



PERCEPTION OF FOREIGN STUDENTS ON THEIR PHYSICAL EDUCATION CLASSES

HANS FREYZER B. ARAO¹Instructor, College of Human Kinetics, Cagayan State University

MARITES S. FLORENTINO²Assistant Professor 1, College of Human Kinetics, Cagayan State University

ABSTRACT

The purpose of this study is to identify the perception of 98 foreign students on their Physical Education classes at Cagayan State University and to investigate if there is significant difference on their perceptions when they are grouped according to their sex and age. A questionnaire developed by Mowatt, DePauw and Hulac (1988) was used as the data gathering tool. Based on the results, the respondents have very positive attitudes towards Physical Education with respect to the three dimension namely; scientific, general knowledge & physical education curriculum. As shown by the mean scores of 4.65, 4.31, and 4.29 respectively. The t-test results also showed that there is no significant difference on the perception of foreign students on their physical education class when they are grouped according to their sex & age.

KEYWORDS: Perception on Physical Education, Physical activities

INTRODUCTION

Physical education is very important subject on the curriculum that all students who are studying here in the Philippines showed go through. Because of the benefits derived from the subject, this subject is mandated subject in the higher education level especially that this subject is stipulated to the Article XIV Sec. 19 of the 1987 Philippine Constitution, "The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry." This only proves that Physical Education is very important in earning a degree and it should be taken by all students in all levels of education. According to Hardman & Marshall, 2000, the nature and quality of delivery of the physical education curriculum is fundamental to the future of the subject. It means that physical education subjects are



relevant to other subjects, thus, points out that these can be integrated in other subjects. Many studies prove that Physical education has a great contribution to the development of an individual. "Physical education specialists during critical developmental years at the elementary level is vital for developing the skills, knowledge, attitude and health benefits for an active, healthy lifestyle." Mandigo, (2003). Due to physical education, people who engage himself to a regular exercise and has a good physical activity, will surely adopt a good lifestyle, they will look more attractive and experience good feelings. According to (Bouchard et al., 1990), "A physical activity can be defined as one which involves the movements of the whole body that results in the contraction of skeletal muscles and increases in energy levels". This only proves that Physical education really has a great impact on the developmental process of every person.

There are numerous healthy lifestyles or behaviors that contribute to our quality of life, health and our general well-being. According to the study conducted by National Association for Sport & Physical Education, (2003), researchers found that women's perception and attitude on physical activities helps them to reduce their stress levels and improve their work-related time management. On the other hand, men view physical activities as a way to an active lifestyle. The attitude and perception of an individual towards physical activities determines his/her level of enthusiasm in living an active life. This attitude also serves as an identity to the gender of an individual.

In addition, according to Terry and Hogg, (2000), changes in attitude are believed to develop continuously and they are presented or channeled through social contexts. According to Suminski, Richard, Petosa, Rick, Alan, Zhang and James (2002), men are healthier and are more active in physical activities compared to women because it was found that Caucasian women spend more time watching television compared to the men. Moreover, result shows that Asian students are less physically active compared to Caucasian and Hispanic American students. In addition, African American women spend more time watching television daily compared to Asian and Caucasian women. It is also interesting to know that women less likely to use recreational facility than men in university sport center (Miller, Noland, Rayens, & Staten, 2008). Thus, it justifies why men are more active than women in college. The positive attitude and perceptions of students towards physical activities are the main elements in evaluating the success of a particular Physical Education



curriculum. Silverman & Subramaniam (1999) stated that attitude development is important because teachers, coaches and the society often regard daily attitudes as a form of assessment for them and for assessing other people.

The government's involvement and roles in Physical Education contribute a lot in the development of each particular sport. In fact, the government through the Philippine Sports Commission, has been putting in a lot of effort to improve the quality of sports in this country so that it is at par with that of developed countries. However, even with these serious efforts of the government to upgrade the knowledge of the people, namely by providing degree programs and also in setting up special sports associations such as the National Sports Council, a holistic positive outcome will not be achieved if the perceptions of adolescents especially some university undergraduates hinder them from engaging in physical activity and some students do not give importance on their P.E classes.

In addition, some students are also enrolled in other universities that are not located to their own countries and they are considered as foreign students. Sometimes their orientation of sports and P.E classes are far different in the universities where they are enrolled in.

