



## UNFOLDING THE IMPACTS OF CYCLING TO THE SOCIAL SKILLS

**Jao, Kiara Shiloh T.<sup>1</sup>,  
Maloloy-on, Germae N.<sup>1</sup>,  
Rubio, Jevy Pauly Mae S.<sup>1</sup>,  
Singson, Ivy V.<sup>2i</sup>**

<sup>1</sup>Graduating Student,  
Bachelor of Physical Education,  
College of Teacher Education,  
University of Mindanao,  
Davao City, Philippines

<sup>2</sup>Faculty Member,  
College of Teacher Education,  
University of Mindanao,  
Davao City, Philippines

### **Abstract:**

This qualitative research study aims to determine the impacts of cycling on the social skills of cyclists at the University of Mindanao. It consists of research questions to know how cycling has influenced students' social skills. The descriptive-qualitative method research design was used. It is a method that collects information based on the responses of the respondents. This study focuses on all courses at the University of Mindanao; hence, a sample of 30 participants was chosen using an online interview. Moreover, we constructed interview questions that were conducted through Google Meet. The response matrix was used to collect, analyze and categorize the given data. In addition, we have transcribed the responses we came up with and categorized these codes to generate themes. Furthermore, the study's findings indicate that through cycling, a cyclist can develop these social skills: interpersonal skills, basic communication skills, greater active listening skills, provide mutual support and develop effective communication. Also, the researchers came across the different programs and approaches that the school and students would benefit from. Lastly, these skills are an essential factor because we can use them in our daily activities and create positive relationships with other people.

**Keywords:** cycling, social skills, cyclist

---

<sup>i</sup> Correspondence: email [isingson@umindanao.edu.ph](mailto:isingson@umindanao.edu.ph)

## 1. Introduction

Persons with weak social skills are more likely to feel stress and loneliness, both of which can negatively influence their health. Hence, Blue's (2017) study stated that those students who face challenges in social situations might be more vulnerable to mental and physical health issues. Social skills are an individual's verbal or nonverbal behavioral communication skills to effectively and appropriately interact with others according to social norms. One of the problems with having bad social skills is a lack of social awareness, so even if they do not get the date or the job or get into disputes with peers or their families, they do not recognize themselves as a problem.

A child is born into a culture and grows up within it. People initially learn something on their own, which is subsequently modified through communication with other members of society. His behavior influences a person's life objectives and achievements in society. Peer relationships, good social integration with others, emotional intelligence, family structure, social skills, and so on all play a role in social development. Social skills are habits that encourage positive connections with others (Lynch & Simpson, 2010). A person's good behavior aids in establishing good relationships with others, which in turn aids in acquiring new experiences and developing one's true potential to improve one's performance in many domains. Social skills assist people in their academic, personal, and future professional pursuits and social life adjustment.

This present study is anchored on Social Practice theory. According to Penuel, W. R., Van Horne, K., DiGiacomo, D., & Kirshner, B. (2017), a social practice theory claims that people seek different interests and become conscious of potential possibilities for intervention as they pass through contexts of practice. It also stresses how current social systems form people's decisions on how and where to engage in practices. Social practice theory explores the social experience of cyclists. It is an understanding that constitutes the social behavior that cyclists practice, which is embedded in physical activity as an alternative to commuting. The cycling experience has a wide influence on the social interactions of the cyclist; according to Guell, C., Panter, J., Jones, N., & Ogilvie, D. (2012), social practice theory is used to investigate how cycling experience shapes the social skills of a cyclist. This study will unfold the impacts of cycling on the social skills of adolescents, specifically on how they interact with others.

Social skills connect to cycling positively through having the ability to ride the bicycle safely. It includes social support from family and friends to perceive inconvenience while cycling (Panter, Jones, Van Sluijs & Griffin, 2009). Cycling experiences have a relationship with the attitudes and behavior of each cyclist, wherein the abilities and perceptions are analyzing difficulties (H.W Chang & H.L Chang, 2008). In addition, social skills were discovered to be useful in cognitive and behavioral interventions. These skills are used to begin, sustain, and establish interpersonal relationships, among other things (Tanaka & Okunishi, 2015).

Students' social and emotional learning well-being improves while enhancing cardiovascular fitness through a new physical education cycling program. Students

spend more time riding in groups as the bike program's curriculum improves. The regular outings allow students to ride at their own pace and work in groups to foster more interaction. The opportunity to participate in a lesson that takes them out of their customary routine inspired pupils who had previously not participated in class (Interactive Health Technologies, 2018).

A lot of studies focused more on the health benefits of cycling. It only indicates a limited resource regarding the impact of cycling on social skills. Cycling remains an unstoppable trend. Global demand is increasing, urban mobility is changing swiftly, and people's desire for outdoor fitness and adventure is growing (Vögele, 2021). Bernhard (2020) stated that COVID-19 resulted in a considerable surge in bicycle engagement in response to the pandemic. Because of increased concern about public transportation and increased physical activity, an increasing number of people are opting for one of the most basic modes of transportation, resulting in a so-called "bike boom." It only shows that the present study shall make a specific contribution and generate new knowledge about the impact of cycling on social skills. In this study, the researchers want to discover the impacts of cycling on the social skills of cyclists.

