

Level of Sports Commitment of the Student-Athletes in a Higher Education Institution

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Abstract

Sports is a widely accepted and celebrated event in the world today, yearly learning institutions especially the colleges and universities everywhere are gearing participation to their extramural sports engagements, investing on high quality facilities and equipment, hiring known and excellent coaches and trainers, scouting new potentials, planning and doing rigid trainings, monitoring the health and the conditions of the student-athletes to ensure positive performances for the competitions and championships. The purpose of the study is to investigate the level of sports commitment of the student-athletes in a Higher Education Institution (HEI) in the City of Manila, Philippines. Where in the “Sports Commitment Model” was adapted from the study of Scanlan et.al (1993 and cited by Human Kinetics Journal @ 2024) that composed of 1) sports enjoyment, 2) involvement alternatives, 3) personal investment, 4) social constraints and 5) involvement opportunities. Descriptive research is the methodology design to scientifically gather information that provides a detailed and accurate picture of the characteristics and behaviors of the respondents. Questionnaire checklist is the main instrument to gather data. 103 student-athletes enrolled in the SY 2023-2024 were the respondents of the study from the different sports discipline classified into individual/dual combative (52 athletes) and team sports (51 athletes respectively). Sports enjoyment and involvement alternatives of the respondents showed the high level of commitment, while personal investment, social constraints and involvement opportunities just moderately committed. School administrators, coaches and trainers put more emphasis on student-athletes enjoyment and involvement alternatives to keep them motivated and committed in their chosen sports.

Keywords: Level of sports commitment, student-athletes, higher education institution.

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INTRODUCTION

Sports become a widely accepted and celebrated event anywhere in the world today. Celebrity advertisements and media attentions have put sports at the top of the society, from superstar athletes to Hollywood icons has taken the marketing landscape by storm (Sports Media Digest, 2023). There is an observation that many athletes have been encourage to sports activities but later other less committed buddies become neglectful. This turn of events is a waste of time and money on the part of the investing schools involved in the athletic program.

Sports performance solely depends on the athlete being fully committed to numerous goals over many years. Healy *et al.*, (2018) in their study, sporting goal setting is commonly used technique that can lead to

enhanced performance have been widely embraced by researchers, practitioners, athletes, and coaches.

Park (2021) stated that balancing academics and sports for training preparations and game seasons, a pressure a student-athlete to endure. The athlete have many aspects of daily life to manage. The many competing interest and commitments include work, studies, family, friends, social life and other hobbies/sports.

Setting goals, athletes will raise their feelings of values, give them ownership of the goals and therefore become more committed to achieving them. Karoblis (2016) pointed out that despite the burdens that may be placed upon these athletes, many continue to compete and are able to adequately balance the pressures and

remain in touch with the positive attributes that their sport has to offer.

According to Hundito (2022) commitment has long been identified as an important factor in athletes' participation and performance for success and satisfaction. Throughout the sport psychology literatures, commitment is cited as a necessary component underlying persistence, athlete satisfaction, motivation, and achieving goals in sport. The Directory of Sports Performance Specialists (2024) stated that long-term success in sports requires a sustained commitment to improvement and development. Athletes who prioritize their physical and mental well-being, continuously seek ways to enhance their skills, and remain committed to their athletic journey are more likely to experience success over the long period of time.

Sports commitment is the "state, quality or desire to continue sports participation" (Westhoff, 2023). There are several factors that lead to an athlete's participation in sports, as well as his or her ongoing commitment. The Sports Commitment Model developed by Scalan and her colleagues (1993) and cited by Human Kinetics Journal (2024) suggest that sports enjoyment, involvement alternatives, personal investment, social constraints and involvement opportunities influence an athlete's level of sport participation and commitment.

The purpose of the study is to determine if there is any significant difference in the level of sports commitment of varsity athletes in HEI in the City of Manila to individual, dual, combative and team sports in terms of Sports Enjoyment, Involvement Alternatives, Personal Investments, Social Constraints and Involvement Opportunities.

