



“PHYSICAL EDUCATION OR NOT?” THE PSYCHOLOGICAL EFFECTS OF PHYSICAL ACTIVITIES ON COLLEGE STUDENTS

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Abstract:

For many years, many studies have shown the purpose of physical activity as a medium to improve one's physical health. However, it does not have enough studies on how physical activity can benefit an individual's psychological well-being. Although some researchers say physical activity can help reduce stress, people still wonder whether physical activity correlates with psychological well-being. This study stated that physical activity is considered one of the most important aspects of an individual's life. It stands as a firm block in improving general well-being and helps individuals feel motivated and relieved from stress. This study utilized the descriptive qualitative design and purposive sampling following the key informant interview, where the data is required straightforwardly from 25 people who encounter the phenomenon being investigated. They also applied code reliability thematic analysis in interpreting the data collected and distinguished common themes, topics, ideas, and meaning patterns, which resurface consistently in the interview session. Moreover, this research's key findings present the effectiveness of engaging in physical activity and considerations that can increase the benefit of improving one's psychological aspect.

Keywords: physical activities, psychological benefits, reduce stress, Davao City, Philippines

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1. Introduction

Students nowadays are experiencing stress due to the unexpected changes in education, from the conventional type shifting to the online class (Cagula, 2020). During the early phase of the pandemic in the Philippines, one-fourth of the population, students, are reported to have moderate-to-severe anxiety and depression, which are heavily prone to psychological impact (Tee *et al.*, 2020). According to their article, factors such as gender, age, civil status, schoolwork, imposed quarantine, prolonged homestay, and reports of poor health status were significantly associated with the greater psychological impact of the pandemic and higher levels of stress. Since online classes started, students have had difficulty coping with the sudden shift of learning methods which causes physical inactivity to students who are now conducting sedentary behavior 24/7 facing their gadgets due to loads of online work tasks (Chandra, 2020). There is a report that many cases of students suffering from mental stress and anxiety are alarmingly increasing, wherein 27% percent of the population frequently feels stress and has a hard time coping, with 24% of the citizens ages 18-24 years old (Hallare, 2020). The Philippine mental health authorities received an average of 30-35 calls every day from March to May due to depression compared with 13-15 daily calls from May 2019 to February 2020. However, curiously enough, students who engage in physical activity show more positive responses to the situation than those who live a sedentary life (Calleja, 2020).

In line with this, the Department of Health (2019) stated that people engaging in physical activities tend to become brighter and more positive in life and have a low probability of acquiring depression or any psychological disorders. Physical activities, including jogging, cycling, walking, swimming, and dancing, have been determined to reduce anxiety and depression (Pluhar *et al.*, 2019). As stated by a certain study, when engaging in dancing, our body releases chemicals that help improve one's mental well-being (Sajnani *et al.*, 2017). Increasing the heart rate can reverse stress-induced brain damage by stimulating the production of neurohormones like norepinephrine, which improves the cognition and mood of a person and improves the mind that is clouded by a lot of stressful events (Charles, 2020). Participation in physical activity has been shown to produce positive moods and increase general psychological well-being and life satisfaction (Sanchez *et al.*, 2021).

This present study is anchored by Self-Determination Theory (SDT) as the main theory because it examines the intrinsic and extrinsic sides in understanding the psychological factor and how it motivates and is affected by physical activity (Ryan *et al.*, 2007). To further focus on the psychological variable, the cognitive evaluation theory and the basic psychological needs theory will be utilized as supporting theories in analyzing the results (Ryan & Deci, 2009). The present study will use the post-positivist worldview wherein the causes determine the outcomes and effects. Also, the post-positivist worldview has a reductionist nature that reduces ideas into a small and discrete set that needs testing (Creswell, 2008).

Physical activity is described as a behavior that involves body movement that results in a psychological attribute that includes increasing energy expenditure and improving physical fitness (Alricsson, 2013). Physical activity designates specific benefits such as reducing the likelihood of different types of cancer, chronic diseases, premature deaths, and mental health improvement (Lu & Hwang, 2020). Physical activity has been recognized as a significant lifestyle factor in preventing and delaying muscle loss and obesity due to aging (Lee *et al.*, 2016). A study that aimed to use aerobics shows the significant effect of physical activity in improving one's sense of self-efficiency and psychology (Gilani & Feizabad, 2019). The available research recommends that increasing physical condition or improving fitness facilitates an individual's capacity to deal with stress. Participants in this study expressed how partaking in physical activity had an overall pleasing effect and was effective in lessening anxieties and stress (Lee and Kim, 2016). It shows that physical fitness reduces the psychological response to psychological stress (Belle *et al.*, 2019).

In its literal sense, the psychological aspect refers to anything that pertains to the mind's involvement, especially as a function of awareness, feeling, or motivation. In its operational definition, psychological benefits are among the many positive feedbacks the body gives because of physical activities. While one's immune system improves the apparent effect of physical activities, such activities' psychological impacts are unknown. The psychological benefits that bring positive effects are stress relief, increased festive mood, reduced mental fatigue, improvement in concentration and focus, and aggression reduction (Brymer *et al.*, 2014). Similarly, physical activities impact psychological variables, including improved self-esteem and self-concept, anger-management issues, depressive symptoms, and anxiety (Malhotra, 2019).

A. Relief of Stress

A study recorded a calming effect after the 20-30 minutes activity that served as their intervention for stress. That calming effect lasted for hours. This calming effect can be attributed to a psychological benefit. The neurotransmitters vital in the brain's processing are affected and improved by physical activities (Jackson, 2013).

B. Increase in the Positive Mood

In its operational sense, a positive mood is the predominant emotion or mood noted to last longer than other mood changes. After a single engagement in physical activities, mood improvement is recorded. Although less is known in the successive activities, mood-lifting proves to be a psychological factor, precisely, a benefit. (Dubnov & Berry, 2013).

C. Concentration and Focus

Concentration requires using a person's psychology towards itself; thus, it is a challenging practice (Silverman & Deuster, 2014). In the study context, regular exercises are associated with concentration and focus because mental preparation is required to

engage in physical activities. With physical activity, focus and concentration are then practiced improved, and used in practical circumstances.

The connection of physical activity towards the psychological aspect of a person. Some studies have proven the effectiveness of physical activity in bringing psychological benefits to the group. As mentioned above, it could lessen anxiety disorders and uplift someone's mood. A solid connection has been found between mental and physical health (Ohrnberger, Fichera & Sutton, 2017). The latter discover solid cross-impacts among physical and psychological wellness, even in controlling for confounders.

