Perceived Influence of Environmental and Other Selected Variables to Athletic's Performance: Bases for Designing State Universities and Colleges Sports Training Program

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ABSTRACT

The study was conducted to determine the influence of environmental and other selected variables to athlete's performance as bases for designing State Universities and Colleges Sports Training Program as perceived by the athletes. The descriptive contribution type of research was used in the study. The respondents of the study were the 239 athletes who were chosen using the stratified random sampling from the total population of 1,171 athletes sent by State Universities and Colleges in Western Vaswas to participate in the Regional SCUAA Meet 2007/2008. The data needed in the study was gathered using the researchers-and-questionnaires daily validated and subjected to reliability testing using the Cronbach alpha. Frequency count, percentage, mean and standard deviation were used for descriptive statistics. For tidstream statistics, tests (One Way Analysis of Variance (ANOVA) and ChiSquares were used. Results of the study showed that the respondents perceived that school environmental factors such as training activities, physical facilities and equipment, budget and coaches' competence moderately influence the athlete's performance when the respondents were grouped according to type of sports event, age, gender, grade point average (GPA), height and weight. The athletes have good performance during the Regional SCUAA Meet. Further, no significant differences in respondents' perception on the influence of school environmental factors on athlete's performance; there was no significant difference in athletes' performance exist when respondents classified according to male height, institution, and type of sports; and there was a significant relationship between respondents' perception of the influence of environmental factors on athletes' performance.

Key Words: Athlete's Performance, Designing Sports Training Program

INTRODUCTION

Background of the Study

A closer scrutiny to the present - day status of sports training programs shows a meager share in the priority programs among state universities and colleges (SUCs) due to rationalization of budget allocations. This action has a significant effect to the effective and efficient program of training athletes of high caliber and world class performance. The quality of sports program offered to the students by SUCs may depend largely on the administrative, logistical and morale support extended by its personnel.

Schools may be full of budding talented and interested potential athletes but the avenue and optimum chances are not available due to budgetary constraints, ineffective school sports training programs, non-procurement and improvement of sports facilities, unavailability of quality sports equipment and non-hiring of qualified and competent trainers and coaches. It must be borne in mind that all children have God-given talents but without their mentor's or elder's assistance, such talents are left unpolished and come to naught (Rivera, 1999).

In the light of foregoing, there is great need to increase the budget allocation to sports training program so that SUCs would be able to develop a comprehensive sports training and development program, procure the sports updated equipment, improved sports facilities and hire the best qualified teachers and coaches with the end view of improving athletes' performance.

As coach of Women Softball Team of Guimaras State College, the researcher is a Nationally Accredited Softball and Baseball umpire. His observations and actual experiences of excellent performing athletes in their respective sports events during the Regional and National State Colleges and Universities Athletic Association (SCUUA) Meet in the country are due to school environmental factors, sports competence and skills of coaches, comprehensive, functional and practical sports training program, updated sport physical facilities and adequate sports equipment. However, this is just mainly the researchers' personal observations and speculations and is not supported by any objective, empirical and verifiable evidence, hence, this study.

Statement of the Problem

This study aimed to determine the factors that influence athletes' performance and their implications to sports training program of SUCs in Region VI for academic year 2007-2008.
Specifically, this study sought answers to the following questions:

1. What is the profile of the respondents when classified according to type of sports event, age, gender, grade point average (GPA), height and weight?

2. What is the respondents' perception of the influence of environmental factors on athletes' performance in terms of training program and coaches' competence when respondents are taken as a whole group and when classified according to type of sports event, age, gender, grade point average (GPA), height and weight?

3. What is the athletes' performance during the Regional SCUUA Meet 2007-2008?

4. Are there significant differences in respondents' perception of the influence of environmental factors on athletes' performance when they are classified according to type of sports event, age, gender, grade point average (GPA), height and weight?

5. Are there significant differences in respondents' performance when respondents are classified according to type of sports event, age, gender, grade point average (GPA), height and weight?

6. Is there significant relationship among selected variables, environmental factors and athletes' performance?

METHODOLOGY

The descriptive correlational type of research was used in the study. The respondents were the athletes in SUCs Region 6 chosen through stratified random sampling method. They were taken as a whole group and classified according to type of sports event, age, gender, grade point average (GPA), height and weight.

A researcher made questionnaire was used to gather the data needed in the study when consisted of two parts. Part I was designed to gather the personal information of the respondents such as type of sports, age, gender, grade point average (GPA), height and weight.

Part II dealt on the respondents' perception of the environmental factors that influenced the performance of the athletes in terms of (a) training program; (b) budget; and (c) coaches' competence.

