

Degree of Seriousness of the Identified Factors Affecting the Participation of King's College of the Philippines in the Baguio-Benguet Educational Athletic League

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Abstract— This research examined how serious various factors are in affecting the participation of King's College of the Philippines (KCP) in the Baguio-Benguet Educational Athletic League (BBEAL). The study utilized a descriptive survey method, employing a validated questionnaire and semi-structured interviews with seventy (70) student-athletes. Data were processed using frequency counts, percentage distribution, and weighted mean. The findings revealed that the most critical challenges included a shortage of competent coaches, limited training sessions, and insufficient financial support. Meanwhile, academic responsibilities, player availability, and health concerns were viewed as moderately significant. The results highlight the importance of the institution's stronger commitment to sports advancement through better coaching assistance, greater financial allocation, and continuous training efforts. Therefore, it is recommended that KCP establish organized recruitment measures, enhance coaching programs, and ensure sustained resources to prepare its athletes. The study concludes that a strategic and well-supported institutional approach is essential for encouraging active participation and fostering athletic excellence within the BBEAL context.

Keywords— athletic participation, coaching, institutional support, sports development, student-athletes.

I. INTRODUCTION

Physical education and sports serve as powerful instruments for fostering character formation, social responsibility, and holistic human development. They cultivate discipline, leadership, and teamwork—qualities essential for individual growth and national progress (Peran Pendidikan et al., 2024). Central to realizing these outcomes are coaches, who play a vital role not only in refining athletic skills but also in fostering moral and social values among athletes (Eko Purnomo et al., 2025). Studies reveal that effective coaching characterized by structured feedback, motivation, and ethical leadership significantly enhances athletes' emotional regulation, confidence, and team cohesion (Benevides, 2022).

Historically, sports have mirrored the social and cultural evolution of humankind—from ritual and education in ancient civilizations to the pursuit of physical and moral excellence in Greece and Rome (Preetha, 2025; Crowther, 2007; Mechikoff & Estes, 1997). Over time, philosophical thought reframed physical activity as a foundation for health, discipline, and moral development, forming the basis of modern physical education.

Contemporary perspectives reinforce that physical education promotes holistic development by improving physical fitness, cooperation, and self-confidence (Tulio, 2008). Global and national policies affirm this view: UNESCO's International Charter of Physical Education and Sport (1978) recognizes sport as a fundamental human

right, while the 1986 Philippine Constitution mandates the promotion of physical education to foster discipline, unity, and excellence. In the Philippine context, collegiate athletic leagues play a significant role in nurturing athletic talent, strengthening institutional identity, and fostering community spirit.

In the Philippine context, collegiate athletic leagues play a significant role in nurturing athletic talent, strengthening institutional identity, and fostering community spirit. The Baguio-Benguet Educational Athletic League (BBEAL), established in 1986, stands as the premier collegiate sports organization in Northern Luzon, comprising eleven higher education institutions that compete in over thirty events. King's College of the Philippines (KCP) joined BBEAL in 2016 and hosted the 31st season in 2017 with the theme "Producing Leaders Through Sports Excellence." Despite early promise, KCP has yet to secure an overall championship, highlighting the need to examine the factors influencing its participation and performance.

Previous studies have identified barriers to athlete engagement, including insufficient coaching, limited facilities, inadequate financial support, and academic pressures (Cosh & Tully, 2015; Dumith et al., 2020; Zarrett & Veliz, 2022). Institutional support—through qualified coaches, structured training programs, and sustained funding—remains critical to developing competitive athletes (Eime et al., 2016; McLoughlin et al., 2022).

Therefore, this study aims to determine the degree of seriousness of the factors affecting the participation of King's College of the Philippines in the Baguio-Benguet Educational Athletic League. Specifically, it seeks to:

1. Describe the demographic profile of KCP student-athletes according to sex, age, and year level.
2. Identify major factors influencing their participation, including coaching, training opportunities, number of players, academic requirements, and health conditions; and
3. Determine the extent to which these factors are perceived as serious by the respondents.

II. METHODS

Research Design

This descriptive survey design was appropriate for assessing existing conditions and determining trends in institutional sports programs (Santiago, 2016). The design enabled the researcher to gather quantitative and qualitative data describing the current state of participation among student-athletes.

