

BASKETBOL: Bata, Atleta, Studyante, Bola Student Athlete in the New Normal Its Implication to the Level of Performance and Skills of Athlete in Basketball Basis for Intervention



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ABSTRACT

Basketball requires training to improved, developed chemistry, acquired values and discipline and sportsmanship. Development needs more time, more training, and connection between coach, players, team mates and familiarization to equipment and facilities used in basketball.

A qualitative experimental design was done and utilized thru an online survey questionnaire. It is participated by 20 student's athletes of Binan Integrated National High school composed of 12 females and 8 males. Each student's athlete carefully answers the personally designed survey questionnaire. This questionnaire was subjected for validation of our Head Teacher, and Master Teacher for improvement. Informal interviews were conducted online to validate the responses obtained. The researcher personally administered and retrieved the survey questionnaires. Moreover, the researcher utilized appropriate statistical tools such as the frequency distribution, mean, percentage, rank, and Likert scale. Findings revealed that the means of the level of performance and skills of students' athlete this time pandemic is affected results shows that it is Very Good before the pandemic and it was down to Good because of the Covid 19 Pandemic. Using the data gathered we are able to conduct an online training using zoom and Google meet. We created a training program specifically design to target their weaknesses and skills that needs the most improvement. Several drills and exercises are given to students to work on their needs and address the lack of training.

Keywords: development, informal, drills, lack of training

INTRODUCTION

Many Students are into sports specifically basketball, one of the sports known, popular and mostly played in our country. At this stage of their life more students get involved in this sport and find it as passion or hobby in life. There are instances where some High School students are looking to their school's intramurals where they have the chance to showcase their skills in playing the sports they want and hopefully be part of the varsity team that will represent their school. There are also some students who spend their time to their training out of school in their desired sport trying to improve their skills. However, given the situation, the onset of pandemic and adjusting in the new normal classes, Athletes' time for training and daily routines are affected. On the contrary, studies are recognizing the positive effect of athletic involvement, such as increased in time management, satisfaction with school, and acknowledge that the positive outcomes may outweigh negative outcomes.

Andreato, Coimbra, Andrade PhD (2020) states that "the world is currently facing serious coronavirus pandemic (COVID-19). This Novel coronavirus is a new virus for which effective vaccines have not yet been developed. Amateur and professional athletic events around the world have been stopped, and teams and athletes have had to adopt social withdrawal measures, interrupting their training and preparation routines for competitions.

These scenarios are noticeable even in professional league in our country.

Even the United nation Department of economic and Social Affairs (2020) The Impacts of Covid-19 on Physical Activity and Well Being State that the Covid-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, park, and playgrounds. Many individuals are therefore not able to participate in their regular individual or group sporting and physical activity.

This study generally aims to address the level of performance and skill of students' athlete in the new normal.

METHODOLOGY

The researcher utilizes systematic flow in the conduct of the research. Permission was asked from and granted by school authorities such as the principal/ school head and the supervisor of the research committee through a letter of request prior to the actual conduct of the study to the participants.

To ensure that the survey elicits sincere and honest responses, the researcher gave a comprehensive orientation to the participants before they were asked to accomplish the questionnaire. Instructions included objectives of the study, the significance of the generous assistance the participants will offer to the researcher, assurance that utmost confidentiality will be observed, directions in answering, allowing the participants to ask questions if there are any, and provision of enough time to answer all items.

The Instrument used to obtain the data is thru an online survey questionnaire. It is design to know the level of the performance and skills of basketball athlete in Binan Integrated National High school before the pandemic and during the Covid 19 pandemic. The survey questionnaire also seeks to answer if there is improvement in the performance and skill of athlete in basketball before and during the pandemic, and which of these skills need the most training which is the focus of intervention given to students. The conduct of this study is presented and illustrated in Table below which is The Flow Chart of data gathering and intervention given to students.

Planning phase - The researcher informed the school, the parents and the student athletes about the study asking for their permission to conduct survey and for them to answer questionnaires.

Implementation phase - With the program and questionnaires about the implication of Covid 19 Pandemic to the level of performance and skills of student athlete in basketball, all the results will be closely monitored.