Globally, this study will be a good source of information for individuals who want to know the status of the impacts of cycling on students' social skills from the Philippines. This research study will clarify the queries and curiosity of the people; this will also increase their understanding of how influential cycling would be on their social skills. This research will assist students in cultivating their interest in cycling and appreciating its impact on social skills. The results of this study can be used to direct future studies related to the effect of cycling on cyclists' social skills. It will contribute new knowledge and references.

The general purpose of this study is to know the impacts of cycling on the social skills of adolescents in Davao City, focusing on the cyclists' interactions. This mainly identifies and assesses different cycling experiences and the social skills of adolescent cyclists. Also, this study encounters some issues regarding the sources available concerning the impacts of cycling on social skills. It identifies how researchers can develop and assist adolescent cyclists in interacting while dealing and intervening with the different situations and experiences and the problems that may come in the future. Due to the increasing prevalence of Covid 19 in our community, it is difficult for us to conduct face-to-face interviews with our respondents.

The degree of confidence in data, analysis, and methods used to ensure the quality of a study is referred to as the study's trustworthiness or rigor (Polit & Beck, 2014). Researchers define the protocols and procedures required for a study to be deemed worthy of readers' attention in each study (Amankwaa, 2016). The credibility of this study is assessed by the information derived from the participant's original data. The most critical criterion is the study's credibility, or trust in the study's reality and, therefore, the results (Polit & Beck, 2014). The credibility of this study is assessed by the information derived from the participant's original data. The researcher facilitates the transferability judgment by a potential user through a detailed explanation. The researchers accurately

and thoroughly depict various realities and realistically portray participants' lives as authentic (Polit & Beck, 2014).

This study aims to apprehend how cycling influences cyclists' social skills. For this reason, cycling becomes the focus of unfolding its influence on the cyclers' social skills. A prior study stated that cycling had become a component of a person's method of recreation, a way to get physically fit simultaneously, and a form of transportation. Researchers assert that there is a need to discover how social skills develop through cycling in Davao City cyclists to unravel the problem's solution. The primary intent of this study is to figure out how cycling influences the social skills that contribute to the ability to interact and communicate effectively with others. Specifically, this present study sought responses to these problems:

- 1) What social skills are developed through cycling?
- 2) What are the perceived benefits of these social skills developed through cycling to schooling?
- 3) How can cycling be integrated into the Physical Education curriculum?

## **2. Methods**

### **2.1 Participants**

The target respondents of this study are 30 selected adolescents. They were the chosen respondents because most cyclists are adolescents. This study employed a focus group discussion (FGD), a type of group interview or conversation in which multiple people are interviewed and usually conducted by a facilitator.

Snowball or referral sampling method is used in which the samples contain rare qualities that need to be discovered. Using this sampling strategy, a primary data source nominates other possible data sources to participate in the research investigations. Snowball sampling is a method used to produce a pool of participants for a research study by referring individuals who share a specific trait of research interest with the target population (Frey, 2018).

The inclusion criteria must be currently enrolled in the University of Mindanao. Must have been cycling for at least five (5) months, whether professionally or as a hobbyist, and must be 16-24 years of age. Participants who cannot participate in the interview are kids and adults since they are not part of this study. Consent must be granted freely and can be revoked at any moment. The participant's ability to amend or withdraw consent is unaffected by whether consent was given orally or written.

### **2.2 Research Instrument**

The researcher's instrument is an interview protocol that supports the researcher in collecting data in response to the study's specific information. The researchers constructed the interview questions. Questions are focused more on the cycling experiences and social skills of cyclists.

### 2.3 Design and Procedure

This study is a descriptive qualitative method. This method collects information to identify the impacts of cycling on their social skills. After receiving authorization to perform the study, the researchers prepared an online interview using Google Meet. Responses were recorded and saved after the interview. These responses were transcribed and gathered in the response matrix, where the codes and core ideas were identified, and researchers could formulate themes. We have also identified 15 saturated responses out of 30 respondents. From there on, researchers were able to interpret the given data. To protect confidentiality, researchers ensured the security of the respondents' data throughout the study. Finally, the researchers assessed the findings and came up with conclusions and recommendations.

### 3. Results and Discussion

Cycling could be a recreational activity, an exercise, or a sports activity, but today, many respondents said that cycling has become their recreational activity where they can meet many people. According to them, they could socialize with different people and possibly create a good relationship. Presented in Table 1 are the social skills developed through cycling, categorized by themes, subthemes, and core ideas.

#### 3.1 Social Skills Developed through Cycling

**Table 1: Social Skills Developed through Cycling**

Themes	Subthemes	Core Ideas
Interpersonal Communication Skills	Non-verbal Communication	- Greetings through gesture
	Listening Skills	- Know how to observe individuals that you interact with - Be vocal in expressing feelings
	Decision Making	- Skills developed are planning just respect, be polite, and have patience - Learn to behave in different social situations
	Problem Solving	- You must not quit on doing cycling - Know how they grasp other people
	Negotiation	- Being sensitive and we need to lower our level to them - How you handle their habits adjusting to their attitudes
Basic Communication Skills	Open-Mindedness	- Develop having sympathy and empathy - Assess how to respond and communicate
	Verbal Communication	- We open up a lot of experience in life - Learn how to open up with others
	Develop Confidence	- Learn how to socialize with others
	Sharing Feedbacks	- You could also share knowledge about cycling
	Responsiveness	- Try the best to communicate, and later I used to it - Know how to adapt and get along to be equal to others

### 3.1.1 Interpersonal Communication Skills

This refers to the ability of a person to interact with others effectively (Tanaka & Okunishi, 2015). A person who has the behavior can formulate strategies to work with others.

