

Sports Engagement and Social Personality towards Physical Education Activity Plan

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Abstract

Sports are more than physical movement; they are powerful experiences that can shape how students think, relate, and grow as socially responsible individuals. This quantitative study examined the relationship between sports engagement and social personality among Senior High School students of Philippine Christian University as a basis for developing a Physical Education activity plan. Sports engagement was measured in terms of vigor, dedication, and absorption, while social personality was assessed through empathy, leadership, responsibility, and compassion. Using a descriptive-correlational design, data were gathered from SHS students through validated survey instruments and analyzed using descriptive statistics, Pearson correlation, and regression analysis. Findings revealed that sports engagement was positively associated with social personality, a value of 0.6454 using Pearson R correlation showing that vigor and dedication showing stronger links to empathy, leadership, responsibility, and compassion than absorption. The results suggest that students who are more energetic, committed, and deeply involved in sports are also more likely to display stronger social values and interpersonal strengths. Based on these findings, the study recommends the design of a Physical Education activity plan that intentionally promotes both athletic involvement and social character development. This study contributes to the growing evidence that sports participation can serve as a meaningful avenue for shaping not only physical fitness but also the social personality of learners.

Keywords: Philippine Christian University, sports engagement, social personality, activity plan, vigor, dedication, absorption, quantitative, physical education