Data collection phase - The researcher collect the results given by the respondents.

Evaluation and interpretation phase - The researcher evaluates and interprets data according to the gathered questions and checklist answered and given by the respondents.

The participants of this study are Athletes of Binan Integrated National High School from Grade 7 to 10 11 and 12 who are joining the Division, Regional and even National Sports competition. The participants were given an online survey questionnaire to determine the level of their performance and skills in basketball. The student-participants of the study were assured that all proceedings would be treated with utmost respect and confidentiality. In the survey questionnaires, putting the name of the participants is optional.

RESULTS

The following statistical tools were utilized in the analysis and interpretation of the data gathered. Frequency Tally and Percentage, Mean and Likert Scale.

This section discusses the results and interpretation of the gathered data after the administration of the survey questionnaire to the student-participants. This section is divided into different parts and summarized as follows:

Profile of the Student- Participants Table 1.1: Frequency and Percentage of the Gender of the Student- Participants. Table 1.1 revealed the profile of the student-participants in terms of gender 60% or 12 among the student athlete respondents are female. On the other hand, 40.00% or 8 are male.

Table 1. Frequency Distribution, Weighted Mean and Descriptive Interpretation of the Level of Performance and Skill of Athlete Before the Pandemic shows that out of 20

students' athlete 12 of them responded Very Good, 7 are Good and 1 is Average. The level of performance skills of athlete before the pandemic shows a 3.55 weighted mean which is Very good.

Table 2. Frequency Distribution, Weighted Mean and Descriptive Interpretation of the Level of Performance and Skill of Athlete during the Pandemic. What is the level of performance skills of athlete during the pandemic shows 2.70 weighted mean (Good) with the following frequency Very Good (2), Good (11), Average (6) and Poor (1). Table shows that before the pandemic the level of performance and skill of student athlete is Very Good and it was down to Good because of the Pandemic.

Table 3. Frequency Distribution, Weighted Mean and Descriptive Interpretation of What is the Level of your Skills for the following before the Pandemic were as follows Dribbling 3.60 Very Good, Shooting 3.75 Very Good, Passing 3.80 Very Good, Defense 3.70 Very good with a weighted mean of 3.71 Very Good.

Table 4. Frequency Distribution, Weighted Mean and Descriptive Interpretation of What is the Level of your Skills for dribbling, shooting, passing and defense During the Pandemic were recorded with a weighted mean as follows Dribbling 2.70 Good, Shooting 2.65 Good Passing 2.55 Average Defense 2.70 Good and a weighted mean of 2.68 Good.

Table 5: Frequency Distribution and Percentage if there is improvement in their skills during the pandemic showed that 95.00% or 19 student-participants out of 20 do not see improvement in their skill during the time of pandemic.

Table 6: Frequency Distribution and Percentage for which skills need the most training/drills for improvement in basketball revealed that student's athlete needs more training and drills for Dribbling 35% (Rank 1), Defense 30% (Rank 2), Shooting 20% and Passing 15% (Rank 3 and 4)

In the light of the findings stated, the following reflections were drawn:

1. The level of performance and skills of athlete in basketball is affected by the pandemic.
2. The level of skill for the following dribbling, shooting, passing and defense of 20 student-participants is Very Good before the Pandemic and were down to good because of the Covid 19 Pandemic.
3. 95 % of student athlete answers that their skills do not improve because of the situations.
4. The student's athlete needs more training and drills for the following skills Dribbling (Rank 1), Defense (Rank 2), Shooting and Passing (Rank 3 and 4).

DISCUSSION

Athlete and most sports that require contact are mostly affected by the pandemic. It also includes our student's athlete who were not

able to train, cannot train or do not know how can they train in this time of pandemic. With this study we are able to conduct some activities, drills and training that can at least maintain the level of their skills and performance in Basketball even at home and without contact from each other and the risk of having Covid 19. Using the data gathered we are able to conduct an online training using zoom and Google meet we created a training program specifically design to target their weaknesses and skills that needs the most improvement. Several drills and exercises are given to students to work on their needs and address the lack of training.

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