Statement of the Problem

The study determined the level of commitment in sports of the athletes of HEI in Manila. Specifically it sought answer to the following questions:

1. What is the level of Sports Commitment of the athletes in individual/dual combative sports in terms of:
 - 1.1 Sports Enjoyment
 - 1.2 Involvement Alternatives
 - 1.3 Personal Investments
 - 1.4 Social Constraints
 - 1.5 Involvement Opportunities?
2. What is the level of Sports Commitment of the athletes in team sports in terms of:
 - 2.1 Sports Enjoyment
 - 2.2 Involvement Alternatives
 - 2.3 Personal Investments
 - 2.4 Social Constraints
 - 2.5 Involvement Opportunities?
3. How significant is the differences of the level of Sports Commitment of the student-athletes in the Individual/Dual Combative and Team Sports?
4. What conclusions and recommendations be made for the student-athletes Sports Commitment as a result of this study?

Hypothesis

This study would like to test this hypothesis which is anchored at .05 significance.

There are no significant differences on the level of sports commitment among the HEI athletes in Manila in individual/dual combative and team sports.

Research Paradigm



Figure 1: Research Paradigm of the Study

Significance of the Study

The results of this study will be an additional literature on the level of commitment of the athletes inciting reasons why it is important in sports engagement and beneficial to the following:

Coaches – They will be able to plan a training program that takes into consideration the differing psychological states of the athletes.

School Administrators – knowing the level of commitment in sports of the student-athletes, school administrators can initiate programs that will help improve the commitment in sports of the athletes. It will also provide suggestions and directions for future policies aimed at providing the sports program of the school.

Teachers – this study is significant to the faculty members to recognize the performance and to be aware of the level of sports commitment of the student-athletes.

Student-athletes – the results of this study will help them to identify their level of sports commitment, knowing they will become aware of their need to improve themselves to bring out the best in them during competition. Future Researchers – the results of the study will serve as a reference for future research.

METHODOLOGY

The study used the descriptive method specifically the survey of difference to determine the level of sports commitment of athletes in individual/dual combative and team sports. Descriptive method is designed to investigate, find out, probe, and to determine the present existing condition of the 103 athletes (from the sports Badminton, Judo, Table Tennis, Taekwondo and Swimming with 52 athletes, while Basketball, Sepak

Takraw and Volleyball with 51 athletes in team sports played in School Year 2023-2024, in a Higher Educational Institution in the City of Manila. The researchers used the Weighted Arithmetic Mean for the treatment of statistical data and Friedman's two-way Analysis of Variance to compute the significant differences on the level of sports commitment of the respondents. Questionnaire checklist was the instrument for gathering of data adopted from the study of Scanlan et.al. (1993 and cited by the Human Kinetics Journal @2024) the "The Sports Commitment Model" which has 27 items divided into five (5) parts: 1) Sports Enjoyment, 2) Involvement Alternatives, 3) Personal Investment, 4) Personal Constraints, and 5) Involvement Opportunities. For the purpose of statistical treatment of data, the following scale and boundaries along with their verbal description will be observed:

Boundary	Scale	Verbal Interpretation	Level of Sports Commitment
2.50 – 3.00	3	To a great extent	High
1.50 – 2.49	2	To a moderate extent	Moderate
1.00 – 1.49	1	To a least extent	Low

RESULTS AND DISCUSSION

The presentation of the results, discussion of the study and the interpretation of data are to answer the

specific questions in conformity with the sequence of the statement of the problem:

The level of Sports Commitment of the Athletes in Individual/Dual Combative Sports:

Item		3	2	1	Total	Over – All Mean
1 Are you proud to tell other people that you play?	f	41	11	0	52	2.79
	%	79	21	0	100	Great Extent
	fx	123	22	0	145	High Level
2 Do you want to keep playing?	f	36	16	0	52	2.69
	%	69	31	0	100	Great Extent
	fx	108	32	0	140	High Level
3 Are you dedicated in playing?	f	41	8	3	52	2.73
	%	79	15	6	100	Great Extent
	fx	123	16	3	142	High Level
4 Are you willing to do anything to keep playing?	f	28	22	2	52	2.50
	%	54	42	4	100	Great Extent
	fx	84	44	2	130	High Level
5 Is it hard for you to quit?	f	28	18	6	52	2.42
	%	54	35	11	100	Moderate Extent
	fx	84	36	6	126	Moderate Level
6 Are you determined to keep playing?	f	39	12	1	52	2.73
	%	75	23	2	100	Great Extent
	fx	117	24	1	142	High Level
7 Do you enjoy playing?	f	46	6	0	52	2.88
	%	89	11	0	100	Great Extent
	fx	138	12	0	150	High Level
8 Are you happy playing your sport?	f	47	5	0	52	2.90
	%	90	10	0	100	Great Extent
	fx	141	10	0	151	High Level
9 Do you have fun playing?	f	40	9	3	52	2.71
	%	77	17	6	100	Great Extent
	fx	120	18	3	141	High Level
10 Do you like playing?	f	43	8	1	52	2.81
	%	83	15	2	100	Great Extent
	fx	129	16	1	146	High Level
OVER – ALL MEAN						2.72 Great Extent High Level

The Table 2 (1.1) Level of Sports Enjoyment of the individual/dual combative sports athletes responded in the indicator number 8 “Are you happy playing your sport?” received the highest mean of 2.90. The 9 out of 10 item indicators in the level of sports enjoyment have great extent and high level of sports enjoyment. Only the indicator number 5 “Is it hard for you to quit?” just received a moderate level of 2.42 but still it just lack .08 to be in great extent and in high level that resulted to the

over-all mean value of 2.72 manifested the high level of sports enjoyment of the athletes.

According to Pomfret (2023) study, enjoyment in sport in spite of the hardship in training and in games, typically, tasks that feel good and put a smile on your face, it also driven by some deeper concepts of achievement, pride, satisfaction, growth, and progress.

Table 3
1.2 Level of Involvement Opportunities in the Individual/Dual Combative Sports Athletes

Item		3	2	1	Total	Over – All Mean
11 Do you think the activity is interesting?	f	35	15	2	52	2.63
	%	67	29	4	100	Great Extent
	fx	105	30	2	137	High Level
12 Do you think the activity is fun?	f	36	14	2	52	2.65
	%	69	27	4	100	Great Extent
	fx	108	28	2	138	High Level
13 Do you think the activity is fun instead of playing?	f	23	27	2	52	2.40
	%	44	52	4	100	Moderate Extent
	fx	69	54	2	125	Moderate Level
14 For you, was it difficult to choose in playing your sport over this activity?	f	14	35	3	52	2.21
	%	27	67	6	100	Moderate Extent
	fx	42	70	3	115	Moderate Level
OVER – ALL MEAN						2.47 Moderate Extent Moderate Level

Table 3 (1.2) The level of involvement opportunities in the individual/dual combative sports athletes responded on the 11 & 12 indicators number with mean values of 2.63 and 2.65 respectively and manifested both with great extent and have high level, while indicators 13 & 14 received 2.40 and 2.21 showed

moderate extent and moderate level. Involvement opportunities only have 4 indicators, and the over-all mean value represents the athletes’ involvement is with moderate extent and have moderate level due to the low preference of the respondents in the indicators 13&14 and not so high in the indicators 11 & 12.

Table 4
1.3 Level of Personal Investment in the Individual/Dual Combative Sports Athletes

Item		3	2	1	Total	Over – All Mean
15 Have you put much of your time in playing?	f	15	32	5	52	2.19
	%	29	61	10	100	Moderate Extent
	fx	45	64	5	114	Moderate Level
16 Have you put more effort in playing?	f	35	16	1	52	2.65
	%	67	31	2	100	Great Extent
	fx	105	32	1	138	High Level
17 Have you put much of your own money into playing?	f	11	34	7	52	2.08
	%	22	65	13	100	Moderate Extent
	fx	33	68	7	108	Moderate Level
OVER – ALL MEAN						2.31 Moderate Extent Moderate Level

Table 4 (1.3) The level of personal investment in the individual/dual combative sports athletes responded on the indicator numbers 15 & 17 with mean values of 2.19 and 2.08 respectively and manifested both

with moderate extent and have moderate level, while the remaining indicator, number 16 though with great extent and in high level the total mean value fall on moderate extent and moderate level with 2.31.

