

Exploring the Psychological Benefits of Team Sports in Physical Education Programs

Eleanore Mitsu S. Delito

Faculty, College of Teacher Education, Surigao del Norte State University, SurigaoCity, Philippines

Abstract: *This study delves into the substantial psychological advantages that stem from active participation in team sports within physical education programs. Drawing upon data from 80 student participants, the quantitative investigation illuminates the transformative impact of team sports across a spectrum of dimensions. Most notably, involvement in team sports is associated with a noteworthy amplification of self-esteem, underscoring its role in fortifying individual self-assurance and self-value. Furthermore, team sports notably elevate social interaction and cultivate profound relationships, effectively mitigating sentiments of isolation. Impressively, participants report reduced stress levels and a comprehensive enhancement in psychological well-being, highlighting the stress-reduction dividends of team sports. The cultivation of crucial life skills such as leadership and adaptability further accentuates the holistic personal growth nurtured through team sports. In addition, the findings hint at potential academic and cognitive advantages, with participants exhibiting augmented cognitive faculties and heightened concentration. This study underscores the fundamental contribution of team sports in fostering holistic student development within educational settings, delivering invaluable insights for educators, policymakers, and researchers alike.*

Keywords: team sports, psychological benefits, physical education programs

REFERENCES

- [1]. Christiansen, L. B., Lund-Cramer, P., Brondeel, R., Smedegaard, S., Holt, A. D., & Skovgaard, T. (2018). Improving children's physical self-perception through a school-based physical activity intervention: The Move for Well-being in School study. *Mental Health and Physical Activity, 14*, 31-38.
- [2]. Ugwueze, F. C., Agbaje, O. S., Umoke, P. C. I., & Ozoemena, E. L. (2021). Relationship between physical activity levels and psychological well-being among male university students in South East, Nigeria: A cross-sectional study. *American Journal of Men's Health, 15*(2), 15579883211008337.
- [3]. Ayala, E. E., Omorodion, A. M., Nmecha, D., Winseman, J. S., & Mason, H. R. (2017). What do medical students do for self-care? A student-centered approach to well-being. *Teaching and learning in medicine, 29*(3), 237-246.
- [4]. Eime, R. M., Young, J. A., Harvey, J. T., Charity, M. J., & Payne, W. R. (2013). A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport. *International journal of behavioral nutrition and physical activity, 10*(1), 1-21.
- [5]. Bowman, S. L., & Lieberoth, A. (2018). Psychology and role-playing games. *Role-playing game studies: Transmedia foundations, 245-264*.
- [6]. Poulsen, A. A., Ziviani, J. M., Cuskelly, M., & Smith, R. (2007). Boys with developmental coordination disorder: Loneliness and team sports participation. *The American Journal of Occupational Therapy, 61*(4), 451-462.
- [7]. Glaw, X., Inder, K., Kable, A., & Hazelton, M. (2017). Visual methodologies in qualitative research: Autophotography and photo elicitation applied to mental health research. *International journal of qualitative methods, 16*(1), 1609406917748215.
- [8]. Gratton, C., & Jones, I. (2004). *Research methods for sports studies*. Routledge.

- [9]. Rogers, H. B. (2016). *The Mindful twenty-something: Life skills to handle stress... and everything else*. New Harbinger Publications.
- [10]. Paikkatt, B., Singh, A. R., Singh, P. K., & Jahan, M. (2012). Efficacy of yoga therapy on subjective well-being and basic living skills of patients having chronic schizophrenia. *Industrial psychiatry journal*, 21(2), 109.
- [11]. Bailey, M. L. (2011). *Parenting Your Stressed Child: 10 Mindfulness-based Stress Reduction Practices to Help Your Child Manage Stress and Build Essential Life Skills*. New Harbinger Publications.
- [12]. Dyson, B., Griffin, L. L., & Hastie, P. (2004). Sport education, tactical games, and cooperative learning: Theoretical and pedagogical considerations. *Quest*, 56(2), 226-240.
- [13]. Attle, S., & Baker, B. (2007). Cooperative learning in a competitive environment: Classroom applications. *International Journal of Teaching & Learning in Higher Education*, 19(1).
- [14]. Yew, E. H., & Schmidt, H. G. (2009). Evidence for constructive, self-regulatory, and collaborative processes in problem-based learning. *Advances in health sciences education*, 14, 251-273.
- [15]. Huml, M. R., Gellock, J. L., & Lecrom, C. W. (2020). College athletes and the influence of academic and athletic investment on sense of belonging. *Journal of Amateur Sport*, 6(2), 43-72.
- [16]. Soria, K. M., Boettcher, B., & Hallahan, K. (2022). The effects of participation in recreational activities on students' resilience and sense of belonging. *Recreational Sports Journal*, 46(2), 184-192.
- [17]. St-Amand, J., Girard, S., & Smith, J. (2017). Sense of belonging at school: Defining attributes, determinants, and sustaining strategies.
- [18]. Khandare, R. B. (2023). The Effectiveness of Physical Activity Interventions for Reducing Stress in College Students. *Rivista Italiana di Filosofia Analitica Junior*, 14(2), 752-756.
- [19]. Uluoz, E., Toros, T., Ogras, E. B., Temel, C., Korkmaz, C., Keskin, M. T., & Etiler, I. E. (2023). The Impact of Sustainable Exercise and the Number of Pregnancies on Self-Efficacy, Self-Esteem, and Assertiveness Levels in Pregnant Women. *Sustainability*, 15(11), 8978.
- [20]. Rocheleau, C. A., Webster, G. D., Bryan, A., & Frazier, J. (2004). Moderators of the relationship between exercise and mood changes: Gender, exertion level, and workout duration. *Psychology & Health*, 19(4), 491-506.
- [21]. Friend, J., & Hickling, A. (2012). *Planning under pressure*. Routledge.
- [22]. McCubbin, H. I., & Patterson, J. M. (2014). The family stress process: The double ABCX model of adjustment and adaptation. In *Social stress and the family* (pp. 7-37). Routledge.
- [23]. James, E. H., & Wooten, L. P. (2010). Leading under pressure. *From Surviving to Thriving Before*.