In the Cagayan State University, there are lots of foreign students who are enrolled on their PreMed course and since they are enrolled in the Philippines, the law of the Philippines in taking P.E subject must be observed.

Most researches related to the physical activities that were carried out on subjects in the United States and other western countries where the learning situations and environment differ from Philippines. Due to the limited number and relatively narrow scope of past studies done about attitudes towards physical activity in the Philippine context, this study aims to investigate on the attitude of the foreign students who are enrolled in Cagayan State University, in particular their general attitude, attitude towards the Physical Education subject and attitude towards the value of the scientific basis of physical activities.



Conceptual Framework

The Input-Process-Output model was utilized to identify the perception of the foreign students on their Physical education class at Cagayan State University for basis on the evaluation of the Physical education curriculum of the Cagayan State University.

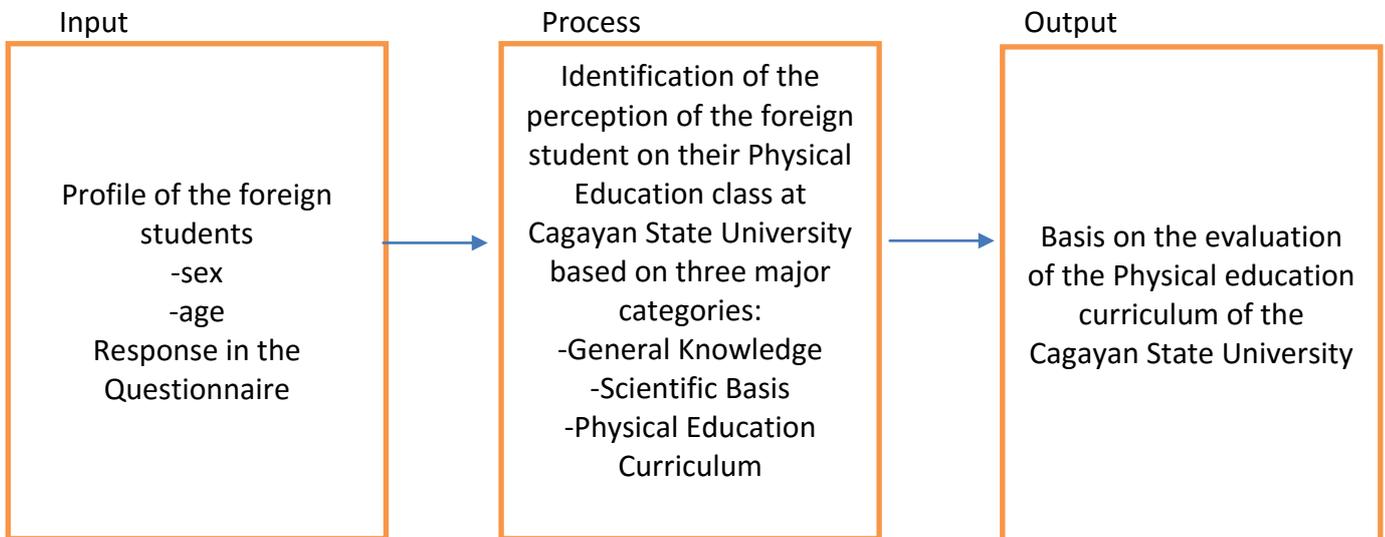


Figure 1. Paradigm of the Study

The paradigm illustrates that this study aimed to determine the perception of the foreign students on their physical education classes at Cagayan State University as basis on the evaluation of the physical education curriculum offered at Cagayan State University. The study inputs include age and gender profile of the respondents and their response in the questionnaire. The results of the study brought awareness to the perception of the foreign students in the three main categories namely; general knowledge, scientific basis, and physical education curriculum, the results of which will be used as the basis for the improvement of the Physical education class of Cagayan State University.

STATEMENT OF THE PROBLEM:

This research study titled Perception of the Foreign Students on their Physical Education Classes was conducted at school year 2016-2017 for the determination the following specific problem;

More specifically, the study sought awareness to the following:

1. What is the profile of the respondents in terms of:
 - 1.1. Sex



1.2. age

2. What is the perception of the foreign students on their Physical Education class based on the following dimensions?

2.1 General knowledge

2.2. Scientific Basis

2.3. Physical Education Curriculum

3. Is there significance difference on the perception of the foreign students when group based on their sex and age?

METHODOLOGY

Research Design

This study utilized the descriptive research method by using the survey research design to determine the perceptions or views of the foreign students on their Physical Education class.