Table 5**1.4 Level of Social Constraints in the Individual/Dual Combative Sports Athletes**

Item		3	2	1	Total	Over – All Mean
18 I have to play so that I can be with my friends?	f	11	29	12	52	1.98
	%	21	56	23	100	Moderate Extent
	<u>fx</u>	33	58	12	103	Moderate Level
19 I feel I have to play to please my friends?	f	3	25	24	52	1.60
	%	6	48	46	100	Moderate Extent
	<u>fx</u>	9	50	24	83	Moderate Level
20 I feel I have to stay in my own sport because my parents have done it?	f	9	22	21	52	1.77
	%	18	42	40	100	Moderate Extent
	<u>fx</u>	27	44	21	92	Moderate Level
21 I feel I have to play to please my mom?	f	9	18	25	52	1.69
	%	18	34	48	100	Moderate Extent
	<u>fx</u>	27	36	25	88	Moderate Level
22 I feel I have to play to please my dad?	f	10	21	21	52	2.19
	%	20	40	40	100	Moderate Extent
	<u>fx</u>	30	63	21	114	Moderate Level
23. I feel I have to play to please my coach?	f	14	29	9	52	2.10
	%	27	55	18	100	Moderate Extent
	<u>fx</u>	42	58	9	109	Moderate Level
OVER – ALL MEAN						1.89 Moderate Extent Moderate Level

Table 5 (1.4) All 6 indicators for the level of social constraints in the individual/dual combative sports athletes responded moderate extent and with moderate level, indicator number 22 has the highest mean value of

2.19, and the lowest was in indicator number 19, with 1.60 in the same moderate level that signifies the over-all mean value of 1.89.

Table 6**1.5 Level of Involvement Alternative in the Individual/Dual Combative Sports Athletes**

Item		3	2	1	Total	Over – All Mean
24 Would you miss being a player if you left?	f	41	11	0	52	2.79
	%	79	21	0	100	Great Extent
	<u>fx</u>	123	22	0	145	High Level
25 Would you miss your head coach you left?	f	36	12	4	52	2.54
	%	69	23	8	100	Great Extent
	<u>fx</u>	108	24	0	132	High Level
26 Would you miss the good times you have had playing if you left?	f	42	10	0	52	2.81
	%	81	19	0	100	Great Extent
	<u>fx</u>	126	20	0	146	High Level
27 Would you miss your friends if you left?	f	37	13	2	52	2.67
	%	71	25	4	100	Great Extent
	<u>fx</u>	111	26	2	139	High Level
OVER – ALL MEAN						2.70 Great Extent High Level

Table 6 (1.5) All 4 indicators in the involvement alternative received great extent and high level of responses from the athletes, highest in the indicator number 26, “Would you miss the good times you have had playing if you left?” with 2.81, and the lowest indicator, number 25 “Would you miss your head coach you left?” with 2.54 still fall with great extent and high level. The result of 2.70 over-all mean value signifies the high regards of athletes to involvement alternative.

Yukhymenko-Lescroart (2014, 2018, 2021) stated that because athletics and academics are two prominent and dominant domains in the lives of student-athletes, motivation in this involvement alternative is key for them to become self-directed, lifelong learners and professionals who are productive, flourishing, and contributing members of society.