On the other hand, a six-week intervention was conducted in the 128 college students randomly assigned to an experimental or waitlist group (Deckro *et al.*, 2002). The results significantly reduce psychological distress states, anxiety and perceived stress. Another study addresses this issue, wherein 39 participants aged 67-85 years old in Italy were involved (Delle Fave *et al.*, 2018). The study aimed to tackle and evaluate people's mental health within the age range mentioned and how physical inactivity relates to their mental health status. The evaluation includes the Mental Health Continuum-Short Form, Emotion Regulation Questionnaire, and the Satisfaction with Life Scale was used.

All the related studies by Deckro *et al.* (2002) and Delle Fave *et al.* (2018) indicated how physical activity used as an intervention for improving a person's psychological well-being had proven the effectiveness of mood-boosting, self-efficacy, stress reduction, and lowering anxiety distress. However, although some studies say physical activity can help reduce stress, people still wonder whether they correlate physical activity to psychological well-being. There are still many debates about whether it can bring a huge benefit or effect on a person's psychological aspect (Wike, 2015). Thereby, this existing study shall make a specified contribution and add to the co-existing knowledge about the relationship between physical activity and psychological aspects. In these circumstances, the researchers would like to investigate whether physical activity can affect the psychological aspect, what particular activity is more helpful, and the primary considerations in choosing a physical activity.

The significance of this study is to provide information regarding the psychological benefits of physical activity to students, teachers, people of the community, curriculum writers, and future researchers. Students are most likely to encounter different stressors because of their studies. This research will help them cope with stress through physical activity assistance. Also, this information brings convenience to the community's people by teaching them how to manage stress and what activity is effective in relieving psychological stress. This study will also benefit the curriculum writers and teachers to develop new and revised instructional materials for school districts. It can spread awareness about the significance of physical activities and their benefits. This can become their guide to innovating strategies and techniques to handle their students inside the classroom. Finally, this study will help future researchers who want to use this as a basis for their forthcoming paper to explore similar content.

This study aims to identify the benefits and significance of physical activity on the learner's psychological aspect. Specifically, the researchers aimed to answer the following questions:

- What are the psychological benefits of physical activity?
- What particular physical activities relieve the respondents from stress?
- What are the primary considerations in selecting a physical activity to engage in?

2. Method

2.1 Participants

The interview participants are 25 students who must be a bona fide Bachelor of Physical Education (BPE) college student at a private school in Davao region, enrolled in the recent semester in the school, and must be 18 years old and above and lastly, usually engaged in physical activities. While for the exclusion would be the students who are not willing to participate in the interview and those who are not into physical activity. After gathering all of the responses to the interview questions, the researchers found out that some of the participant's answers have similarities with the same thoughts and ideas. As a result, out of 25 participants, only 14 of them are left due to data saturation. In this part of the study, the researchers used purposive sampling. The identification and selection of people or groups of persons who are particularly knowledgeable about or acquainted with a topic of interest is the goal of this process (Palinkas *et al.*, 2013). Purposive sampling allows them to extract enough details to have a great deal of data from the information that they have gathered. Supposedly, the researchers specifically target only first-year college students, but only a few first-year students can be reached during the data-gathering process. Hence, this results in the insufficiency of the target number of participants. Therefore, with the adviser's approval, the researcher changes the scope from first-year BPE students to the whole year level.

2.2 Materials/Instruments

The researchers used a Google Form to gather the participant's consent and signatures. Afterwards, considering how we are in a pandemic, the researchers interviewed the participants using their constructed research interview questions, aided by video conferencing such as Google Meetings and an alternative option through messenger recording. In this way, the researchers employed the interview even without meeting with the participants personally.

2.3 Design and Procedure

This study used the descriptive qualitative design. The data is required straightforwardly from those who encounter the phenomenon being investigated and is very important where time and assets are restricted (Bradshaw *et al.*, 2017). Following the methodology, the researchers served the sole purpose of being the investigator to maintain the results' objectivity and ensure the study's credibility. Hence, the approach to use is etic.

Before asking the questions provided during the interview session, the researchers gave brief instructions and an introduction to the interview process to the participants. The researchers mentioned that since it is a virtual interview and the meeting is recorded, the latter guarantees that the respondent's answers and information will stay confidential. The students can answer the question in the language that they prefer. In the interview, among the twenty-five (25) respondents, twenty-four (24) attended the conference using Google Meet. In contrast, the remaining one (1) respondent used the messenger application for the audio recording due to the disruption of the internet. Lastly, after completing all the interviews, the researchers dissect the raw data into translated written accounts to be analyzed and interpreted later.

In analyzing the data gathered, the researcher used the response matrix to tabulate the raw data from the interview and afterwards arrange it systematically. They applied the coding reliability thematic analysis in interpreting the data collected and distinguished common topics, ideas, and patterns of meaning, which resurfaced consistently in the interview session and later on used this to generate themes for the table. The goal of the coding process is to prioritize "reliable" data coding or recognize "correct" codes/themes within the data (Sud, 2020). Therefore, it becomes the premise for a conclusion or answers to the research question.

The researchers ensure that the study's findings are honest and credible through the use of Google Forms as an alternative way to ask for the respondent's permission and details to ensure trustworthiness. The researchers ensured that the study's findings were consistent and repeatable for dependability and conformability. It guarantees that this will come up with similar discoveries, interpretations, and conclusions about the data. Transferability demonstrates that the research study results may be applied to different locations, circumstances, times, and people. Objectivity ensures that the researchers' findings depend on nature rather than personal beliefs and values.

3. Results and Discussion

Physical activity is mostly used as an instrument to improve and develop one's health to avoid the cases of having different diseases such as diabetes, cancer, and cardiovascular illnesses. Aside from avoiding these kinds of diseases, physical activity also has certain effects on a person's psychological aspect (Brymer *et al.*, 2014). This study serves as a pleasant tool that can help improve one's mood, promote positive feelings, enhance academic mindfulness, and work as a coping mechanism to relieve stress and boost one's confidence, which affects the important factors in the life of individuals.