#### 3.1.1.1 Non-verbal Communication

Non-verbal communication refers to body language, facial expressions, and hand gestures to deliver a message to someone. The use of this interpersonal skill is to make communication effective even without talking or using voice (H.W. Chang & H.L. Chang, 2008). Cyclists mostly communicate this type of communication even when riding; they use specific gestures to understand each other. Some student cyclists said they make small hand gestures to greet another cyclist.

*"Based on my experience, it was really fun, and the interaction and the connection are there as a cyclist. As a cyclist, you know that even a small hand wave could be very fruitful for bikers because at least by that gesture or greetings like good morning and good afternoon, we could give energy to other bikers."* (R1\_P1)

*"Based on my experience, it was really fun, and the interaction and connection are there as a cyclist, kay miskan a small hand wave could be very fruitful for bikers, at least maka hatag man lang og energy nga maka-communicate sa ilaha. Maski gestures lang o greetings na "good morning."* (R1\_P1)

*"I think, for me, it is pronunciation skills. The more you speak clearly, the more help you bond with each other. Non-verbal communication helps to communicate directly. As a person who was gradually learning, you learned to widen your vocabulary."* (R1\_P3)

*"Siguro for me, like pronunciation skills, the more na mas clear imong gina-pronounce na maklaro ka, so could it help na mag uban mo. Like sa non-verbal communication, it helps na maka-communicate ka deretso, then, as a person pud na gradually naga-learn, murag naga-wide ang imong vocabulary."* (R1\_P3)

As stated by Keiling (2021), it is a valuable skill since it serves as a useful way for an individual to be able to convey information about how they feel as well as to any situations, such as how a person is feeling, how someone processes information, and how to approach a person or group of people. Paying attention to and honing your capacity to read nonverbal signals is a vital skill you may use at any level of your experience.

#### 3.1.1.2 Listening Skills

It refers to effectively accepting and comprehending what others are trying to say through communication. It is a vital skill and a key for functional communication because, without it, there will be misunderstandings. The respondents said they know

how to respond to what others are trying to convey through listening. This means that effective listening could establish a good relationship with others.

*"It is challenging because you cannot apply everything that you have learned in just one type of person. You should know how to observe every individual that you interact with on how they respond to what you are saying."* (R1\_P3)

*"Medyo lisod jud na sya, kay you cannot apply everything that you learned in just one type of person. So, you should know how to observe every individual na imong gina-interact, og how do mag-response sila sa imong gina ingon."* (R1\_P3)

*"First would be is on how you handle their habits because every person has a different habit. You need to adjust because not all the time you will be obeyed, especially in a group."* (R1\_P9)

*"First would be is ang pagsabot nimo sa ilang Batasan kay lahi-lahi ug batasan ang mga tao. So, ikaw mismo mag-adjust ka kay dili man pud kanunay ikaw masunod, especially in a group kay naa man gyud nay founder."* (R1\_P9)

Tiret (2015) indicated that when we communicate with anyone, we are actively planning what we will say next as the other person has finished speaking. This diverts our focus away from the other person, and we miss what they are saying as a result. Listening entails more than just hearing; it also entails responding to what is being said, known as active listening.

### **3.1.1.3 Decision Making**

Planning ahead of time before doing some activity is an intelligent choice. It is like organizing and prioritizing the things that an individual should do. After processing all the information available, a person could decide and have spoken with the appropriate points of contact in a particular circumstance. In this study, some student cyclists said it is essential to plan what they should do within that day and for the next day, including where they should ride.

*"The social skill that can be developed through cycling is planning; during the ride, it is important to plan within that day and on the next day. It is a skill that needs to be developed not only through cycling but also in general."* (R1\_P5)

*"Ang social skill na ma-develop through cycling kay ang planning, so pag naga-bike mo kailangan jud mo naay plan within that day or the next day. So, it is a skill na kailangan ma-develop dili lang through sa cycling also in general."* (R1\_P5)

*"Even though you do not have close contact physically when biking, your body language will improve. You communicate using non-verbal signs; that is why it will be developed."*

*You need to consider the signs provided by the person who is in front of you so that you will not get lost.” (R1\_P23)*

*“Biskan dili mo literally nga naga-dikit, kay syempre naga-bike man, so ma-improve gyud ang mga body language. Bali naga-communicate mo using non-verbal, so mga signs kay ma-develop gyud sya, gina-consider dapat nimo ang mga signs na gina-provide sa unahan para di ka masaag.” (R1\_P23)*

To support this idea, according to Furlow (2017), decision-making is essential in your personal daily life. Some decisions are easy to make and seem natural, while others can be quite tough. Wrong decisions can have far-reaching effects that one must live with for a long time. In everyday settings, we spend excessive time and energy making decisions and analyzing options. To avoid procrastination, make it a routine to reduce aggravation and tiredness when making everyday decisions. This will work in situations that are predictable or habitual.

#### **3.1.1.4 Problem Solving**

Problem-solving necessitates making decisions. Individuals with effective problem-solving skills are typically happier, more confident, and more autonomous. When individuals solve challenges on their own or in groups, they develop resilience. They learn to look at problems from a different angle. As one of the respondents said, quitting is not a choice in cycling; instead, he makes use of solving the problem rather than experiencing changes to his body.

