



## COMPETENCY-BASED INSTRUCTIONAL VIDEO IN TEACHING COOKERY IN IMPROVING STUDENTS PERFORMANCE

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### ABSTRACT

*Department of Education (DepEd) has prepared various alternative learning delivery modalities as a response to COVID-19 situation in the country. Amid the pandemic, especially when the learning modality of the students is modular distance learning, they are only learning in their own paced. It will greatly help for them to use instructional videos in the learning process. This study aimed to determine the students' perceptions on the use of competency-based instructional video and its relationship to the students' performance in Cookery through the help of self-made questionnaire and pre- and post-test results. The respondents of the study were the 30 Grade 9 students in Cookery during the school year 2020-2021 at the Tanauan School of Fisheries. The study was used survey questionnaire and pre and post-test to gather the data needed in the research and administered personally by the researcher to the student respondents. Findings revealed that there is a significant difference between the pre-test and post-test scores of the students' performance in Cookery and that there is no significant relationship between the perception on competency-based instructional videos and the students' performance in Cookery. The hypothesis stating that there is no significant difference between the pre-test and post-test mean scores of the students' performance in Cookery in terms of remembering, understanding, applying, analyzing, evaluating, and creating was not supported by evidence, and therefore not sustained. On the other hand, the hypothesis stating that there is no significant relationship between the perception on competency-based instructional videos and student's performance in Cookery was supported by evidence, hence it is sustained.*

*Keywords: Competency-based, Instructional videos, Students Performance, Cookery*