Table 1: Psychological Benefits of Engaging in Physical Activity

Essential Theme	Subthemes	Core Ideas
Improves One's Mood	<ul style="list-style-type: none"> - Improve one's disposition - Relax and reset the mind 	<ul style="list-style-type: none"> - Revamp vitality and frame of mind - Lessen burnouts - Unwind oneself - Psychological Time-out - Loosen up a frame of mind
Promotes Positive Feelings	<ul style="list-style-type: none"> - Secrete endorphins - Builds peace of mind - Gaining a sense of fulfillment - I am motivated in difficult times. 	<ul style="list-style-type: none"> - Confer delightfulness - Recuperate emotionally worn out - Improve mental coordination - Initiates meditation - Release positive energy - Sense of fulfillment - Mind becomes spirited - Promotes motivation
Enhances Academic Mindfulness	<ul style="list-style-type: none"> - Outstanding output - Active and attentive - Increase eagerness - Concentrate and focus - Stimulates the brain to function 	<ul style="list-style-type: none"> - Improve academic accomplishment - It helps lessen the pressure - Recharges the mind - Willingness to learn - Grants concentration and focus - Helps rearrange ideas - Mind becomes innovative
Coping Mechanism to Relieve Stress	<ul style="list-style-type: none"> - Stress reliever - Coping strategy 	<ul style="list-style-type: none"> - Relieve stress - Temporary distraction - Liberate negative disposition - Coping mechanism
Boost One's Confidence	<ul style="list-style-type: none"> - Boost confidence and cognition - Enhances body image 	<ul style="list-style-type: none"> - Boost the confidence in physical ability - Improve the body image

3.1 Improve One's Mood

This refers to how physical activity can be a way to help people lighten up their moods when feeling stressed. Engaging in physical activity can effectively improve an individual's mood. In a way, it helps refresh one's frame of mind and, at the same time, lessens the probability of feeling stressed and irritated due to external factors. Students who involve themselves in physical activity decrease the probability of acquiring negative moods compared to those who engage in a sedentary lifestyle.

3.1.1 Improve One's Disposition

Improving the mood refers to enhancing or lightening up the frame of mind of an individual. When asked about a certain effect that physical activity brought to the psychological aspect of the participant, mostly answered about how engaging in a specific activity can help uplift mood and become an outlet to vent out. Due to the overwhelming workloads and responsibilities in school and other areas, students are prone to feeling easily irritated and sensitive to their surroundings. Hence, these people are searching for a release to help improve their mood. Some students said that this had become a mechanism for mood changes.

"Akoang mood wherein ang akong stress ma convert siya into anger towards my family like kanang naay mag surang surang saako naay magstorya saako murag nawala siya kay syemre mauplift man akoang mood. like makadala siyag joy mawala imohang stress na maghuna2 saimohang buhatunon, maghuna2 sa problema na pd like unsa na puy answeron nmo murag inana gd. makauplift jd siya sa mood nimo." (R1_P1)

"My mood from before, wherein I was so stressed to the point where it converted into anger toward my family, will vanish because it uplifts my mood. It brought joy, and all the stress from all the responsibilities you have will also diminish." (R1_P1)

3.1.2 Relax and Reset the Mind

A psychological effect of physical activity that sets the mind at rest and is not burdened by external stressors. Usually, when a person keeps their body active, it is not just the body that releases stress and tension but also the mind. It is indicated that exercise may benefit the brain by enhancing mental factors, thereby contributing to improved mood and cognition, resulting in the mind being in a relaxing state. The respondents answered that physical activity could help both body and mind rest and reset when feeling stressed. Some also mentioned that physical activity could help them feel light and at ease and not have a stressful day ahead.

"While engaging physical activity it could help our body and mind, your psychological aspect nga mukuan sa mag pahuway sa. Makapuhway atong utok like mag reset atong mind nga like after engaging aning activity mas naa atong mood nga mag study and mag focus." (R13_P4)

"While engaging in physical activity, it could help your body and mind, your psychological aspect to be able to rest on. It can relax our brain like reset our mind." (R13_P4)

Participation in physical activity has been shown to produce positive moods and increase general psychological well-being and life satisfaction (Sanchez *et al.*, 2021). In its most basic meaning, a positive mood is a dominating emotion or mood that lasts longer than other mood shifts (Dubnov & Berry, 2013). As mentioned in the introduction, a solid connection has been found between mental and physical health (Ohrnberger, Fichera, and Sutton (2017). Another study mentioned that these psychological benefits include increased festive mood, reduced mental fatigue, and aggression reduction (Brymer *et al.*, 2014). Although little is known about the subsequent activities, mood-lifting seems to be a psychological aspect, specifically, benefitting an individual.

3.2 Promotes Positive Feeling

This is one of the benefits of physical activity and how it brings good effects to secure having positive emotions and a better state of mental health—participating in physical activities releases endorphins, which are natural happy boosters released as a result of

exercise. The proportion of students stated that physical activity provides a positive outcome, such as enthusiasm to persevere, positive emotional well-being, and life satisfaction.

3.2.1 Secrete Endorphins

Physical activity is beneficial because it causes a chemical reaction to hormones that causes one to feel happy for a while. Stimulating the heart rate will produce a hormone that influences mood and emotions. In this study, some students explained how engaging in physical activity results in secreting a hormone called endorphin that causes a positive feeling to oneself. According to several students, feelings of joy, happiness, energy, and enjoyment often affect after doing a specific activity.

"So, every time we do physical exercises, may hormones na lumalabas rerelease, which can improve our mood po. which can lead to a good mood ta, and I have observed din po every time po na mag engage pd kog physical activity." (R2_P1)

"So, I know that every time we do physical exercises, these hormones will be excreted or released, which can improve our mood. This can lead to a good mood, which I have observed every time I engage in physical activity." (R2_P1)

3.2.2 Builds a Peace of Mind

Refers to the psychological effect of having a state of mind of peace and security. This phenomenon releases tension in the mind and body, causing one to feel refreshed and gain peace of mind. When the respondents carry out a specific physical activity, they said that physical activity could help them think properly and organize things. Others also stated that it serves as meditation, for it helps them organize things and grants the feeling of peacefulness.

"I am a student and working its somehow important din yung na magkaroon din tayo ng time sa physical activity cause it does not only affect our physical appearance or physical aspect of our body, but it also gives us it also helps our mind and psychological aspect na mas stable yung thinking mo it gives you a peace of mind, it gives you a meditation na di ka ma stress sa mga butang." (R4_P1)

"I am a student. I also work, so it is somehow important to lend some time for physical activity because it not just affects or changes our physical appearance or aspect of our body. Still, it also helps our mind and psychological aspect think more stable and gives you peace of mind. It also brings meditation so that you will not feel stressed over some things." (R4_P1)

3.2.3 They Were Gaining a Sense of Fulfillment

A sense of fulfillment defines satisfaction when a person achieves their goals. The interviewees answered that physical activity motivates them to keep going and have a positive attitude when dealing with their tasks. Several respondents added that having peace of mind helps free negativities and accomplish tasks properly, giving a feeling of fulfillment.

