

## Research Article

# Recreational Activities of Secondary Students in the Integrated School of Batangas State University

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**Abstract:** This study aimed to determine the recreational activities of secondary students of Batangas State University. Specifically this study aimed to determine what recreational activities are high school students involved. The study utilized the described method of research to study the recreational activities of the secondary students in the Integrated School of Batangas State University. The questionnaire was used as the main instrument to gather data. The study involved 77 secondary students in the Integrated School of Batangas State University who are enrolled. Fifty-seven total populations of the students were of these, 77 or 14 percent were used as respondent using Slovin's Formula at 0.7 margin of error. Random sampling using fish bowl/ technique was applied to determine the respondents of the study. The questionnaire was the main tool in gathering the needed data. The statistical tools was utilized for data analysis and interpretation was the following frequency, percentage and ranking. It was revealed that the different group of respondents have different ways of spending their leisure time. On the other hand, it was recommended that the skills acquired should be properly demonstrated in curricular and extracurricular activities. Students outputs could be exhibited and presented to show case their talents and skills acquired and be encourage to perform before a group or audience like in customary holiday programs, concerts and other similar venues also special contest could be planned and implemented to provide the mechanism having student's skills. There should be mass group participation like the seasonal play day and folkdance festival.

**Keywords:** Recreational Activities, Secondary Students.

## Introduction

It has been a common notion that all work and no play make Johnny a dull boy. While it is true that the school offer some subjects relative to physical fitness and development, there are also activities being initiated to divert the pupil's mind from the unrestraint pages of their books and manual. Even the minds need some rests or else the machinery system maintenance will shut down. Extra-curricular and playing activities of pupils are not for diversion alone.

They enhance some sorts of psychological development since the children learn how to decide and react in a collective manner, how to develop their skills a talent, and responsibility, and establish their order of priorities as well as time programming. From first year to fourth year, the students and the teachers stay in the school almost the whole day from seven thirty in the morning to five o'clock in the afternoon. After this, they are free to engage in any type of activity. A number of teacher in some schools organize dance troupes, glee clubs, orchestras, rondallas and other interest group after school or during their "free"

periods. These activities are conducted without material reward or compensation, However the program is limited only to those who participated are usually talented; the brighter pupils from the higher socio-economic level or perhaps those who are in the class of the organizer (Merilles, 1989).

It is sad fact that a number of students in school close their doors to students for activities other than library work. Following school hours in the afternoon, many gates of schools are closed for children and adults. There are however, some administrators who open their school on weekends and encourage their teachers and students to make use of facilities of the school for scouting activities, club meetings, athletic games, painting classes and dance group. The place of the students are the street and backyards and while there several for a more meaningful and wholesome experience.

According to Margaret M. Duncan and Ralph H. Johnson (1954) Recreational programs are generally held out door because of the appreciation of its health building and health conserving values. These programs are designed in part to counteract the effects of sedentary school occupation and the strains of schools life. During vacation days recreation affords an opportunity for continuation of health habits formed during the school term and seeks to make the most of the summer season for the purpose of individual development. For adults, the programs aims to complement the activity which the individual engages in as avocation. Its supplies that form of exercise and mental and emotional occupation which is missing in work. It thus contributes to the development of the whole man. These provide an opportunity for balanced development and for continuation of education in lines pursued not for utilitarian purposes but for self-realization, pure satisfaction and joy.

The impulses which are the basis for creative art, music, literature and are to be found in everyone to a variable degree. Potentially everyone is an artist, musician, interpreter and dramatist. There is no more thrilling experience for the individual than to discover some modicum of creative capacity in one of these fields. People may literally be born a new by such discoveries in their recreational experience. Through well-planned leisure time programs opportunities for discovery of latent talent may be created and a new type of art patron developed. Through recreation a person may find for himself of a satisfying place among his fellows. He may cultivated the basic human virtues of courage, justice, patience, tolerance and fairness. He may learn to live happily among his fellows, to make his contribution to the good of the social animal. In playing together people learn to live together and to be adjusted to the ramified and complex relationships which society imposes upon them. Recreation for children is play. It does not consist of what one does and is not the same for everybody. This will serve as determining factor in the selection of activities that will suit their educational, cultural, social, aesthetic and intellectual drives (Corbin, 1954).

It is along these preconceived notions and beliefs that the researcher had conducted this study for them to determine if the avowed objectives of recreational programs had been attained in the Integrated School of Batangas State University.

### Methodology

The research used the described method of research according to Garcia *et al.*, (2008) this study is correct method used recreational activities of the secondary students in the Integrated School of Batangas State University. The questionnaire was used as the main instrument to gather data. The study involved 77 secondary students in the Integrated School of Batangas State University who are enrolled. Fifty-seven total populations of the students were these,

77 or 14 percent were used as respondents using Slovin's Formula at 0.7 margin of error. Random sampling using fish bowl/technique was applied to determine the respondents of the study.