Part III was on the athletes' performance during the SCUUA Meet 2008 held at Villareal Stadium, Roxas City, Capiz in terms of medals won with corresponding weight such as: 4 for gold medal, 3 for silver, 2 for bronze and 1 for none.

The statistical tools used in the study were frequency count, percentage, mean and standard deviation for descriptive statistics and t-test, One Way Analysis of Variance (ANOVA) and Chi-square for inferential statistics. The differences and relationships were tested at .05 level of significance. The Statistical Package for Social Sciences (SPSS) software was used for data processing and statistical analysis.

MAJOR FINDINGS

Profile of the Respondents

When the respondents were taken as a whole and classified according to categories of selected variables, results showed that in terms of type of sports classified into team sports and individual/dual sports, majority of the respondents were into team sports (187 or 62.54%) specifically the volleyball. In the individual/dual sports, most of the students were engaged in athletics.

When classified as to age and gender, majority of the respondents were classified as old (203 or 67.90%) and majority were male (202 or 67.60%) with GPA (grade point average) of above average (257 or 86%).

Majority of the male respondents were short in height (115 or 56.90) while the female respondents were tall (49 or 50.52%).

In terms of their weight, majority of the male respondents were classified as heavy (110 or 54.46%) while for the female group, majority were classified as light (54 or 55.67%).

Table 2 revealed that the respondents perceived the influence of environmental factors on athlete's performance as moderate. This meant that environmental factors such as training program in terms of training activities, physical facilities and equipment, and budget as well as coaches' competence moderately affected the performance of the athletes.

Table 1
Profile of the Respondents

Categories/Type of Sports	F	%
Team Sports		
Baseball	18	6.00
Basketball	45	15.10
Football	23	7.70
Volleyball	52	17.40
Softball	49	16.40
Individual/Dual Sports		
Athletic	35	11.70
Badminton	16	5.40
Chess	15	5.00
Lawn tennis	10	3.30
Sepak Takraw	9	3.00
Table tennis	12	4.00
Taekwondo	7	2.30
Swimming	8	2.7
Total	299	100
Age		
Young	96	32.10
Old	203	67.90
Total	299	100
Gender		
Male	202	67.60
Female	97	32.20
Total	299	100
GPA		
Above average	257	86.00
Below average	42	14.00
Total	299	100
Height (Male)		
Short	115	56.90
Tall	87	43.10
Total	299	100
Height (Female)		
Short	48	49.48
Tall	49	50.52
Total	97	100
Weight (Male)		
Light	92	45.54
Heavy	110	54.46
Total	126	100
Weight (Female)		
Light	54	55.67
Heavy	43	44.33
Total	97	100

Table 2
Respondents' Perception of the Influence of Environmental Factors on Athletes' Performance

Environmental Factors	Mean	Description	SD
1. Training Program	2.34	Moderate influence	0.60
2. Coach Competence	2.42	Moderate influence	0.58
Overall Mean	2.33	Moderate influence	0.61

Scale: 1.00-1.75-No Influence; 1.76-2.50-Moderate Influence; 2.51-3.25-Great Influence; 3.26-4.00-Very Great Influence

Results in Table 3 showed that the respondents perceived the influence of the training program (M=2.34), physical facilities (M=2.27), budget (M=2.28) and coaches' competence (2.41) to have a moderate influence on their performance. This may imply that the training program designed to enhance good performance of the athletes are not effective. Further, the performance of athletes depends on their skills, abilities and physical condition to have a good performance.

Table 3
Perception on the Influence of the Training Program, Physical Facilities, Budget and Coaches Competence on Athletes' Performance

	Mean	Description	SD
Training Program	2.34	Moderate Influence	0.60
Physical Facilities	2.27	Moderate Influence	0.64
Budget	2.28	Moderate Influence	0.63
Coaches' Competence	2.41	Moderate Influence	

Scale: 1.00-1.75-No Influence; 1.76-2.50-Moderate Influence; 2.51-3.25-Great Influence; 3.26-4.00-Very Great Influence

When the respondents were grouped according to type of sports they are involved in, results revealed that the athletes in team sports perceived the influence of environmental factors on their performance as moderate. In terms of individual/dual sports, athletes of athletics, badminton, chess and lawn tennis, perceived the influence of environmental factors as moderate while athletes of sepak takraw, table tennis, taekwondo and swimming perceived its influence as great.

As to age, the young group (M=2.37) perceived that environmental factors have great influence on athletes' performance while the old group (M=2.31) perceived environmental factors to have moderate influence on their performance.

As to gender, both the male (M=2.33) and the female (M=2.32) group perceived environmental factors to have moderate influence on athletes' performance.

As to GPA, athletes with above average GPA (M=2.35) perceived environmental factors to have great influence on their performance while athletes with below average GPA (M2.28) perceived that environmental factors have moderate influence on their performance.