"Opo, naa siyay kanang difference kaayo especially after nako na maengage into physical activity or akoang mga sayaw2 physical movement after nako madone kay didto naay murag kanang fulfillment na kanang didtoa jd ko sa positive na area saakoang perspective wala ko sa negative na nagadagan2 saakong utok so dako jd kaayo siyag difference." (R5_P5)

"Yes, there is a difference, especially after I engage in physical activity. After I'm done dancing, there is this sense of fulfillment that will enter, and that keeps me having a positive mind and not dwelling on the negative perspective so there is a big difference." (R5_P5)

3.2.4 Motivated in Difficult Times

Refers to how physical activity can encourage a person when in a tough situation. There are a lot of benefits that physical activity can give a person, like providing them the sense of motivation that would encourage them to feel comfortable to improve, do better and exert excellent portions. Some interviewees mentioned that physical activity would help them feel motivated at difficult times.

"I felt the improvement, I feel comfortable and doing excellent portions in everything that I do because physical exercises help me motivated at times of difficulties in which I could exert my moods properly." (P10_P5)

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Physical activity is one of the most important things a student can do to improve their mood. Many positive feelings were identified, born out of engaging in physical activities. Additionally, it lowers stress levels, helping us all feel better. It generates endorphins, the body's well-known "feel-good" hormone released by the brainstem, making a person feel happiness and euphoria (Sanchez *et al.*, 2021). This theme is supported by the Broaden and Build Theory of Positive Emotions, supporting the statement that positive emotions serve to broaden individuals' instantaneous thought-action repertoires, thereby contributing to optimal health and functioning (Fredrickson, 2005).

3.3 Enhances Academic Mindfulness

Surprisingly, physical activity's effect is not just limited to the physical and mental aspects alone but can also influence one's engagement with academics. Engaging in the former can boost energy and liveliness, improving academic behavior. Students attested that being physically active can help improve one's creativity for school work. This just means that engaging in physical activity can improve a person's psychological well-being and help improve one's performance and output in school.

3.3.1 Outstanding Output

Outstanding output refers to the benefits of executing physical activity as it helps achieve one's goals. The participants mentioned that physical activity has many benefits, including encouraging those people to be motivated and energized in everything. Physical activity would be a great assistance to produce excellent output and reach one's goal. This idea is reiterated in the following response:

"Physical activities can manage me to be effective, to create an open sphere with every single subject that I take that can easily motivate me to produce excellent outputs and to obtain my goals as well." (R10_P4)

3.3.2 Active and Attentive

The state of mind is focused and engaging in a certain area of academics. Based on the responses, physical activity helps the individual in regards to their academic performance since engaging in activity helps make a person not feel easily tired and sleepy. The participants also stated that physical activity boosts their willingness to study and learn.

"So physical activities improve our academic performance because when we do exercise our body will improve as well as our mind. So if this mga physical activity refreshes our mind so atong brain naga function siya kanang very well, physical activity can give you concentration and focus." (R6_P4)

"So physical activities improve our academic performance because when we exercise our body, it also improves our mind as well. So, if these physical activities refresh our minds, our brains will also function very well. Physical activity can give you concentration and focus." (R6_P4)

3.3.3 Increase Eagerness

Defines the sense of being energetic and enthusiastic when working on something. When interviewees talk about their experiences involving physical activity, some indicate how physical activity assists a person in loosening up and brightening their moods. It was speculated that this would increase the desire of an individual to study and learn. When

the mind is at ease, and the brain has refreshed, this results in working properly. The following response affirms this:

"It gives you peace of mind and it gives you a good mood with that it gives you uhh kung бага it vacant your mind from any other things na makastress sayo and then when you do academic things it ughh kumbaga parang maano mo siya maacquire mo yung knowledge na need mo kase you are having this peace of mind na and good mood na makakapagstudy ka and makakalearn ka yun po." (R4_P4)

"When you do physical activity, it brings you peace of mind and a good mood. With that, it helps you free your mind from any other things that can give you stress. So as a result, when you do academic things, you can easily acquire the knowledge you need due to having this peace of mind and good mood that can boost your willingness to study and learn." (R4_P4)

3.3.4 Concentrate and Focus

Another psychological benefit of physical activity is that it promotes relaxation and settles the mind, making it easier to focus on a certain task. The majority of interviewees believe that engaging in physical activity can help them focus on their academic tasks. They also included that this becomes a natural booster of energy to be active and gain a sense of accomplishment.

"After engaging any activity mas naa along with mood nga mag study and mag focus." (R13_P5)

"After engaging in our activity, we are more in the mood to study and focus." (R13_P5)

3.3.5 Stimulates the Brain to Function

This psychological effect is brought by physical activity that revitalizes the mind to work at its peak, generating creative ideas and the likes. Interviewees mention how physical activity can help keep both mind and body active for quite a while. This has a cumulative effect on academics, stimulating the brain to work properly due to feeling refreshed and recharged after engaging in physical activity. As a result, some students mentioned that this helps generate new ideas for answering assignments, and it can help improve their academic performance.

"Doing physical activity, it's like ang akoang kanang pagka mentally drained because of acads kay kanang murag makuwaan tapos like gina improve gud niya kay dili kay ko mapressure everytime I do physical activity its like malimtan noon nako akoang mga responsibilities as a student and at the same time kanang murag gina recharge ko in doing my academic activities that's why." (R3_P4)

"Doing a physical activity helps me improve being mentally drained, and it also helps me to ignore for a moment the pressure of having responsibilities, and it helps me recharge so that I can keep on doing my academic activities." (R3_P4)

The effect of physical activity on improving one's eagerness for academic success is apparent. Physical activity can bring a surprising benefit not just in the psychological aspect but also in academics. A certain study found conclusive results for academic achievement and anger control as part of physical activity's psychological benefits in their paper "Effects of Physical Activity on Psychological Variables in Adolescents" (Kohl, 2013). In this paper, students mention the advantages of enhancing the interviewees' academic mindfulness. With physical activity, focus and concentration are then practiced and improved, which can be used in practical circumstances such as academics (Reigal *et al.*, 2020).

3.4 Coping Mechanism to Relieve Stress

When asked about the particular psychological benefits of physical activity, many people would answer that this is a coping mechanism for stress. Students used this as a distraction to keep their attention away from their problems, making them forget and be happy for a while. However, although this is said to elevate a person's stress effectively, it only lasted for a short time interval. Still, if a person regularly engages in physical activity, this would have an enormous effect that can last longer on one's general well-being.