The questionnaire was the main tool in gathering the needed data. The researcher referred to sample questionnaire from related studies. After reading and studying the sample questionnaire, they prepared their own. It was validated and tested for reliability to determine whether all aspects of the stated research problem had been covered. The statistical tools utilized for data analysis and interpretation were the following Frequency, Percentage and Ranking.

## Results

### 1. Recreational Activities that High School Students Involved

**1.1 Cultural:** Table 1 presents the distribution of the respondents in terms of their involvement in cultural activities.

**Table 1. Distribution of Students in Terms of their Involvement in Cultural Activities**

Cultural activities	Frequency	Percentage	Rank
Dance troupes	37	48	1
Choir	18	23	4
Band	21	27	2.5
Dramatic Guild	21	27	2.5

Results shows that all cultural activities were assessed by the respondents but with different frequency. First in rank is the dance troupe with frequency of 37, 48 percent. This only proves that the students are giving enough attention to these cultural activities. On the other hand, both band and dramatic ranked 2 with a frequency of 21 and percentage of 27. Choir involvement ranked 3 with a frequency of 18 and percentage of 23. The dance troupe in BSU had been a popular group since it has been presented the school in so many competitions and had won many awards. This accounted for its popularity among students.

### 2.1 Sports

**Table 2. Distribution of the Respondents in terms of their involvement in Sports Activities**

Sports activities	Frequency	Percentage	Rank
Chess Club	7	9	6
Swimming	13	17	3
Athletic	16	21	2
Table Tennis	8	10	5
Badminton	41	53	1
Others	12	16	4

The table shows that most of the highest respondents chose, badminton is their favorite sports with a frequency of 41 has a percentage of 53. Athletic ranked with the frequency of 16 and has a percentage of 21. Swimming ranked three with the frequency of 13 and has a percentage of 17. Ranked 4 is other activities with a frequency of 12 and has a percentage of 16. Table tennis ranked 5 with a frequency of 8 and has a percentage of 10. Lastly, the lowest rank is playing chess with frequency of 7 and has a percentage of 9. This shows that students are more engaged in energetic sports rather than low motor skills movement.

### 3.1 Academic

**Table 3. Distribution of the Students in Terms of Their Involvement in Academic Activities**

Academic	Frequency	Percentage	Rank
ISSC	35	45	2
ATOMS	26	34	6
SLANG	20	26	7
CIRCUITS	27	35	5
HONOR SOCIETY	45	58	1
INTERACT	29	38	4
INTEL	32	42	3

The above table showed that respondents belonged to the Honor Society which ranked 1 with frequency of 45 and has a percentage of 58 in ranked 2 is the ISSC (Integrated School Students Council) with a frequency of 35m and has a percentage of 45. INTEL ranked 3 with a frequency of 32 and has a percentage of 42. Rank 4 is the INTERACT with a frequency of 29 and has a percentage of 38.

CIRCUITS (Association of Responsible Creative and United Innovative Technology Students) ranked 5 with frequency of 27 and have a percentage of 35. Ranked 6 is ATOMS (Action Towards Moderation Through Science) with a frequency of 26 and have a percentage of 34. Last among the rank is SLANG (Students Linguistic Association of the New Generation with a frequency of 20 and has a percentage of 26, This showed that majority of the students were lively engaged in challenging organizations.

**Table 4. Distribution of Students in Terms of Their Involvement in Arts and Crafts Activities**

Arts and Crafts	Frequency	Percentage	Rank
Drawing	50	65	1.5
Paper Cutting	10	13	4
Paper Mosaic	11	14	3
Flower Display	7	9	5
Making Scrapbook	50	65	1.5

According to the table, students of the Integrated School was more engaged in drawing and making scrapbook which falls in the first rank with a frequency of 50 and has a percentage of 65. Falling on the third rank was paper mosaic with frequency of 11 and has a percentage of 14. It allowed by paper cutting with frequency of 10 and have a percentage of 13. The last ranked is flower display with frequency of 7 and has a percentage of 9. This showed that the students in the Integrated School were prepared in science and technical based courses in College which applies their drawing skills like engineering and technical courses.

### Discussions

The findings revealed that there were cultural, sports academic and arts and crafts activities involved in by the selected respondents from first to fourth year in the Integrated School of Batangas State University. From this findings it was concluded that the different group of respondents have different ways of spending their leisure time. Moreover, based on the

findings and conclusions, the study recommended that the skills acquired should be properly demonstrated in curricular and extracurricular activities. Students outputs could be exhibited and presented to show case their talents and skills acquired and be encourage to perform before a group or audience like in customary holiday programs, concerts and other similar venues also special contest could be planned and implemented to provide the mechanism having student's skills. There should be mass group participation like the seasonal play day and folkdance festival.

**Conflicts of interest:** There is no conflict of interest of any kind.

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