health-related activities of the youth.

| Levels of Physical Activities of the Youth  |      |             |                       |
|---|------|-------------|-----------------------|
| Indicator   | WM   | Description | Verbal Interpretation |
| 1. I walk at least ten (10) minutes continuously to get to and from places.   | 3.87 | Agree       | High                  |
| 2. I spend ten (10) minutes walking or bicycling for travel on a typical day.   | 3.50 | Agree       | High                  |
| 3. I do vigorous intensity activities as part of my work.   | 3.40 | Uncertain   | Average               |
| 4. I do moderate intensity sports, fitness or recreational (leisure) activities for at least ten (10) minutes continuously. | 3.83 | Agree       | High                  |
| 5. I spend an hour doing moderate intensity sports, fitness or recreational activities.                                     | 3.47 | Uncertain   | Average               |
| Overall Mean  | 3.61 | Agree       | High                  |
| Levels of Health-related Activities of the Youth  |      |             |                       |
| Indicator   | WM   | Description | Verbal Interpretation |
| 1. I often get health check-up.   | 2.8  | Uncertain   | Average               |
| 2. I don't have hereditary conditions/diseases.   | 3.93 | Agree       | High                  |
| 3. I engage in moderate to strenuous exercise (like a brisk walk).  | 3.43 | Uncertain   | Average               |
| 4. I've got confined in a hospital for several days/weeks.  | 1.83 | Disagree    | Low                   |
| 5. I am habitual to drugs and alcohol.  | 1.5  | Disagree    | Low                   |
| Overall Mean  | 2.7  | Uncertain   | Average               |

Note: N = 30. M - Mean. 1.00- 1.49 - Strongly Disagree; 1.50- 2.49 - Disagree; 2.50-3.49- Uncertain; 3.50-4.49- Agree; 4.50- 5.00- Strongly Disagree.

**Table 2** shows that the youth agree that the engagement of the community to the physical and health-related activities of the youth in terms of motivation (M=3.67), it is supported by the study of [Gündüz et al. \(2017\)](#) emphasized that each child is motivated to participate in the sport and continues it by being influenced by different motives. Knowing motives has great importance for coaches, physical education teachers, and families; Attitude (M=3.91) where the result implies that the increase in participation of the youth is because of the active support of their community, like in a form of public information about programs, providing venues and opportunities for them to stay active to physical and health-related programs, and also by actively joining and supporting to the youths' activities; and participation (M=3.57), parental participation in youth sports were related to their child's level of attachment to their parents, friends, coaches, instructors, and the community, in Barangay Poblacion Lake Sebu, South Cotabato, the Philippines. As a whole, the level of engagement of the community of the respondents gained a weighted mean of 3.72 described as agreeing.

**Table 2.** Engagement of the community to the physical and health-related activities of the youth in terms of motivation, attitude, and participation.

| <b>Engagement of the community to the youth’s physical activities in terms of motivation</b>   |           |                    |                              |
|--|-----------|--------------------|------------------------------|
| <b>Indicator</b>   | <b>WM</b> | <b>Description</b> | <b>Verbal Interpretation</b> |
| 1. Our community offers positive things for young people to do beyond sports and school sponsored events and activities                              | 3.5       | Agree              | High                         |
| 2. Our community support the youth interest in health and physical activities.   | 3.57      | Agree              | High                         |
| 3. Our community positively acknowledges youths’ interest in sport and physical activities.  | 3.63      | Agree              | High                         |
| 4. The adults I live with encourage me to be physically active.  | 4         | Agree              | High                         |
| 5. My parents encourages me to join community activities. (example: sports tournaments)  | 3.67      | Agree              | High                         |
| Overall Mean   | 3.67      | Agree              | High                         |
| <b>Engagement of the community to the youth’s physical activities in terms of participation</b>  |           |                    |                              |
| <b>Indicator</b>   | <b>WM</b> | <b>Description</b> | <b>Verbal Interpretation</b> |
| 1. The community support a leadership development training an dinvites young people, including high school students and young adults to participate. | 3.93      | Agree              | High                         |
| 2. our community gives advance information about the health-related programs for the youths’ participation.  | 3.83      | Agree              | High                         |
| 3. Our community involves the youth in sports and health related programs.   | 3.83      | Agree              | High                         |
| 4. the adults I live with for me to take part in my physical activities. (example is paying for training fees).                                      | 3.03      | Agree              | High                         |
| 5. the adults I live with on weekends take part on my physical activities with me.   | 3.20      | Uncertain          | Average                      |
| Overall Mean   | 3.57      | Agree              | High                         |
| <b>Engagement of the community to the youth’s physical activities in terms of attitude</b>   |           |                    |                              |
| <b>Indicator</b>   | <b>WM</b> | <b>Description</b> | <b>Verbal Interpretation</b> |
| 1. in our community, the school and community work together on shared objectives.  | 3.93      | Agree              | High                         |
| 2. Our community are active and open to conduct activities.  | 3.77      | Agree              | High                         |
| 3. The adults I live with have rules on my physical activities. (like, curfew hours, diet and where to go)   | 3.53      | Agree              | High                         |
| 4. My parents always remind me to act properly whenever I join community activities (like sports tournament)   | 3.90      | Agree              | High                         |
| 5. My parents always reminds be to be aware of my health status  | 4.40      | Agree              | High                         |
| Overall Mean   | 3.91      | Agree              | High                         |

Note: N = 30. M - Mean. 1.00- 1.49 - Strongly Disagree; 1.50- 2.49 - Disagree; 2.50-3.49- Uncertain; 3.50-4.49- Agree; 4.50- 5.00- Strongly Disagree.

#### 4. CONCLUSION

The youths of the Barangay Poblacion are actively engaging in physical activities. In terms of the health-related activities of the youth, manifests an average level of engagement. The community positively supports the youths in terms of their activities like offering event

sponsorships and acknowledging their interests in physical activities. Youth are encouraged to be actively engaging in community activities and to be physically active. In general, the physical and health-related activities of youth in Brgy. Poblacion, Lake Sebu, South Cotabato based on the result is average, and the engagement of the community on health and physical activities of the youth in Brgy. Poblacion, Lake Sebu, South Cotabato are in high level. This study may recommend similar research to be conducted to widen the scope and to find out other factors associated with the level of the engagement of the youth and as well as the community when it comes to the health-related and physical activities of their youth. Suggested proposed interventions were also discussed. Thus, this research can contribute to the development of the program and also, to bring awareness of the benefits of engaging in any physical and health-related activities held within their community, for it provides information about the status of those who are actively engaging in physical and health-related activities especially the youth.

## 5. ACKNOWLEDGMENT

We gratitude to Dr. Nancy B. Espacio, EdD., Prof. Rizalyn B. Cudera, MSc., Dr. Lilibeth B. Edano, and Prof. Leo C. Ibot, MAEM., for the guidance, constant supervision, and for their expertise in this study, and also all respondents for their honest and cooperative response to all the questions solicited in this study. Lastly, our heartfelt gratitude and appreciation go to our colleagues and people who willingly helped us out in one way or another.

## 6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors confirmed that the paper was free of plagiarism.

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