2. The level of Sports Commitment of the Athletes in Team Sports:

Table 7
2.1 Level of Sports Enjoyment in Team Sports Athletes

Item		3	2	1	Total	Over – All Mean
1 Are you proud to tell other people that you play?	f	40	10	1	51	2.76
	%	79	19	2	100	Great Extent
	fx	120	20	1	141	High Level
2 Do you want to keep playing?	f	40	11	0	51	2.78
	%	79	21	0	100	Great Extent
	fx	120	22	0	142	High Level
3 Are you dedicated in playing?	f	35	15	1	51	2.67
	%	69	29	2	100	Great Extent
	fx	105	30	1	136	High Level
4 Are you willing to do anything to keep playing?	f	33	18	0	51	2.65
	%	65	35	0	100	Great Extent
	fx	99	36	0	135	High Level
5 Is it hard for you to quit?	f	29	19	3	51	2.51
	%	57	37	6	100	Great Extent
	fx	87	38	3	128	High Level
6 Are you determined to keep playing?	f	41	10	0	51	2.80
	%	80	20	0	100	Great Extent
	fx	123	20	0	143	High Level
7 Do you enjoy playing?	f	47	3	1	51	2.90
	%	92	6	2	100	Great Extent
	fx	141	6	1	148	High Level
8 Are you happy playing your sport?	f	48	2	1	51	2.92
	%	94	4	2	100	Great Extent
	fx	144	4	1	149	High Level
9 Do you have fun playing?	f	43	8	0	51	2.84
	%	84	16	0	100	Great Extent
	fx	129	16	0	145	High Level
10 Do you like playing?	f	46	5	0	51	2.90
	%	90	10	0	100	Great Extent
	fx	138	10	0	148	High Level
OVER – ALL MEAN						2.77 Great Extent High Level

The Table 7 (2.1) Level of Sports Enjoyment of the team sports athletes responded that in all items from 1-10 indicators received great extent and high level. Number 8 indicator “Are you happy playing your sport?” received the highest mean value of 2.92, while indicator number 5 have 2.51 still in great extent and high level resulted to 2.77 over-all mean value signifies that the team sports athletes have the highest regard to level of sports enjoyment.

Stevens *et al.*, (2021), Singapore Physical Activity Guidelines (2022) and Health Hub (2023) stated that playing team sports can help with your social and mental wellbeing while providing a powerful way to build your fitness level and reduce stress. It can reduce the levels of stress hormones in your body and trigger the release of brain chemicals like endorphins which will naturally lift your mood, to make you feel happier and more relaxed.

Table 8
2.2 Level of Involvement Opportunities in Team Sports Athletes

Item		3	2	1	Total	Over – All Mean
11 Do you think the activity is interesting?	f	38	13	0	51	2.59
	%	75	25	0	100	Great Extent
	fx	106	26	0	132	High Level
12 Do you think the activity is fun?	f	38	13	0	51	2.59
	%	75	25	0	100	Great Extent
	fx	106	26	0	132	High Level
13 Do you think the activity is fun instead of playing?	f	13	36	2	51	2.22
	%	25	71	4	100	Moderate Extent
	fx	39	72	2	113	Moderate Level
14 For you, was it difficult to choose in playing your sport over this activity?	f	11	36	4	51	2.14
	%	21	71	8	100	Moderate Extent
	fx	33	72	4	109	Moderate Level
OVER – ALL MEAN						2.39 Moderate Extent Moderate Level

Table 8 (2.2) The level of involvement opportunities of the team sports athletes responded on indicator numbers 11 & 12 with the same mean value of 2.59, with great extent and high level, while in the questions 13 & 14 received 2.22 and 2.14 respectively showed moderate extent and moderate level. The involvement opportunities only have 4 indicators, and

the over-all mean value of 2.39 represents the athletes' involvement opportunities was with moderate extent and moderate level preference, though indicators 11 & 12 have a high extent and high level responses of both 2.59, it was just about .19 difference to affect the moderate total mean value.