Participants of the Study

The study was conducted to the Indian students of the Cagayan State University who are enrolled on their Physical Education Classes during the second semester of the school year 2016-2017.

The sample consisted of 98 foreign students, 57 of them were males and 41 females. The sample size was calculated based on the total population size of 131 with a 95% of confidence level and 5 % of margin of error. The significance level was set at 0.05.

Research Instrument

The instrument used was a questionnaire containing 20 items in a 5-point Likert scale. It was a translated version of the original questionnaire by Mowatt, DePauw and Hulac (1988). However, the Cronbach alpha value for the instrument was not stated. The translation from English to the Malay Language was carried out by an English lecturer and the content validity was verified by a UPM Physical Education lecturer.

In addition, this questionnaire was adapted on the study titled "College students perception on physical education classes during their high school days" on the European Journal of Social Sciences – Volume 7, Number 4 (2009).



Table 1. Part II of the questionnaire.

DIMENSION	EXPLANATIONS
General Knowledge	<p>Statements numbered 1, 3, 4, 10 and 20 describe feelings or attitude towards physical activity.</p> <p>Examples of questions:</p> <ol style="list-style-type: none">1. Being strong and physically active is important to me.3. I feel contented after heavy physical activity.4. It takes a lot of effort to stay physically active and but effort is not worth the benefits gained from carrying out physical activity.10. There are more important aspects in life other than being active.20. Physical activity is an important priority in my life. <p>Physical Education</p>
Physical Education Curriculum	<p>Statements numbered 5, 8, 13, 14, 16 and 18 describe how an individual perceives the way physical education is taught in the curriculum.</p> <p>Examples of questions:</p> <ol style="list-style-type: none">5. Involvement in physical activity is more beneficial to one's social development compared to involvement in other activities.8. Physical Education (P.E.) is an important subject in the school curriculum.13. P.E. should be offered at all levels of education.14. P.E. should be made a necessary and compulsory subject for students in primary schools.16. P.E. should be eliminated from the curriculum to lessen the number of subjects in



	school. 18. P.E. is as important as other subjects.
Scientific Basis	Statements numbered 2, 6, 7, 9, 11, 12, 15, 17 and 19 describe how an individual values the scientific benefits of exercise. Examples of questions: 2. Exercise is an important contributor in alleviating my daily stress. 6. A healthy lifestyle is necessary to keep our physical and mental states functioning at their optimum. 7. Exercising is the best way to ensure one looks young and vibrant. 9. A healthy lifestyle requires participation in physical activity regardless of gender and ethnic background. 11. Exercising the correct way enables one to acquire good posture and build throughout one's life. 12. Lifelong healthy living is directly related to one's physical activity level. 15. An active person is more mentally alert compared to those who are less active. 17. Most adults gain sufficient exercise from their daily activities. 19. There is a scientific basis for the benefits of carrying out physical activity.

The respondents were only needed to write the correct information about their demographic profile for the part I, and put a check mark on the box suited for their answers for part II.

Based on the study entitled "College Students Perception on physical education classes during their high school days" where these questionnaires were also used, the



cronbach alpha value was exceeded 0.60. From the pilot study conducted by the researcher were they conducted to a 10 male and 10 female foreign students, the cronbach alpha values for general knowledge, scientific basis, and physical education curriculum were 0.65, 0.85, and 0.90, respectively. Since the cronbach alpha value of the questionnaire is also above 0.60 the questionnaire is suited for the study.

The following scale was used.

5= Strong Agree

4= Agree

3= Slightly Agree

2= Disagree

1= Strongly Disagree

Note: For negative statements the researcher will use revise scoring.

Scoring Interpretation

INTERVAL	INTERPRATATION
4.20-5.00	Very Positive
3.40-4.19	Positive
2.60-3.39	Neutral
1.80-2.59	Negative
1.00-1.79	Very Negative

Data Gathering Procedure

During the process of this research, the researcher asked first an approval to the administration to conduct the study and the consent of the respondents so that they will not encounter problem. The questionnaire of this study was floated by the researcher with the help of their Physical Education instructors.

Data Analysis

In analyzing the data, the researchers used the SPSS (Statistical Package for Social Science) free trial. The program was run to analyze the research objective: namely, to obtain the mean and standard deviation for the research elements. In addition, it was also utilized to compute the frequencies and percentages using the descriptive frequency analysis. Data



analysis included the use of t-test, which is a test to identify significant differences on the student's perception of Physical Education when they are grouped according to age & gender.