*“For me, you must not quit on doing cycling because once you quit, there are changes in your body compared to the pro cyclist.” (R1\_P13)*

*“Para sa akua dapat dili mag undang ug cycling pag once na mag undang man gud ta kay naay changes sa atong lawas, compare sa uban nga bikers nga pro najud.” (R1\_P13)*

*The challenge is being inactive in cycling because once you stop, there will be changes in your body compared with other people who are pro in cycling. Being inactive in cycling, I think it is important to have a schedule so that your body will be used to it. (R1\_P28)*

*“The challenge is being inactive in cycling because once you stop, there is changes in your body compared sa ubang tao na very pro na sila cycling. I think, being inactive sa cycling, so dapat jud naka schedule kung kanus-a mag cycling, para di ma bag-ohan ang body.” (R1\_P28)*

Problem-solving is important to human evolution. It is the strategies we use to comprehend what is going on in our surroundings, determine what we want to change, and determine what needs to be done to get the intended result. Additionally, it serves



as the foundation for ongoing improvement, communication, and learning (Stottler & Tregoe, 2021).

### **3.1.1.5 Negotiation**

This refers more to how to persuade and influence others. It could be part of a new effort and your group's different thoughts, but it is up to you to discover a win-win solution that works for everyone. Some of the cyclists shared, based on their experience, that they have adjusted to some of their colleagues because they are introverted, so they need to make some negotiating strategies to interact with them as a way to build relationships.

*“Adjusting to their attitudes and how they handle other people because there are introverted and enthusiastic people. There are difficulties on how you interact with them.”* (R1\_P14)

*“Adjusting to their attitudes, and how they handle other people kay naay uban na very ka introverted, tapos naa say uban na grabe ka enthusiastic, medyo naa jud syay difficulties on how you handle or interact with them.”* (R1\_P14)

*“At first, there are many adjustments, of course, since I am not used to their characteristics, to their attitudes. Nevertheless, as time went by, I learned how to respect their culture and their way of socializing.”* (R1\_P16)

*“Sa una, daghan kaayog adjustment, syempre kay wala ko naanad sa ilang mga kinaiya, sa ilang mga kinaiya. Apan sa paglabay sa panahon, nakakat-on ko unsaon pagrespeto sa ilang kultura, sa ilang paagi sa pagpakig-uban.”* (R1\_P16)

Vilendrer *et al.* (2020) said that negotiation skills are vital in our professional careers and personal lives. Learning to negotiate effectively necessitates the development of several relationship management abilities, such as communication, strategy formulation, persuasion, dispute resolution, decision-making, and rapport building. To be more specific, to obtain successful outcomes, negotiators must assess a problem while keeping each party's interests in mind and identifying the priorities of its counterpart.

### **3.1.2 Basic Communication Skills**

This is the critical component of relationship skills, either verbal or written. Good communication skills enable the individual to understand the received message according to what the sender really meant.

#### **3.1.2.1 Open Mindedness**

Effective communicators approach talks with an open mind, demonstrating emotional intelligence, empathy, and respect for the person with whom they communicate as well as their message. Do not discard someone based on their beliefs, ideas, or solutions simply because you disagree with them from their point of view. Some respondents

realized that they empathize and sympathize with others based on the stories they heard and shared with one another. Even if you disagree, understanding and appreciating their point of view or message, as well as them as a person, is essential for a happy, problem-free environment.

*“Through interacting with other people, I learned to develop sympathy and empathy because we were able to know their story so that I could relate to them. During the ride, we talk to each other for us not to get bored.” (R1\_P2)*

*“Also, since naga interact man mi sa uban tao, murag ma learn nako ma-develop ang pagka-naay sympathy og empathy kay makabalo man gud sa ubang story sad nila, so murag ma relate sad nako. While naga-rides mi, naga storya-storya sad mi para dili kaayo laayon.” (R1\_P2)*

*“Social skills that have been developed in me while I was cycling with my peers is that I was able to open up and share with them. It was enjoyable, and I became more competitive in doing such a sport. I was also able to expand my network with them. I am in the field of the real state, and most of the bikers that I knew were doing business. Because of that, I was able to discover other opportunities for business in cycling.” (R1\_P7)*

*“Ang social skills nga nadevelop nga naga-ride ko kauban akong mga barkada is mas nag-open up ko nga mag-share sa ilaha. Then, lingaw, enjoy and mas competitive ko in terms of doing such sport. Also, mas na-expand nako ang akong network sa ilaha. Naa ko sa field sa real state, akong mga kaila mostly sa mga biker is naga-business, maong mas maka-discover other opportunities in terms of business.” (R1\_P7)*

Gerard (2019) states that being open-minded is advantageous since it allows individuals to learn from others. Learn about how other people live or why they think what they believe. Learning does not indicate that a person will change their lifestyle or ideas, but rather that a person will gain knowledge. It enables an individual to become conscious. It enables a person to live in a more approachable manner.

### **3.1.2.2 Verbal Communication**

A way of communication is through the use of words uttered orally to be able to convey a message. Verbal communication is more convenient and saves time. It is more efficient because emotions are well depicted, and the feedback mechanism is faster. Also, verbal communication is efficient, and the tone is easily read. We are more likely to succeed if we have great verbal communication skills. Based on the respondents' responses, as they open up with others through sharing some sort of experience, they have built relationships like being brothers.