Table 9
2.3 Level of Personal Investment in Team Sports Athletes

Item		3	2	1	Total	Over – All Mean
15 Have you put much of your time in playing?	f	22	28	1	51	2.41
	%	43	55	2	100	Moderate Extent
	<u>fx</u>	66	56	1	123	Moderate Level
16 Have you put more effort in playing?	f	32	19	0	51	2.80
	%	63	37	0	100	Great Extent
	<u>fx</u>	96	38	9	143	High Level
17 Have you put much of your own money into playing?	f	14	30	7	51	2.14
	%	27	59	14	100	Moderate Extent
	<u>fx</u>	42	60	7	109	Moderate Level
OVER – ALL MEAN						2.45
						Moderate Extent
						Moderate Level

Table 9 (2.3) The level of personal investment of the team sports athletes responded on indicator numbers 15 & 17 with mean values of 2.41 and 2.14 respectively and manifested both with moderate extent and have moderate level, while the remaining indicator

No. 16 though with great extent and in high level mean value of 2.80, still the over-all mean value of 2.45 responded by the athletes resulted to moderate extent and in moderate level.

Table 10
2.4 Level of Social Constraints in Team Sports Athletes

Item		3	2	1	Total	Over – All Mean
18 I have to play so that I can be with my friends?	f	20	30	1	51	2.38
	%	39	59	2	100	Moderate Extent
	<u>fx</u>	60	60	1	121	Moderate Level
19 I feel I have to play to please my friends?	f	9	33	9	51	2.00
	%	18	64	18	100	Moderate Extent
	<u>fx</u>	27	66	9	102	Moderate Level
20 I feel I have to stay in my own sport because my parents have done it?	f	14	26	11	51	2.08
	%	27	51	22	100	Moderate Extent
	<u>fx</u>	42	53	11	106	Moderate Level
21 I feel I have to play to please my mom?	f	8	26	17	51	1.82
	%	16	51	33	100	Moderate Extent
	<u>fx</u>	24	52	17	93	Moderate Level
22 I feel I have to play to please my dad?	f	8	26	17	51	1.43
	%	16	51	33	100	Least Extent
	<u>fx</u>	24	52	17	73	Low Level
23. I feel I have to play to please my coach?	f	17	26	8	51	2.18
	%	33	51	16	100	Moderate Extent
	<u>fx</u>	51	52	8	111	Moderate Level
OVER – ALL MEAN						1.98
						Moderate Extent
						Moderate Level

Table 10 The indicator number 22 “I feel I have to play to please my dad?” with 1.43 mean value interpreted as least extent and low level of response, but the remaining 5 indicators have moderate extent and

moderate level with a highest mean value of 2.38, resulting the turn-out of data to 1.98 over-all mean value as moderate extent and moderate level responded by the team sports athletes.

Table 11 2.5 Level of Involvement Alternative in Team Sports Athletes						
Item		3	2	1	Total	Over – All Mean
24 Would you miss being a player if you left?	f	42	9	0	51	2.82
	%	82	18	0	100	Great Extent
	<u>fx</u>	126	18	0	144	High Level
25 Would you miss your head coach you left?	f	33	16	2	51	2.61
	%	65	31	4	100	Great Extent
	<u>fx</u>	99	32	2	133	High Level
26 Would you miss the good times you have had playing if you left?	f	47	4	0	51	2.92
	%	92	8	0	100	Great Extent
	<u>fx</u>	141	8	0	149	High Level
27 Would you miss your friends if you left?	f	40	9	2	51	2.71
	%	78	18	4	100	Great Extent
	<u>fx</u>	120	18	2	138	High Level
OVER – ALL MEAN						2.77
						Great Extent
						High Level

Table 11 (2.5) The 4 indicators in the involvement alternative received great extent and high level of responses from the athletes, highest in the indicator number 26, “Would you miss the good times you have had playing if you left?” with 2.92. And the lowest indicator, number 25 “Would you miss your head coach you left?” with 2.61 still fall with great extent and high level, the over-all mean value of 2.77 signifies the high regards of athletes to involvement alternative.

According to Lemke (2016), sport provides lifelong learning and alternative education, by taking part

in sport and physical activities students are exposed to sport’s key values, including teamwork, fair play, respect of the rules and others, cooperation, discipline and tolerance, skills that essential for future participation and professional life, and can stimulate social cohesion within communities and societies.

