

# THE IMPACT OF SPORTS PARTICIPATION ON THE ACADEMIC PERFORMANCE AMONG ATHLETES OF EMILIO AGUINALDO NATIONAL HIGH SCHOOL (GEANHS)

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## Abstract

This study aimed to determine the impact of sports participation on the academic performance of studentathletes of General Emilio Aguinaldo National High School (GEANHS). The respondents included were the 179 student-athletes from Grade 7 to Grade 10. The researcher used a Descriptive Method employing survey and documentary analysis with correlation of the two general types of variables. The principal instrument for data gathering were the validated self-made questionnaire with checklists. Findings revealed that majority of the respondents were 16 years old, male, mostly participated in volleyball and basketball, and were required to practice from 5 to 10 hours per week. Results also indicate that the impact of sports participation to the respondents was strong in which they became more diligent in their study habits, developed their self-confidence, had positive attitude towards academics, and enhanced their time management skills. Findings revealed that there are no statistically significant differences and relationship in the sports participation and academic performance of the respondents.

**Keywords:** *Sports Participation, Academic Performance, High School Student-Athletes, Study Habits, Self-Worth, Attitude Towards Academics, Time Management.*