*“Based on me, while we are cycling, we open up a lot of experience in life that we see each other as brothers if we cycle together.” (R1\_P7)*

*"Based sa akoo, while naga-ride mi, daghan mig gina open up na mga experience sa life, ug murag tan-aw nasad namo kay murag brother kung magsabay mig ride." (R1\_P7)*

*"For me, it is fun because you are communicating with other people and you acquire energy from them that I become enjoy as well as them." (R1\_P15)*

*"For me is malingaw ko, lingaw sya kay naa kay communication sa uban tao, ma-acquire sad nimo ang energy nga naa sila kay syempre, dili lang ikaw ang nalingaw pati sila pud." (R1\_P15)*

We communicate verbally to inform people about our needs or offer knowledge. Clarification is an integral part of verbal communication. We frequently fail to express ourselves clearly, or our words or actions are misunderstood. Verbal communication aids in the clarification of misunderstandings and the provision of missing information. Verbal communication can be used to repair a mistake, where strong words are more effective than action. It can also be used as a persuasion tactic, sparking debate, stimulating thought and creativity, and deepening and establishing new relationships (Lucas, 2018).

### **3.1.2.3 Develop Confidence**

Showing confidence would definitely make others believe what you are trying to say. That is why being confident is so important when communicating. To make others believe in you, you should display that you also believe in yourself. Some of the respondents shared that for them to make friends, they need to be confident enough to communicate, and through their confidence, they are able to socialize with others.

*"The skills that were built and developed through cycling are my social skills were enhanced and also my confidence because I was able to learn on how to socialize with other people because, in cycling, we cycle with different persons." (R1\_P8)*

*"Ang akong skills nga na build or nadevelop through cycling is na enhance ang akong social skills, and also ang akong confidence kay naka learn ko on how to socialize with different people." (R1\_P8)*

*"I think the social skills that have been developed through cycling is effective communication. When you ride with other people, effective communication is very important in order to avoid accidents while you are riding because there are times that you need to ride in a single pile in order to avoid conflicts with other cars and riders. (R1\_P18)*

*"Para sa akoo, ang social skills nga nadevelop pinaagi sa pagbisikleta kay ang effective communication. Pag nag-bike ka kauban ang uban tao, ang effective communication kay importante kaayo aron malikayan ang mga disgrasya samtang nag-bike ka, tungod kay*

*naay mga panahon nga kinahanglan nimo nga magride in single pile aron malikayan ang conflicts sa uban nga mga sakyanan og uban naga bike.” (R1\_P18)*

Handel (2021) mentioned that confidence propels us to act in the face of uncertainty. As a result, the more confident we are, the more driven we are to face life's problems and struggle for the resources we require to survive and thrive. Confidence makes us feel prepared for the challenges of life. Confidence makes us more likely to pursue individuals and chances rather than steer away from them. Furthermore, confidence encourages us to try again if things do not work out the first time.

#### **3.1.2.4 Sharing Feedbacks**

Every individual needs to know what things they need to improve. Strong communicators can both accept and deliver constructive feedback to others. Giving and accepting feedback is essential because it may help you and those around you significantly improve your cycling experience and personal development. As per what the respondents said, they shared each other's feedback about cycling experiences and their opinions about how cycling and bicycles.

*“For me, aside from it being an enjoyable sport, you could also share knowledge about cycling.” (R1\_P11)*

*“Para sa ako, aside sa enjoying sya na sport, you can also share your knowledge about cycling.” (R1\_P11)*

*“Based on my experience, it is fun and stress reliever because every time I am stressed, I just go biking in the seawall.” (R1\_P27)*

*“Basi sa akong experience, lingaw ug stress reliever kay kada stress nako mag bike ra ko sa seawall.” (R1\_P27)*

Everyone can stand to gain from feedback. Feedback and opportunities are used to help improve and enhance, whether an individual, group, or organization – and that information may be used to make better-informed decisions. It also enables us to establish and sustain relationships with others. Exchanging information could be out of what is expected and what should be exhibited (DeFranzo, 2019).

#### **3.1.2.5 Responsiveness**

Refers to the ability to be quick in giving responses to the current situations. Proper communication makes people feel more at ease, allowing them to share new ideas more easily. The main thing is that responsiveness promotes effective communication. Based on their responses, the moment they grasp the situation will be when they assess themselves and how they should respond to the situation by communicating with others.

*“That is when you will assess how you respond and communicate with them. If you are a person who is not used to communicating, it is really a challenge for you not to say anything stupid because maybe you will be oblivious to the fact that you have already hurt someone. It is a challenge that we cannot understand their attitude.” (R1\_P3)*

*“Diha nimo somehow i-assess nimo ang imohang itubag sa iyaha or i-communicate sa iyaha. Kung dili ka anad nga tao na mag sige ug communicate, it’s a challenge jud ang magpataka ug storya, na wala ka kabalo na naa na diay kay na-offend or napasakitan. So, mao to ang challenge kay dili nato basta-basta ma guess ang ilang batasan.” (R1\_P3)*

*“When I start cycling, there are times that I do not know and understand the terms they mentioned. Nevertheless, as time passed, when we rode together, I learned and already knew their terms, and I asked my friends about the meaning of this term.” (R1\_P21)*

*“Katong nagsugod pako ug cycling, naa silay terms na dili nako masabtan na ilang gina mention. Then, through time na sige ko ug pagsabay-sabay kay nasabtan ra sad nako ilang mga terms ug kung unsay mga meaning ato na terms.” (R1\_P21)*

In accordance with what [Pitagorsky](#) (2021) said, we are involved in all aspects of communication. We are the sender and recipient, and responses all at the same time. While there may be unconscious causes, as responders, we understand why we fail to respond in a timely manner. We may be too preoccupied and unsure of what to say or how to say it. On a more subtle level, there may be a lack of social awareness, leading to a lack of concern for the person who sent the message and is anticipating a response. However, being responsive could be a way to attract the trust of others and build loyalty from them.