3.4.1 Stress Reliever

This benefit describes the notion of freeing from the burden of removing unpleasant feelings or situations. The majority of the interviewees answered that engaging in physical activity is considered a stress reliever for the students. However, a certain participant firmly believes that despite this becoming the outlet to relieve stress, it still stands as a temporary stress reliever to forget school problems. It only gives temporary relief for him, but afterward, it doesn't change his overall situation.

"Murag, for me lang ah, for me lang, murag wala siyay effect kay kanang murag ginabuhay lang man nako ang mag physical activities ng ing ana kung naa ko sa mood, kung gahana ko ana gud or kung naa akoang friends." (R11_P5)

"For me, I don't think it has an effect since I only do physical activities if I'm in the mood and when I'm with my friends. I can forget things, and it stands as my temporary stress reliever." (R11_P5)

3.4.2 Coping Strategies

Physical activity is the medium for managing a stressful event in a person's life. The research participants mostly answered that executing physical activity can stand as a

coping mechanism, as it helps draw out depression, anxiety, and other negative dispositions. This also brings a good effect, such as it can lessen the negative mood and alleviate the feeling of anger. This is reflected in the following response:

"And in my own opinion sad murag nakawala siya saako ug depression, anxiety so mao ni ang akoang coping mechanism if i have problems murag giagi nako siya sa sports or physical activities." (R8_P1)

"And in my opinion, it also draws out depression and anxiety, So, this has become my coping mechanism if I have problems." (R8_P1)

There is already a widespread amount of information about how physical activity can be a method to avoid a sedentary lifestyle. Still, some research studies dig into how it can also be a means to keep away from pressure (Cuberos *et al.*, 2019). Moreover, it was also stated that physical activity could relieve stress. In this study, physical activity served as a coping mechanism that helps people get through difficult situations while maintaining their emotional health. As supported by the self-determination theory, it states how a person's action is motivated by an intrinsic and extrinsic factor (Deci & Ryan, 2009). In this case, the respondents indicated how they likely engage in physical activity to remove the feeling of stress and frustration. Which later results in relief and has become a coping mechanism described as the inherently rewarding feeling that improves one's happiness and vitality (Longhurst, 2019).

3.5 Boost One's Confidence

The majority of people suddenly engage in physical activity is to lose weight or for aesthetic reasons. Others might not notice, but the effects brought by this activity can be linked to boosting one's confidence. Students during lockdown are very inclined to work out to achieve their desired glow-ups. Achieving their desired weight and shape does not just help them lose the pounds and gain more self-esteem. This would result in having a positive mood and lessening the tendency of self-pity and depression.

3.5.1 Boost Confidence and Cognition

This category pertains to the idea that physical activity helps improve one's self-assurance in an individual's physical, social, and cognitive areas. Another big benefit that physical activity brings to a person is improving their confidence. Several students indicated how physical activity helps them have confidence in themselves and their capabilities. This helps so that most of these activities evoke interaction with one another. As a result, this practices their interpersonal skills; hence, the students' answer to physical activity boosts their confidence and cognition.

"Like na boost jd akoang confidence after I join these physical activities compared before na murag maulawon pa kaayo ko dako jd kaayo siyag impact saakoa ba like dili kaayo ko into social interaction but after nag join ko nidako jd akong confidence." (R8_P5)

"It made a huge impact on me like I'm not really into social interaction, but then my confidence increased today compared to when I didn't participate in any physical activity." (R8_P5)

3.5.2 Enhances Body Image

This refers to how physical activity can help improve a person's body and how one perceives oneself. According to one interviewee, frequent exercise positively impacts one's health and brings physical fulfillment. It improves one's self-esteem as well as self-worth.

"To improve the body image and improve the confidence in your physical ability." (R9_P1)

Table 2: Categories of Physical Activities by Respondents

Categories	Activities
Individual & Dual Sport	- Table Tennis - Badminton
Recreational Activity	- Dancing - Meditation - Engage in camping - Playing guitar - Swimming - Larong Pinoy (Philippine Traditional Games)
Exercise	- Household chores - Core Exercises - Walking - Planking - Weighting - Stretching - Splits - Jogging
Team Sports	- Volleyball - Basketball

Regular physical activity improves one's body image, which helps people feel more positive about themselves. In this study, physical activity can help boost one's confidence by collaborating with colleagues and seeing the results. It can increase one's self-esteem. It is said that physical activity can improve and boost self-esteem for some time (Sani *et al.*, 2016). This can stop and prevent mental illness, flourish positive emotions, and guard individuals against life stresses (Faulkner *et al.*, 2015). Thus, this established how exercise benefits mental health by enhancing a person's self-confidence and cognitive performance.

Many studies have already attested to the authenticity of physical activity in bringing psychological benefits to oneself. As a result, it shows an improvement in one's mental aspect. The researchers mentioned several physical activities that effectively remove stress based on the respondents' own experiences in this study. Activities such as individual and dual sports, team sports, recreational activities, and exercise are often mentioned based on the data collected.

3.6 Individual and Dual Sport

One of the most suggested activities that can successfully relieve stress is the individual and dual sport because it has a great impact on the mental aspect of a person. The students chose this specific activity, tennis and badminton, for it helps free the psychological burden they are feeling and satisfies one's demand for the release. Moreover, the students mentioned that hitting the shuttle cock and ball helps relieve stress.

3.6.1 Table Tennis

It is a kind of paddle sport that is played indoors. An interviewee picked this kind of activity because it is something that she is used to. In addition, this kind of sport had already become her investment, and being an athlete is already part of her lifestyle. Lastly, this specific physical activity had become her habitual release activity.

"So far saakoa jd is mao na jd siya playing my sport (table tennis). dira naman jd siya mao na jd siya ang natrain saakoa na once na wako kasabot, naglagot ba ko or naa ba koy ginamhuna huna na di maayo nisantok saakong utok na wako kasabot mangita kog pamaagi na makagawas ko makadula ko, makapanghagit ug dula kana." (R1_P4)

"So far, for me, it is playing my sport (table tennis). I cannot explain because it is already ingrained in me like I was trained to do this. I cannot explain. Nevertheless, when I feel angry, contemplating over something or even confused about the things around me, I will always find ways to go out and play this, as I will try and find someone to play with." (R1_P4)

3.6.2 Badminton

A kind of racket sport is usually played using special equipment called birdies, which serve as a ball for hitting. Based on the students' responses, some chose badminton sports because this can brighten up and improve their mood. Since badminton became their hobby, playing this sport helps the participants release stress.