As to height, both the male and female group unanimously perceived that environmental factors have moderate influence on their performance.

Table 4
Perception on the Influence of Environmental Factors on Athletes' Performance When Classified According to Categories of Selected Variables

Categories of Variables/Type of Sports	Mean	Description	SD
Type of Sports			
Baseball	2.32	Moderate Influence	.45
Basketball	2.33	Moderate Influence	.40
Football	2.34	Moderate Influence	.47
Volleyball	2.29	Moderate Influence	.41
Softball	2.31	Moderate Influence	.44
Individual/Dual Sports			
Athletic	2.15	Moderate Influence	.40
Badminton	2.33	Moderate Influence	.44
Chess	2.48	Moderate Influence	.35
Lawn tennis	2.15	Moderate Influence	.32
Sepak Takraw	2.41	Great Influence	.40
Table tennis	2.48	Great Influence	0.41
Taekwondo	2.61	Great Influence	.27
Swimming	2.83	Great Influence	.47
Age			
Young	2.37	Great Influence	.43
Old	2.31	Moderate Influence	.42
Gender			
Male	2.33	Moderate Influence	.44
Female	2.31	Moderate Influence	.39
GPA			
Above average	2.35	Great Influence	.43
Below average	2.28	Moderate Influence	.37
Height (Male)			
Short	2.45	Moderate Influence	.32
Tall	2.18	Moderate Influence	.30
Height (Female)			
Short	2.27	Moderate Influence	.35
Tall	2.35	Moderate Influence	.39

Results on the athletes' performance when classified according to sports events showed that those in team sports such basketball (M=1.84) and football (M=2.05) the athletes' performance was good. While in baseball (M=1.22), volleyball (M=1.52) and softball (M=1.67), the athletes' performance was poor/needs improvement.

In individual/dual sports, only in athletics (M=3.31) and lawn tennis (M=2.60) where the athletes had a very good performance. In badminton (M=1.81), sepak takraw (M=1.78), table tennis (M=2.20), taekwondo (M=2.00) and swimming (M=2.29), the athletes had a good performance. Among the individual sports, only in chess (M=1.50) were the athletes got a poor performance.

As to age, the young group (M=2.11) and the old group (M=2.16) had a good performance which may imply that these athletes have received good training from their coaches.

Moreover, both the male (M=1.93) and female (M=2.03) group had a good performance. This meant that both and female had almost the same level of performance.

As to GPA, athletes with above average (M=2.03) and below average grades (M=2.84) had "good" and "very good" performance, respectively.

As to height, the short (M=2.15) male athletes, tall (M=2.02) male athletes and short (M=2.44) female athletes had a "good performance" in sports while the tall (M=2.61) female athletes had a "very good" performance.

As to weight, the male athletes either light (M=2.05) or heavy (M=2.13) had a "good" performance. On the other hand, the female who belonged in the lightweight group had "good" performance while the female heavyweight group had a "very good" performance.

Table 5
Athletes' Performance Classified According to Selected Variables

Categories	Mean	Description	SD
Sports Events			
Athletic	3.31	Very good	.92
Badminton	1.81	Good	.31
Baseball	1.22	Needs Improvement/Poor	.43
Basketball	1.84	Good	1.04
Chess	1.50	Needs Improvement/Poor	.89
Football	2.05	Good	1.28
Lawn tennis	2.60	Very good	1.42
Sepak Takraw	1.78	Good	1.20
Table tennis	2.20	Good	1.55
Taekwondo	2.00	Good	1.00
Volleyball	1.52	Needs Improvement/poor Needs	.96
Softball	1.67	Improvement/poor	1.02
Swimming	2.29	Good	1.22
Age			
Young	2.11	Good	.35
Old	2.16	Good	.41
Gender			
Male	1.93	Good	1.17
Female	2.03	Good	1.21
GPA			
Above average	2.03	Good	.30
Below average	2.84	Very Good	.94
Height (Male)			
Short	2.15	Good	1.22
Tall	2.02	Good	1.30
Height (Female)			
Short	2.44	Good	1.25
Tall	2.61	Very Good	1.29
Weight (Male)			
Light	2.05	Good	1.23
Heavy	2.13	Good	1.26
Weight (Female)			
Light	2.43	Good	1.31
Heavy	2.65	Very Good	1.21
	2.03	Good	.98

Scale: 1.00-1.75-Poor; 1.76-2.50-Good; 2.51-3.35-Very Good; 3.36-4.00-Excellent

The t-test results showed that there is no significant difference on the respondent's perception on the influence of environmental factors on athletes' performance when classified according to categories of variables selected such as age (.961), gender (.493), GPA (.105), height (female) (.304) and weight (.435-male; .754-female).