Social skills are the abilities we utilize to engage and communicate with others on a daily basis. Words, gestures, facial expressions, and body language are examples of verbal and nonverbal communication. As a result, the study shows the different perceived benefits of social skills through cycling to schooling. In this study, the researchers mentioned several perceived benefits of social skills based on respondent’s experience, such as greater active listening skills, provide mutual support and develop effective communication.

### 3.2 Benefits of Social Skills

**Table 2: Benefits of Social Skills**

Themes	Core Ideas
Greater Active Listening Skills	- Listening to those who are really experienced - Knowing the experiences of other cyclists adds to your personal development
Provide Mutual Support	- You share the same interest - Blending in with other people - Building relationships with other people
Develop Effective	- Make an improvement on how to communicate and socialize with other people

Communication	<ul style="list-style-type: none"><li>- Recognizing body language, oneself and the feelings of others</li><li>- Make an improvement on how to communicate and socialize with other people</li></ul>
---------------	---

### 3.2.1 Greater Active Listening Skills

Active listening is the process of preparing to listen, noting what verbal and nonverbal cues are being delivered, and then providing relevant feedback to demonstrate that you are paying attention to what is being said. Active listening supports recognizing and appreciating other people's viewpoints and feelings. According to Doyle (2020), the process of obtaining information from another person is known as active listening. It encompasses paying attention to the conversation, refraining from interrupting and taking the time to comprehend what the speaker is saying fully. Active listening skills can aid in the development of relationships, the resolution of problems, and the understanding of others' experiences. Cycling improves your ability to comprehend what others say during conversations genuinely.

*"It was listening to those who are really experienced because I could really use it anywhere, especially either on roads, school or job in the future." (R2\_P2)*

*"I think mas maging mas maminaw sa mga nakabalo kay magamit man gud naku sya bisan asa especially diri sa kalsada or skwelahan or either sa work nako someday kay dapat maminaw jud sa nakabalo kay mas naa silay experience kaysa akoo." (R2\_P2)*

### 3.2.2 Provide Mutual Support

Mutual support is the act of showing, giving, and helping someone. Mutual support helps in achieving goals. Cyclists that work together to assist one another are more effective. According to Portis (2020), research has shown that having good mutual support offers numerous advantages, including improved well-being, improved coping abilities, and a longer and healthier life. Providing mutual support in cycling is a huge responsibility to the team members. It also helps to fulfill your duties as a cyclist, such as behaving responsibly and helping others. In addition, cycling with your colleagues can strengthen your relationship. You can have mutual support and respect if you understand each other's goals.

*"The social skill that I did not acquire while at school is that I am into socializing with others because I am an introverted type of person. While in cycling, you share the same interest, unlike in school, we do not share the same interest." (R2\_P4)*

*"Actually, ang lahi jud kanang ang social skill sa cycling ma wala na acquire sa school. Ako kay introvert so pag-abot sa school dili ko hilig makipag socialize sa ilaha but kay ang kalahian man gud sa cycling is murag almost same mo ug interest unlike when you're in school like daghan lahi-lahi ug interest dili mi magkasinabot" (R2\_P4)*

*"In school, we respect teachers and other faculty staffs and principal. While in the cycling community, we respect our seniors. One of the best aspects we develop in cycling and in school is respect." (R2\_P5)*

*"Sa cycling and school unahun sa nako sa school. We respect teachers, other faculty, and principals. Sa cycling community gina respect jud namu ang katung mga señiors namo sa one of the best aspect nga develop jud namu sa cycling ug sa school is like ingun ni Jeur respect jud." (R2\_P5)*

### **3.2.3 Develop Effective Communication**

Effective communication plays an important role. It helps in the exchange of knowledge and information, as well as the development of interpersonal relationships. According to the article *The Importance of Communication* (2020), communication is one of the most important social skills for everybody to have in order to thrive in this world. When you communicate effectively, you not only get your message across to someone, but you also let them in on your feelings and emotions. When you communicate effectively, you not only get your message across to someone, but you also let them in on your feelings and emotions. Having good communication skills can help you uncover those needs, your own and those of others. This will enhance understanding and with that empathy. In cycling, effective communication skills are the capacity to explain yourself in a clear and concise manner in such a way that others can understand and act on what you say.