"Siguro is badminton. opo since uh hh ambot lng pd kay everytime na maghapak kog shuttlecock murag tanan tanan nako na stress diraa ma release akong stress. mao sd na akoang gikaugalian po na everytime human nako sa sem or naa koy week na grabe ka stress maglaan jd kog time na magadto ug court ug magdula jd ug badminton." (R2_P4)

"Maybe badminton. Yes, because ever since I remember, every time I smash the shuttlecock, it's like all of my stress will be released through that hit. That has also become a custom to me that every time I am done with the semester or have a very stressful week, I always lend time to go to the court and play badminton." (R2_P4)

According to the article "Mental Benefits of Individual Sports," individual sports necessitate mental toughness. They enable a person to set personal goals, manage stress, boost self-esteem, and increase focus (Ahern. 2021). Increasing the heart rate can reverse stress-induced brain damage by stimulating the production of neurohormones like norepinephrine, which improves the cognition and mood of a person and improves the mind that is clouded by a lot of stressful events (Charles, 2020).

3.7 Recreational Activity

Recreational activities are those kinds of activities that help people's minds to be calm and organized. Usually, activities under this category include dancing, meditation/yoga, playing guitar, and others that promote fun and leisure. Hence, when one engages in recreational activities, this has a major effect in boosting a person's mental state. This is why students are more likely to choose this, as it is very effective and authentic.

3.7.1 Dancing

Most of the interviewees chose dancing as their stress reliever not just because they enjoy it but it is also proven to be an effective stress reliever and coping mechanism. In addition, dancing is an activity that can be easily imitated and performed at any given time and place. Hence, most of the participants included dancing as an effective activity that can improve their mood.

"Like kanang ano jud siya dancing jd siya. pagmakadungog man gud kag music bahalag dili ka hawd musayaw kanang makagood mood siya kay magsayaw2 lang ka magvibes." (R6_P4)

"For me, it's dancing. When I hear music, you don't mind if you are proficient in moving or not. It's like it makes you have a good mood because when you are dancing, you are also vibing." (R6_P4)

3.7.2 Meditation/Yoga

This activity helps the body and mind achieve calmness and a stable state. Meditation or engaging in yoga is one of the selected physical activities that a particular respondent describes. One of the reasons they chose this type of activity is because it helps calm the mind while working out the body. Therefore, it helps the participants sort out their thoughts and ideas to make a clear decision for the day.

"Katong core exercise jud kay dali sd ko pagpawisan syempre. diba since makarelease man siyag stress especially karun online class since needed jd madivert atoang hunahuna so kanang physical activity dira marelease jd akoang stress." (R4_P4)

"That is where you can organize the things you need to do. It gives you peace of mind. It gives you the organized things as long as there is no distraction to your me-time it gives you organized like you can think whatever you wanted to do and all." (R4_P4)

3.7.3 Playing Guitar

This activity refers to using and playing an instrument, usually by plucking and strumming a string, which reduces stress. A certain participant gave a unique answer to the research question: playing guitar. This kind of activity is under the recreational type alongside camping. According to her, she chooses this kind of activity because it increases her eagerness to learn something and, at the same time, brings fun and positivity by strumming the guitar strings.

Recreational activity usually stands as a natural stress reliever for people. This kind of physical activity is one of the respondent's top hobbies to improve their spirits during leisure time. A PhD health psychologist at the University of California stated that when a person engages in a recreational activity, it lowers stress levels, mood improvement, and more psychological engagement with people, which can help avoid an unhealthy lifestyle (Zawadzki, 2015). The social benefits of coming together with friends and colleagues encourage one another and pay dividends beyond exercising alone (Yorks, 2017).

3.8 Exercises

Exercise is an activity that relates to the physical aspect of a person; thus, it can also be a way to help the psychological state of an individual. People are more likely to engage in this kind of activity, for it stands as a coping mechanism and reduces the risk of depression. Moreover, household chores, core exercise, stretching, and jogging are considered a top-of-the-list strategies for respondents to avoid stress. This is most likely the way for people to care about their physical aspect, especially mental health, because it can increase their satisfaction.

3.8.1 Household Chores

Physical activity is usually done in the comfort of one's home. Mostly consist of doing minimal movements to achieve a certain goal. The interviewees mentioned that they also consider doing household chores as a physical activity because it requires the body to move. This activity doesn't demand specific skills, and everybody can do it. Other interviewees stated that doing this kind of activity is a stress reliever and makes one feel relaxed at a certain point.

"Dako jd ang contributions katong ang akong responsibility sa balay in improving my mood kay pamparelease ug stress after klase." (R5_P4)

"It brings a big contribution for my responsibility in my house because for me it not just helps have clean dishes, but it can also improve my mood and release my stress after class." (R5_P4)

3.8.2 Core Exercise

Exercise refers to the movement of the body to improve one's health. According to most interviewees, physical exercise helps people loosen up and keep their minds active and relaxed. They also believe that exercise aids the improvement of an individual's general health. Thus, people who regularly exercise are not susceptible to acquiring psychological problems.

"Syempre po gumagalaw po buong katawan ko po tapos napapaisip ko ako na, pag nag eexercise po kase ako marami akong gustong gawin kaya naiisip ko na once mag eexercise ako so pagkatapos kong mag eexercise magsagot na ako kase napawisan na ako kaya ayun po exercise po talga nagiging mas active po talaga ako kapag nag eexercise po ako everyday. kapag comfortable po ako mas nagiging productive po ako." (R7_P4)

"Of course, my whole body is moving, and it also made me want to do many things. After exercise, I can now start answering my activities because I already sweat. That's why it's the exercise because it can make me active every day, and when I am comfortable, I become more productive." (R7_P4)

3.8.3 Stretching

Stretching is a movement of extending and straightening the body to its limits to feel relaxed at some point. One interviewee stated that he used to execute stretches and splits as part of his cheer dance routine when he was younger. Thus, retaining this habit, which becomes his unique stress reliever, improves his overall physical and mental health and fitness.

3.8.4 Jogging

This kind of activity is considered to be one of the regular exercises. Jogging requires the body to run but at a low speed. Several students either choose or mention jogging as their main or sub-activities because, according to their answers, this can help clear and free the mind from problems. Therefore, this activity allows them to think stably and avoid low moods and stress.

"Jogging also helps me to improve my heart health and immune system. It helps also cope with stress and depression." (R12_P14)

"Jogging also helps me to improve my heart health and immune system. It helps also cope with stress and depression." (R12_P14)

As famous psychologists Otto and Smith (2011) mentioned, people, are aware that exercise improves physical outcomes. However, there is a lot less knowledge of mental health effects and a lot less ability to turn that awareness into exercise action. Their study indicated how this could be an effective treatment for clinical depression. It can relieve stress, reduce depression, and improve mood (Hu *et al.*, 2020). Exercise can be a technique of biological toughening up the brain so that stress has less of an influence on the central nervous system. A relieving atmosphere characterized by less tension, anger, fatigue, and high pleasantness in the expression is observed after exercising (Dubnov & Berry, 2013).

