



SPORTS COUNSELING AND ITS EFFECTS ON THE BEHAVIORAL PERFORMANCE OF STUDENT-ATHLETES

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ABSTRACT

This study sought to assess how sports counseling impacts the behavior of student-athletes in secondary schools. Specifically, it intended to find out what the most prominent sports counseling skills are evident among the teacher-coaches. It also found out the extent of how counseling is delivered to the student-athletes and what their response is to such counsel. The study also sought to find what behavioral performance is most evident among the student-athletes. At last, it has assessed if there is any relation between such sports counseling skills and the student-athletes behavior. The study utilized a four-part, self-made survey questionnaire delivered via online platform to the school districts of Bondoc Peninsula in Quezon Province. Data revealed that the most prominent counseling skills among the teacher-coaches are as follows: Communication Skills; Self-Awareness; Open-Mindedness; Problem-Solving Skills; and at par are Trustworthiness and Empathy. It is also found out that the student-athletes have a positive perception of how sports counseling is being provided by the teacher-coaches, acquiring a mean of 4.35 whilst being comprised of seven (7) indicators. The student-athletes also responded positively to the reception of counseling, with its seven (7) indicators garnering a 4.34 mean falling under the Strongly Agree category. The most evident behavioral performance among students are as follows: Self-Motivation, Self-Reflection, Social Skills, Goals and Commitment Setting, and Maintenance of Positive Attitude. Upon the test of correlation, it is found out that there is a significant relationship between the counseling capabilities.

Keywords: Sports, counseling, performance, athletes