*"Cycling and schooling are just the same where you make an improvement on how to communicate and socialize with other people." (R2\_P8)*

*"Ano kanang same lang sila sa cycling and school, same lang sila kanang ginapa improve on how to communicate with other people and on how to kanang socialize with other people." (R2\_P8)*

*"It is easier to develop your communication skills through cycling with your friends, unlike in school. It can boost your self-esteem and strength." (R2\_P12)*

*"So mas dali jud madevelop imung communication skills if kanang maka ano ka ug bike-bike together with your friends kaysa sa school school man gud so ma boost siya ug self-esteem and strength, so ing ana siya lahi ang school ug sa pag interrupt jud sa imong mga friends pag mag bike-bike mo ing-ana." (R2\_P12)*

Cycling is one of the most practical and sensible types of exercise since it allows you to achieve both physical and mental fitness. Integrating cycling into the Physical Education curriculum provides health impacts for everyone. Cycling has recently gained popularity in the health sector due to its potential to boost physical activity levels in both children and adults. There are numerous advantages to introducing cycling into an education curriculum. In addition, it is essential to know the different programs

mentioned in the study, such as physical fitness programs, cycling activities, training programs, and experiential learning approaches.

### 3.3 Integration of Cycling to Physical Education Curriculum

**Table 3:** Integration of Cycling to Physical Education Curriculum

Themes	Subthemes	Core Ideas
Physical Fitness Program	<ul style="list-style-type: none"> <li>- Muscle-strengthening exercise</li> <li>- Cardiovascular endurance</li> <li>- Promotes a healthy physical condition</li> <li>- Improves holistic wellness</li> </ul>	<ul style="list-style-type: none"> <li>- Lower extremities muscles will improve</li> <li>- Improve endurance and cardiovascular</li> <li>- A form of exercise or physical activity</li> <li>- Development on learning and mental health</li> <li>- Effects on our body, mental and social skills</li> <li>- An exercise that could enhance mental health</li> </ul>
Cycling Activity and Training Program	<ul style="list-style-type: none"> <li>- Fun and on-trend</li> <li>- Alleviates stress</li> <li>- Positive impact on the body</li> <li>- Professional bikers as instructors</li> <li>- Stimulates excitement to learn</li> </ul>	<ul style="list-style-type: none"> <li>- Fun and trendy to be part of the curriculum</li> <li>- Stress reliever from a psychological problem</li> <li>- Will strive to learn because their grades depend on it.</li> <li>- Encourage through sharing the benefits</li> <li>- Hire professional bikers for seminars</li> <li>- Share benefits to increase willingness</li> </ul>
Experiential Learning Approach	<ul style="list-style-type: none"> <li>- Passionate instructor</li> <li>- Provided equipment</li> <li>- Hands-on learning</li> </ul>	<ul style="list-style-type: none"> <li>- An instructor must be patient and willing</li> <li>- A school must provide bicycles</li> <li>- Provide adequate, safe, and enough equipment</li> <li>- Teach students about the safety of using a bicycle</li> <li>- Help communication skills are developed</li> <li>- The students experience the activities</li> <li>- Share the health benefits of cycling through experience</li> </ul>

#### 3.3.1 Physical Fitness Program

Refers to a well-balanced physical activity program that addresses one or even more particular needs, such as practical, skill-based, or health-related fitness.

##### 3.3.1.1 Muscle Strengthening Exercise

Muscle strengthening exercises are those that aim to strengthen a particular muscle group or combination of muscles. Muscle-strengthening exercises work the muscles to the fullest extent. This force and overload aid muscle development and strength—the risk of harm to the surrounding joints and soft tissues increases when muscles are weak.

##### 3.3.1.2 Cardiovascular Endurance

The ability to execute workouts that engage your entire body at moderate to high intensity for an extended period of time is known as cardiovascular endurance. It might be simpler for you to carry out your regular tasks if you improve your cardiovascular endurance. When the respondents performed such cycling activity, they said that cycling



would assist them in increasing their stamina in order to continue their activities for more extended periods of time.

*"Lower extremities muscles will improve, in terms of their cardiorespiratory, this will improve having the stamina needed by the PE students in striving to become PE instructor." (R3\_P2)*

*"Ma improve ilahang mga muscles especially sa lower part nila, also ma improve ilang cardio respiratory in which kanang naa na silay stamina, dugay na sila kapuyon. Kinahanglan kaayo na siya sa PE student or kanang nag strive na maging PE instructor." (R3\_P2)*

*"It could give an improvement in endurance and cardiovascular." (R3\_P4)*

*"Makahatag siya ug improvement sa endurance og cardiovascular." (R3\_P4)*

### **3.3.1.3 Promotes a Healthy Physical Condition**

Body functions and processes are likely to be at their best when a person is in good physical condition. Muscles and bones are strengthened when you exercise. It has a positive impact on general health. It aids in maintaining a healthy weight and lowering your risk of illness.

### **3.3.1.4 Improves Holistic Wellness**

It is defined as 'of the whole'. It encompasses not only physical but also mental health, as well as the health of the entire body. Some participants firmly believe that cycling does not only improves their physical health but also becomes an outlet to relieve their stress.

*"There's a lot of benefits that a student could get, not just physical fitness but also in their learning development and mental health. Cycling could be their escape, especially if their subjects stress them. Like me, as an engineering student, I cycle when stressed. They could give time for their selves and their friends." (R3\_P8)*

*"Daghag benefit na makuha sa student, dili lang ang physical fitness kung di sa ilang learning development ug mental health. Kay ang cycling man gud pwede siya maging escape nila especially sa ka stress sa ilang subjects. Pareho sa akoo, as an engineering student mag bike ko kung stress na ko. Makahatag silag time sa ilang self and friends." (R3\_P8)*

*"I will encourage them to know the benefits that we can get in doing cycling and what are the possible effects to our body, mental and social skills." (R3\_P12)*

*"I-encourage nako sila na mahibal-an ang benefits na makuha sa cycling ug and possible na effects sa atong body, mental ug social skills." (R3\_P12)*

The author concluded that cycling enhances your lower body's general function and strengthens your leg muscles without putting too much strain on your joints. It works the quadriceps, glutes, hamstrings, and calves of your legs, according to a study conducted by Palladino and Cronkleton (2021). Andrews *et al.* (2015) also said that cycling also aids in the structural and functional development of the brain, which reduces anxiety.