3.9 Team Sports

Team Sport is a type of activity that inspires people to engage in physical activity. In most cases, especially in a physical education class, students are encouraged to play a specific team sport alongside their peers due to its benefits. This activity does not just make a person learn a new skill; it touches on social and mental aspects. Therefore, individuals participate in the said activity because it allows them to feel relaxed and, at the same time, enjoy the activity and company of other people.

3.9.1 Volleyball

Volleyball is a kind of sport that uses a ball played by two teams that consist of 6 members in each group. The interviewee states that playing volleyball provides them comfort while playing it. The said sport, which is volleyball, gives them the feeling of relaxation and enjoyment. Additionally, this also enhances a person's interpersonal connection, building a sense of belongingness that will improve one's mental well-being.

"For me, it was volleyball is because it's a kind of passion that I been taking since I was in junior high when certain players have inspired me in what I see on tv and through that, in when I have been encountering some portion that I have been stress it has also been symbolized me to exert more effort being comfortable and at the same being efficient mood can able to exert me in a proper way." (R10_P4)

"For me, it was volleyball because it's a kind of passion that I been taking since I was in junior high when certain players were inspiring me in what I see in tv and through that, in when I have been encountering some portion that I have been stress it has also been symbolized me to exert more effort being comfortable and at the same being efficient mood can able to exert me properly." (R10_P4)

Team Sport is a sport that consists of multi-players, usually divided between teams who work together to achieve a certain goal. A study concluded that regular physical activity might successfully reduce anxiety levels in people (Dolenc & Petri,

2019). Sport may be associated with enhanced psychological health and physical exercise advantages. Given the social character of participation, team sports appear to be connected with higher health outcomes when compared to individual activities due to their nature and social interactions (Eime *et al.*, 2013).

In choosing a physical activity, people usually have a criterion to better suit their physical ability and ensure the positive benefits it will bring them. According to one respondent in this study, if the activity chosen is not suitable to your entirety, it will bring no positive effect and cause more stress in the process. Hence, it is important to know the different considerations mentioned in the study, such as considering peer support, appropriateness, ensuring activeness and enthusiasm, and reduced weight.

Table 3: Primary Considerations in Selecting Physical Activity to Engage in

Factors Considered	Subthemes	Core Ideas
Peer Support	Complementary Relationship	- Right companions, and it can relieve stress - Teammates that will help and support you
Appropriateness	Capacity and Capability	- Comfortability - Gives pleasure - Level of difficulty - Not enforced
Ensure Activeness and Enthusiasm	Possessed Dynamic	- Maintain a high level of activeness
Reduces Weight	Scale Down	- Reduces weight and alter diet

3.10 Peer Support

Interpersonal connection is important in building motivation to engage in physical activity. Relationship with peers is an essential factor for making a physical activity to be called as fun, which lies on the experience a person has with their friends and group. People usually participate in an activity when peers around them are supportive and welcoming to one another. Hence, it is an important criterion when choosing what physical activity to participate in.

3.10.1 Complementary Relationship

It refers to having a group of people who will help you become a better person. It involves being surrounded by people in your chosen physical activity. According to one respondent, a person who engages in physical activity also requires peer support because they could assist you in growing as a person. Having a good teammate will act as motivation, for they can be a great influence on developing one's potential to grow as a better person. According to a participant, when one is with one's teammates, one of the benefits is that they can enjoy each other's company.

"We think nakakahelp siya saatin but it somehow gives us more stress lng pd. our friends are also considered as a stress reliever, but we also need to choose who are those friends na makaka ano tlga sa atin like releasing our stress for." (R4_P2)

"We also need to choose the right company that can help us release our stress because there are some groups where instead of helping you, they are just leading you to more problems."
(R4_P2)

One intrinsic motivation why people engage in physical activity is the influence and the experience with the people around them. Peer support is mentioned as one of the considerations when choosing a certain activity to take part in. As interpersonal factors contribute more to the role of the environment, the latter has a direct impact on motivation to engage in physical activity (Moran, 2016). Underneath self-determination theory is another bench theory called basic psychological needs. It defines competence, autonomy, and relatedness as innate, universal, and essential needs for our health and well-being to meet. Under relatedness, it describes the implications of feeling safe with others, either as part of a group or in a social context; thus, this is an important area to satisfy a person's psychological needs and drive (Ryan & Deci, 2017).

3.11 Appropriateness

One of the major criteria for choosing a physical activity is that it fits one's capacity and capability. Appropriateness to the level of one's body should be prioritized, for this depends on an individual's engagement in an activity. Students usually pick things that they can easily handle with enough difficulty to produce a sense of excitement and accomplishment that results in one feeling happy.

3.11.1 Capacity and Capability

In choosing a type of physical activity, the interviewees stated that the comfort and difficulty level of each should be considered. A person's body and mind must be well-adjusted, at ease, and relaxed for the chosen physical activity. According to one respondent, you should not force oneself to engage; rather, you should gladly achieve a good outcome and satisfaction. People who engage in physical activity require their body to get used to it, and they must feel comfortable and not forced to enjoy and have fun.

"Kani na certain physical activity na akong ginabuhay or gina engage-an nako kay kanang murag sanay na gud jud ko na murag ganahan jud ko na buhaton ana. Depend sa physical activity ug ganahan ko saiyaha or kanang murag compatible gud siya sa akong larawan na dili dayun ko kapuyon kay mag lagot ko kung kapuyon ko dayun." (R11_P1)

"This certain physical activity that I do or engage in is like, I'm used to this, and I like doing it. It depends on if that physical activity can make me enjoy it and is compatible with my body because I easily get tired." (R11_P1)

When deciding to participate in a specific sport or activity, one always considers compatible with oneself. Being used to but not feeling comfortable with your chosen activity will not bring satisfaction but, in response, only causes more stress and

frustration. In this study, appropriateness is one of the described considerations that a person must ponder before choosing an activity. Relaxation, enjoyment, fulfillment, and stress reduction are important motivators for beginning physical activity participation (Sanders, 2013). The ability to perform tasks of varying complexity is actively associated with the body's ability to coordinate stress, self-esteem, and well-being (Parfitt *et al.*, 2009). Therefore, it is an important criterion in choosing a physical activity, as low competence results in depression, anxiety, and low self-esteem. In addition, the effect of the casualty on one's mind and body increase if one's actions are made on their own and not due to external influence (Ryan & Deci, 2007).