3. Significant differences on level of Sports Commitment of the Athletes of Individual/Dual Combative and Team Sports:

Table 12 Summary Table of Level of Sports Commitment of the Student-Athletes of Individual/Dual Combative and Team Sports:			
Level of Sports Commitment	Individual/Dual Combative	Team Sports	Total Mean Value
Sports Enjoyment	2.72 High	2.77 High	2.75 High
Involvement Opportunities	2.47 Moderate	2.39 Moderate	2.43 Moderate
Personal Investment	2.31 Moderate	2.45 Moderate	2.38 Moderate
Social Constraints	1.89 Moderate	1.98 Moderate	1.93 Moderate
Involvement Alternatives	2.70 High	2.77 High	2.74 High
Total Mean Value	2.42 Moderate	2.47 Moderate	2.45 Moderate

Table 12 is the summary results in the five (5) indicators of the level of sports commitment of the student-athletes in the individual/dual combative and in team sports with a total mean value of 2.45 interpreted as moderate level just lack .05 point to be in high extent and high level responses.

It is very important to note that in sports enjoyment and involvement alternatives indicators received high level of responses with 2.75 and 2.74 total mean value respectively for both field of sports.

Table 13
Hypothesis Test on the differences on the Sports Commitment of the student-athletes based on Events Played:

Events	Computed X^2	Tabular Value (.05)	Significant Level	Decision
Individual/Dual Combative Sports	9.48	9.49	Insignificant	Accept Ho
Team Sports	2.8	5.99	Insignificant	Accept Ho

Table 13 presents the hypothesis test on the sports commitment of athletes based on the events played using the two way analysis of variance. The table shows that in Individual/Dual Combative Sports the Computed x^2 is lesser than the tabular value of 9.49 at 5% level of significance hence, the hypothesis is accepted. There is a no significant difference on the level of sports commitment between students-athletes in individual/dual combative sports as to sports enjoyment, involvement opportunities, personal investment, social constraints and involvement alternatives. While the table also shows that in team sports the Computed x^2 is less than the tabular value of 5.99 at 5% level of significance hence, the hypothesis is accepted. There is no significant difference on the level of sports commitment as to sports enjoyment, involvement opportunities, personal investment, social constraints and involvement alternatives of the student-athletes of the locally funded university in Manila.

CONCLUSION AND RECOMMENDATION

Based on findings of the study, the following conclusions were drawn:

1. Student-athletes in team sports manifested a slight high level of sports commitment than in individual/dual combative sports. This is in terms of sports enjoyment, personal investment, social constraints and involvement alternatives. In involvement opportunities, individual/dual combative was slightly higher with 2.47 mean value compared with team sports athletes of 2.39.
2. Of the different forms of sports commitment, social constraints perceived as the lowest factor of the respondent athletes.
3. The athletes in team sports shows that they participate in their sports in their own accord compared to the athletes of individual/dual combative sports.
4. Overall, the varsity athletes of the locally funded in Manila exhibited high regard on their commitment in the factors of sports enjoyment and involvement alternatives. However in regards to involvement opportunities, personal investments, and social constraints, the respondents were only moderately affected.
 - a. Using the drawn conclusions, the following recommendations were offered:

5. The data represented that sports enjoyment and involvement alternatives greatly affect the student-athletes. Therefore, administrators should employ and use incentives and academic of occupational opportunities while keeping the players happy and interested with the sports so that their commitment will not go down.
6. The data on this research gives an outlook on what the athletes truly wants and why they are committed, thus giving useful insight for coaches to apply on their training and intervention programs. The coaches and trainers should not also pressure the athletes in winning. Sometimes athletes lose their interest on the sports because of this.
7. The athletes should focus and have a determination to his sports so that the training, time, and effort will not go in vain if they strayed from their sports. The training program of the athletes should have a mental and emotional motivation so that the athletes remain committed to the sports by heart and determination.
8. For future researchers, it is suggested that further research and investigation be done on a wide scale with other variables such as level of skills, experience and relationships among other variables.

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