Respondents

A total of seventy (70) officially enrolled student-athletes from King's College of the Philippines served as respondents. Among them, 61 were male and 9 were female. In terms of age, 39 were between 18–20 years old, 27 were aged 21–24, and 4 were within the 15–17 age range. Regarding academic level, 31 were third-year, 14 were second-year, 13 were fourth-year, and 11 were first-year students.

Instrument and Validation

The study utilized a researcher-made questionnaire validated by experts in sports science and education. The instrument consisted of two main parts:

1. The demographic profile of the respondents; and
2. The degree of seriousness of the identified factors affecting their participation in athletics.

The questionnaire underwent content validation to ensure clarity, accuracy, and reliability. To enhance the depth of understanding, semi-structured interviews were conducted with selected respondents for data triangulation.

Data Gathering and Analysis

Questionnaires were personally administered and retrieved by the researcher to ensure full participation. Collected data were encoded and analysed using frequency counts, percentage distribution, and weighted mean to determine the level of seriousness of each identified factor affecting participation. This research used a descriptive survey design, which is appropriate for assessing existing conditions and determining trends relevant to institutional sports programs (Santiago, 2016).

III. RESULTS AND DISCUSSION

Table 1: Degree of Seriousness of Athletes or Players as a Factor Affecting the Participation of King's College of the Philippines in Baguio-Benguet Educational Athletic League.

Athletes or players	WM	DE	Rank
Lack of coaches	2.47	Moderately serious	1
Lack of training	2.42	Moderately serious	2
Lack of players	2.33	Moderately serious	3
Low or failing grades	2.07	Moderately serious	4.5
Less number of units enrolled than the required units	2.07	Moderately serious	4.5
Poor health conditions	2	Moderately serious	6
Average weighted mean	2.23	Moderately serious	

The results revealed that all identified factors were perceived as moderately serious by the respondents. Among these, the lack of qualified coaches obtained the highest mean score (2.47), followed by insufficient training opportunities (2.42) and a limited number of players (2.33). Meanwhile, academic demands and health-related concerns were rated as less serious factors affecting participation.

The lack of qualified coaches emerged as the most critical concern. Several athletes reported periods of unsupervised training or inconsistent availability of coaching staff. This finding aligns with previous studies emphasizing that coaching quality plays a vital role in sustaining athlete motivation, enhancing performance, and ensuring satisfaction (Islam et al., 2019). Effective coaching also fosters discipline, technical growth, and team cohesion, which are essential for athletic success.

The lack of structured training ranked second, underscoring the need for continuous, systematic, and well-planned preparation. Regular training contributes to improved strength, endurance, and overall performance (Sports Medicine Information Center, 2015). This suggests that KCP athletes would benefit from more consistent and organized training programs supported by institutional management.

The shortage of players ranked third, reflecting inadequate recruitment and retention strategies that restrict the college's ability to form complete and competitive teams. This may also indicate the need for better promotion of sports programs and incentives to attract potential student-athletes.

On the other hand, academic load and health conditions were viewed as less serious issues. Most respondents reported being able to balance academic responsibilities with sports participation while maintaining good physical health, consistent with previous findings from the Department of Health (DOH, 2011) and the World Health Organization (WHO, 2010).

Overall, the findings highlight that institutional support—particularly in the areas of coaching, training, and recruitment—is the most significant factor influencing athletic participation. Addressing these challenges through targeted interventions can enhance KCP's competitiveness and overall athletic development within the BBEAL framework.

V. CONCLUSION

The study concludes that the lack of coaches, insufficient training opportunities, and shortage of players are the most serious factors affecting KCP's participation in BBEAL. These reflect the need for stronger institutional support to enhance athlete preparation and competitiveness. Academic and health-related challenges were less serious but still require monitoring to maintain the athlete's well-being and eligibility.

VI. RECOMMENDATION

Based on the findings of the study, it is recommended that King's College of the Philippines enhance its institutional support for athletic development. The college should prioritize the recruitment and retention of qualified, dedicated coaches to ensure consistent supervision and skill development among athletes. Structured, year-round training programs should also be implemented to promote continuous physical and technical improvement. Furthermore, athlete recruitment and talent identification efforts must be strengthened to form complete and competitive teams. Regular academic and health monitoring will help student-athletes balance their studies and maintain overall well-being. Lastly, the institution should allocate greater funding and establish partnerships with sports organizations to ensure sustainable athletic programs and long-term sports development.

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