3.12 Ensure Activeness and Enthusiasm

People engage in physical activity for different reasons. Some want something to help them feel relaxed, while others go for excitement and energy-inducing activities. Another criterion proposed in this study is keeping the person active and alive. People usually engage in physical activity to forget the problems they are facing. A person needs an effective distraction to keep both mind and body busy to produce a positive result.

3.12.1 Possessed Dynamic

This characteristic is defined as experiencing the fun that causes one to feel energetic and active. The interviewee mentioned that one should consider maintaining a high energy level in choosing a physical activity. Certain activities should be enjoyable to keep the energy to help them be more active.

"As long as naeenjoy po ako, nagiging alive nagiging active." (R7_P1)

"As long as I can enjoy it, it lets me feel alive and keeps me active." (R7_P1)

Aside from physical activity bringing improvements to our overall health, people mostly engage in this activity for the simple reason that it is fun. If one does not enjoy doing something, it will not have any positive effect. Ensuring the feeling of liveliness and energy is another consideration that the research respondents had stated. The natural feel-good hormone produced by engaging in physical activity increases positivity and enhances feelings of well-being and happiness (Vineham, 2017). Participating in such activities can lessen stress levels by boosting energy and attitude (Mikkelsen *et al.*, 2017). Hence, it is important to consider its enjoyability because people's motivation to engage in physical activity is to have fun and be happy alongside other people.

3.13 Reduces Weight

Individuals engage in physical activity not just for the sole purpose of releasing stress but also for practical reasons. One of their considerations is to have a good and healthy body to maintain their body weight and avoid being malnourished and obese. Students do not just become physically active to have fun but also want to be physically fit. Physical

activity can improve self-esteem, satisfy a person's worth and vanity, increasing a person's feeling good about themselves.

3.13.1 Scale Down

This refers to how a person loses weight by engaging in physical activities and consuming little food. An interviewee indicates that participating in physical activities should aid in weight loss and diet modification. Because losing weight entails more than just simply eating less and eating healthy; it also needs a combination with regular activity to achieve the best results.

"I choose jogging because it helps me lose weight, especially when you modify your diet."
(R12_P1)

"I choose jogging because it helps me lose weight, especially when you modify your diet."
(R12_P1)

The last consideration for picking a physical activity is that it must help reduce weight. Physical activity has also been shown to minimize the incidence of stress-induced weight gain when done regularly (Chaput J, 2010). This is really one of the most common reasons people engage in physical activity, for this does not just keep the body fit but also boosts one's confidence and overall view of oneself. This idea can be supported by the cognitive evaluation theory (Deci & Ryan, 2009). It explains the effects of weight loss in improving one's mood and confidence due to an extrinsic or intrinsic motivation behind the action. Therefore, weight loss may help improve low self-esteem and lessen depressive symptoms and poor quality of life (Teixeira *et al.*, 2004).

4. Concluding Remarks and Implications

Physical activity is considered one of the most important aspects of an individual's life, as it stands as a firm block in improving the general well-being of a person. This study reveals five psychological effects of engaging in physical activity, mainly *Improving One's Mood, Promotes Positive Feelings, Enhances the Academic Mindfulness, Coping Mechanism to Relieve Stress, and Boosts One's Confidence*. The Cognitive Evaluation Theory (2009) supports this notion about the psychological benefits of physical activity mainly in helping improve one's psychological state. However, some interviewees stated that physical activity doesn't necessarily affect their psychological aspect, for it only brings a short-term influence on the mind. Despite that, one of the most notable findings of this study is that engaging in physical activity doesn't only bring good effects in dealing with stress, but also to the academic aspect as well. This brought a subsequent effect from positively influencing the psychological aspect of a person to boosting one's engagement to academics.

When it comes to doing physical activity, four themes conclude the participants' answers. It mentions several activities, particularly under these four categories, such as *Individual and Dual Sports, Recreational Activity, Exercise, and Team Sport*. The Self-determination theory anchors this study by Deci & Ryan (2007) that explains students' intrinsic motivation in engaging in physical activity. The interviewees mostly choose these kinds of activities because it helps them relieve their stress and enjoy doing it. On the other hand, others, especially athletes, prefer their sport because it makes them feel comfortable. The majority of the respondents choose recreational activities and exercise because it helps them feel relaxed. These activities can be done anywhere and at their own pace. Engaging in exercise also helps them improve their health and immune system.

After finding the results, this study perceives, based on the responses, that in doing physical activity, having considerations or a criterion in choosing what to participate is an important factor that needs to be highlighted, and those considerations include *Peer Support, Appropriateness, Ensure Activeness and Enthusiasm* lastly *Reduces Weight*. This holds up the theory of Basic Psychological Needs (Deci & Ryan, 2017) that describes why these considerations are important in choosing a physical activity to satisfy the psychological needs of a person. The most noteworthy discovery that this research has made is the importance of considering the participants' choices of physical activity, as it is the basis for the reason and engagement of the respondents to the latter. In conclusion, the majority of the students stated that physical activity has an effect on their psychological well-being. Moreover, this qualitative study will further strengthen the foundation of physical activity in providing benefits not just in the physical area but also in the psychological aspect of an individual. It will serve as a strong basis to answer the question of the psychological benefits of engaging in physical activity, what particular activity is effective in relieving stress, and what considerations shall be implied when choosing the best physical activity.

The study results put some suggestions on what the things that an individual needs to do in dealing with mental problems. Based on the findings of this study, engaging in physical activities can help people cope with stress. It can be deduced that many students who are having difficulty with mental aspects due to their workloads and responsibilities in their school are showing good results as they engage in their chosen physical activity. Furthermore, the study presents an individual's most common mental problems based on the respondent's answers, namely stress, anxiety, and depression. These three are the common challenges these students face and are trying to manage. This research is beneficial because it suggests that engaging in physical activity can help and benefit one's psychological aspect. Several recreational exercises and the like have proven to generate bountiful benefits for a person's mental well-being. Moreover, this research study will help the students, community, curriculum writers, and teachers as it can help them cope with stress through physical activity assistance.

The researchers decided to make several recommendations for future research based on the findings and limitations of this study. First, the researchers suggest

increasing the number of participants to establish the study's strong validity. It was also suggested that instead of only including Bachelor of Physical Education students as a participant, future researchers should also dwell on other majors to see if the result is consistent and will produce the same or similar ideas. Second, the qualitative research only grazes the Psychological Benefits of Physical Activity. The researchers strongly advise that future researchers also touch on the period of relief brought by physical activity, whether a short-term or long-term effect, to increase the authenticity of physical activity as an effective method to relieve stress.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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