RESULTS AND DISCUSSIONS

Demographic Variables

Table 2: Distribution of respondents based on their sex.

	Frequency	Percent
MALE	57	58.2
FEMALE	41	41.8
Total	98	100.0

The information in Table 2 above showed that 57 (58.2%) of the respondents were male students while 41 (41.8%) constitute female students. This implies that almost of the respondents are male.

Table 3: Distribution of respondents based on their age.

	Frequency	Percent
20 above	95	96.9
Below 20	3	3.1
Total	98	100.0

The information in Table 3 above showed that 95 (96.9%) of the respondents ages 20 and above while 3 (3.1%) of them were below 20 yrs. old. The findings implies that almost of the respondents are 20 yrs. old and above.



Table 04: Perception of the respondents based on the three dimensions.

DIMESION	SPECIFIC INDICATORS	MEAN	INTERPRETATION
GENERAL KNOWLEDGE	Q1. Being strong & physically active is important to me.	4.92 3.92	Very Positive
	Q3. I feel contented after heavy physical activity.	3.83	Very Positive Positive
	Q4. It take a lot effort to stay physically active but effort is not worth the benefits gained from carrying out physical activity.	4.05	Very Positive
	Q10. There are more important aspects I life other than being active.	4.81	Very Positive Very Positive
	Q20. Physical activity is an important priority in my life.		
Over all mean		4.31	Very Positive
PHYSICAL EDUCATION CURRICULUM	Q5. Involvement in physical activity is more beneficial to one's social development compared to involvement on other activities.	4.81 5.00	Very Positive Very Positive
	Q8. Physical Education (PE) is an important subject in the school curriculum.	4.88	Very Positive
		4.83	Very Positive



	Q13. PE should be offered at all levels of education.	4.43	Very Positive
	Q14. P.E should be made a necessary & compulsory subject for students in primary school.	4.59	Very Positive
	Q16. P.E should be eliminated from the curriculum to lessen the number of subjects in school.		
	Q18. P.E is as important as other subjects.		
Over all mean		4.76	Very Positive
SCIENTIFIC BASIS	Q2. Exercise is an important contributor in alleviating my daily stress.	4.70	Very Positive
		4.87	Very Positive
	Q6. A healthy lifestyle is necessary to keep our physical & mental states functioning at their optimum.	4.90	Very Positive
	Q7. Exercising is the best way to ensure one looks young & vibrant.	4.79	Very Positive
	Q9. A healthy lifestyle requires participation in physical activity regardless of gender & ethnic background.	4.78	Very Positive
		4.56	Very Positive
	4.51	Very Positive	
	Q11 Exercising the correct way enables		



	one to acquire good posture & build throughout.	4.22	Very Positive
	Q12. Lifelong healthy living is directly related to one's physical activity level.	4.48	Very Positive
	Q15. An active person is more mentally alert compared to those who are less active		
	Q17. Most adults gain sufficient exercise from their daily activities.		
	Q19. There is a scientific basis for the benefits		
Over all mean		4.65	Very Positive

The information in Table 04 above showed that the respondents has a very positive attitudes towards the three dimension namely; scientific, general knowledge & physical education. This is proven to their mean score 4.65, 4.31, and 4.76 respectively.

Based on the findings of the study, respondents who are foreign students enrolled at Cagayan State University on their Physical Education class has a very positive perception on the three dimensions namely; general knowledge, scientific basis, and physical education curriculum. Where in, general knowledge dimension portrays a favorable sentiment or attitude towards physical activity while the scientific foundation dimension represents a sentiment in assessing the scientific benefits of exercises and for physical education curriculum it assess how an individual perceives the way physical education is taught in the curriculum.

Meanwhile in the Physical Education dimension the findings show that both male and female students were found to have very positive perceptions with regards to this dimension and based on this study, this dimension accumulated the highest mean score in identifying the perception of the foreign students on their PE class at Cagayan State



University. The findings shows that the perceptions of male and female students are similar and at the same level. Both respondents agreed that Physical Education should be made a compulsory subject and offered at all levels of education. Based on the study conducted by Mowatt, DePaw and Hulac (1988) which stated that college students showed a neutral attitude about the value of Physical Education but they still believe that it is important to hold Physical Education classes. In this study conducted by the two experts it was supported somehow the result of this study that PE should be implemented and not be eliminated from the curriculum.