However, there was a significant difference in the perception of the athletes on the influence of environmental factors on their performance when the respondents were classified as to height of the male group (.000). This implies that the male athletes who are tall have different performance due to the influence of environmental factors on their performance.

Table 6
Difference in Perception of the Influence on Environmental Factors on Athletes' Performance

Category	N	Mean	df	t-ratio	t-prob
Age					
Young	96	2.37	297	.049	.961
Old	203	2.31			
Gender					
Male	201	2.33	297	.686	.493
Female	98	2.32			
GPA					
Above Average	257	2.35	297	1.626	.105
Below Average	42	2.28			
Height (Male)					
Short	115	2.45	297	4.650	.000
Tall	87	2.18			
Height (Female)					
Short	48	2.27	95	1.033	.304
Tall	49	2.35			
Weight (Male)					
Light	92	2.36	200	.781	.435
Heavy	110	2.31			
Weight (Female)					
Light	54	2.3	95	.314	.754
Heavy	43	2.32			

The ANOVA results showed significant difference on respondents' perception on the influence of environmental factors on athletes' performance when classified as to sports events.

This implies that athletes of various sports events have different training needs with different sports facilities, depending on the specific sports events they are involved in.

Table 7
Differences in the Respondents' Perception of Environmental Factors on Athletes' Performance

Categories	Df	Sum of Squares	Mean Squares	F-ratio	P-value
Sports Events					
Between Groups	12	99.704	8.309	7.452	.000*
Within Groups	286	318.892	4.115		
Total	298	418.595			

The t-test results showed no significant differences on respondents' perception of the influence of environmental factors on athletes performance when the respondents were classified according to age, gender and height. However, there was a difference in their perception when the respondents were classified according to grade point average (GPA). This implies that athletes having below average GPA outperform the athletes with higher GPA.

Table 8
Difference in Athletes' Performance

Category	N	Mean	df	t-ratio	t-prob
Age					
Young	93	2.11	297	.919	.359
Old	203	2.16			
Gender					
Male	201	2.93	297	.686	.433
Female	98	2.03			
GPA					
Above Average	257	2.35	297	17.21	.000
Below Average	49	2.28			
Height (Male)					
Short	115	2.15	200	.703	.486
Tall	87	2.02			
Height (Female)					
Short	48	2.44	95	.677	.500
Tall	49	2.61			

The chi-square revealed that observed significant level was lower than 0.05, indicating the significant relationship existed among the selected variables. This may imply that further performances of athletes were significantly related upon the sports training program.

Table 9
Relationship Among Selected Variables, Environmental Factors and Athletes' Performance

	Environmental Factors	Athletes' Performance	Sig. (Two-Tailed)
χ^2	143.07	127.796	.000

CONCLUSIONS AND RECOMMENDATIONS

The respondents perceived that school environmental factors such as training activities, physical facilities and equipment, budget and coaches' competence moderately influence the athletes' performance when the respondents were grouped according to type of sports event, age, gender, grade point average (GPA), height and weight. The athletes have good performance during the Regional SCUUA Meet when they were taken as a whole group. As to type of sports events, athletics and lawn tennis athletes had a very good performance; athletes of badminton, basketball, football, sepak takraw, table tennis, taekwondo and swimming had good performance while athletes in baseball, chess, volleyball and softball needed to improve their performance. There were no significant differences in respondents' perception on the influence of school environmental factors on athletes' performance when classified according to selected variables, due to the fact that athletes' performance depends on their ability and endurance. There were no significant differences in athletes' performance that existed when respondents are classified according to age, gender, height and weight which imply that the athletes' performance depends on their ability and endurance. There was a significant relationship between respondents' perception of the influence of environmental factors on athletes' performance.

Based on the foregoing findings, it is recommended that the school heads, coaches and other school officials of SUCs should attract participation of more athletes in the Regional SCUUA Meet in order to have better chances of winning. The school heads of the SUCs should coordinate with local officials to request adequate appropriation for sports necessary to provide the athletes with intensive training program, adequate equipment and physical facilities and competent coaches with sound knowledge and skills in their respective sports events. The coaches and the athletes should observe and replicate the practices of best performing schools during the Regional SCUUA Meet in order to further improve their athletes' performance. The school head, coaches and other officials of the respective SUCs should continue to sustain its strengths and improve its weaknesses especially on specific areas of environmental factors perceived to have great influence on athletes' performance. The coaches and other school officials of the SUCs should recruit potential athletes who are tall and should be intensively trained without prejudice to their regular schedule of classes so as not to materially affect their academic performance. The future researchers may utilize the results of this study as their basis when conducting similar or related studies in the future.

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