Table 05: Differences in perception towards physical activity between males and females.

SEX	Df	t-value	p-value	Decision
Scientific Dimension	96	.824	.412	Not significant
General Knowledge	96	.853	.396	Not significant
Physical Education Curriculum	96	.209	.835	Not significant

The t-test results shows that there is no significant difference on the perception of foreign students in their physical education classes when they are grouped according to their sex. This is reported by the t-value of .824, and the probability $p > 0.05$. For the general knowledge, t-value: .853, $p > 0.05$ also indicates no significant difference. In addition, there is no significant difference also on the perception between male and female, as shown by the t-value .209, $p > 0.05$.

This shows that the perceptions of females towards the different dimensions are the same from that of males. They both give priority to the scientific benefits of exercise, females view physical exercise the same with the male. This is supported by the study done by Sanes entitled Students' Attitude Towards Physical Education states that "male and female agreed that physical education has prepare them to become active and healthy adults." This shows that both respondents view physical activity as a way towards an active lifestyle. This clearly shows that male and female students value the scientific benefits of physical education.



This findings outlook prove that both male and female students are more concerned on their health and their daily lives. With this, positive response on PE class may bring many benefits.

According to Abdullah & Omar Fauzee, 2002 “among the benefits contributed by physical activities is the ability to improve the respiratory system by stimulating deep respiration and to strengthen the cardiac muscle and increase the size of the heart muscle.”

Table 06 :Differences in perception towards physical activity between 20 yrs. old and above and below 20 yrs. old.

Age	Df	t-value	p-value	Decision
Scientific Dimension	96	1.52	.130	Not significant
General Knowledge	96	.438	.662	Not significant
Physical Education Curriculum	96	.785	.434	Not significant

The t-test results shows that there is no significant difference on the perception of foreign students on their physical education class when they are group according to their age. This is proven by the significant difference between 20 yrs. old & above and below 20 yrs. old in the scientific dimension t-value: 1.52, $p > 0.05$. For the general knowledge, t-value: .438, $p > 0.05$ also indicates not significant difference. In addition, there is no significant difference also on the perception between 20 yrs. old & above and below 20 yrs. old, t-value .785, $p > 0.05$.

Findings of the study when grouped according to the age of the respondents are the same when they are grouped according to sex. Respondents who are 20 yrs. old and above and respondents below 20 yrs. old has a very positive perception on the three dimensions namely; general knowledge, scientific basis, and physical education curriculum. This was supported by the study conducted entitled “How Teens and Adults Feel About Physical Activity & Physical Education: A survey Conducted for NASPE states that majority of adults feel that they are getting enough physical activity to maintain a healthy lifestyle. They further stated that 73% of adults that health is the reason why physical activity is important. It was also further stated on this study that adults are believing that their child’s development was made by physical education class where in it makes child more alert, enables their child to focus and increase energy.



CONCLUSIONS

The study can be concluded that, the results of the study showed that the perceptions of the foreign students who are enrolled in the Cagayan State University during the second semester of the SY: 2016-2017 were very positive, and there is no significant difference when they are group according to their sex and age.

This findings of this study was supported by the study of Sanes on her study Students' Attitude Towards Physical Education stated that male and female has the same attitude towards PE and they agreed that PE helped them prepare to become active, healthy adults and help them build social skills as well physical strength and coordination.

RECOMMENDATION

Based on the findings and conclusion of the study, the following recommendations are offered:

Physical education instructor must give more various physical activity that the students can enjoy their PE class. Make sure that their PE class was considered as their venture to enhance their healthy life style, skills, and their social development. Remember that PE class is the only way for the students to break the monotonous academic activities inside the classroom. Furthermore, closely monitoring of the PE class by the administrators must be observed to ensure maximum participation of students in physical activities.

In addition, researchers of this study hope that the findings of this study serve very useful information in crafting Physical Education curriculum. Administrators and other stakeholders especially curriculum developers must continue to enhance the curriculum of the Physical Education subject that can enhance the development of the attitudes of the students towards Physical education class. Furthermore, policies about the implementation of the Physical Education curriculum must be maintained and must be improved for more the betterment of the students, since students are the heart of the curriculum.

For the future researchers questionnaire can be enriched and questions per dimension must be added to make the instrument more suitable for the studies especially in the local aspects.



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