### **3.3.2 Cycling Activity and Training Program**

Refers to a set of actions involving completing one or more courses that focus more on cycling to improve one's performance, productivity, abilities, and knowledge. With the aid of knowledge, teaching, supervision, and practice, it is a well-organized instrument for improving particular abilities to the required level.

#### **3.3.2.1 Alleviates Stress**

Cycling can help you synchronize your circadian rhythm and lower stress hormone levels. Cycling has a soothing impact on the brain, stabilising both physical and mental performance. It is a tremendous distressing activity for students at school.

#### **3.3.2.2 Positive Impact on the Body**

In this cycling activity and training program, the students will know the positive impacts of cycling on their bodies. They will be more willing to engage in this kind of activity, which is also a form of physical exercise. Ruegsegger & Booth (2018) stated overwhelming evidence that regular exercise is linked to a higher life expectancy and a lower risk of chronic illnesses.

#### **3.3.2.3 Professional Bikers as Instructors**

Refers to an instructor who has deep experience in cycling and has undergone special training. Knowing that the instructor is also a professional cyclist may ignite students' interest in participating and learning about cycling. Seminars from professional bikers may help to improve communication skills, receive expert information, communicate with others, and revitalize your motivation and confidence, among other things. This could also make cycling more convenient with the support of the instructors who provide enough learning and assistance.

#### **3.3.2.4 Fun and On-trend**

Cycling is a fun and on-trend form of exercise for people of all ages. Cycling to the store, the park, school, or work is a simple way to incorporate cycling into your daily routine. It became an on-trend activity because you could enjoy travelling to different places with your peers.

*"Learning a bike is fundamental; as humans, we really need to learn how to bike because it is a useful skill. Learning how to bike could take you everywhere. It has many benefits for*

*health and society. Also, it is fun and trending to add this subject as part of the physical education curriculum.” (R3\_P3)*

*“Learning to bike is fundamental na siya, as a human being learning how to bike kay gamit man gud siya na skill, learning how to bike could take you everywhere, gamit jud kayo siya kay daghan siya ug benefitsin health and social. Also, lingaw pod siya and trending siya karun para iadd siya sa curriculum.” (R3\_P3)*

### **3.3.3 Experiential Learning Approach**

Refers to a method using first-hand experience or hands-on learning to educate students.

The process of learning through doing is known as experiential learning. Students can better apply ideas and information taught in the classroom to real-world issues when they are engaged in hands-on activities and reflection. Experiential learning focuses on getting emotional responses from students while also improving their knowledge and abilities. Students may feel more satisfied with their learning if they actively participate in the process. They could learn through hands-on activities if the school provided bicycles. This would improve the effectiveness and engagement of the learning.

#### **3.3.3.1 Passionate Instructor**

An instructor who is captivated with a field, passionately immersed in the issues that shape our environment, and drawn to the challenges and opportunities that students encounter every day. This will stimulate the student's passion for learning. The instructor has a factor in the student's learning, which a respondent says.

*“The instructor must be a cyclist so that he could really understand how to teach the beginners because not all could easily catch up. The instructor must also be patient, and there must be a willingness in teaching to avoid being a bad-tempered teacher.” (R3\_P9)*

*“Sa instructor na side kay dapat cyclist pod siya kay para makasabot pod siya sa kung unsaon pag tudlo sa mga beginner kay dili man pod tanan maka gets dayun. Ang instructor kay dapat patient ug naa ang willingness sa pagtudlo niya.” (R3\_P9)*

*“The university shall hire professional bikers to conduct a seminar about cycling and talk about the great benefits of cycling that can motivate the students to increase their willingness to engage in cycling.” (R3\_P6)*

*“Dapat mag hire ang University ug professional bikers na mag conduct ug seminar para mag storya about sa great benefits na makuha sa cycling para ma motivate ang students na ma increase ilang willingness na mag bike.” (R3\_P6)*

#### **3.3.3.2 Provided Equipment and Hands-on Learning**

This describes that the provision of equipment by the school is also a factor in the students' learning. Through the equipment, the students could experience hands-on

learning and relate to what they were doing. Students who can relate to a subject and find it personally relevant are more likely to study. It is easier to assess student learning since they get to demonstrate what they have learned. Most of the respondents want to learn about cycling through experience with the equipment provided by the school.

*"They must provide adequate equipment that is both safe and enough for the students and so that cycling will be introduced to the students, to encourage them to do the activity more" (R3\_P10)*

*"Mag provide sila ug adequate equipment that is both safe and enough para sa mga students and para pod ma introduce ang cycling sa students, to encourage them to do the activity more." (R3\_P10)*

*"Take action to let the students experience the activities and give them the health benefits of cycling as an individual and as per experience. I believe we cannot enjoy and see the results if we do not experience." (R3\_P15)*

*"Mag buhat ug action na maka experience ang mga students sa mga activities ug maka experience pod sila sa health benefits na makuha. Kay, I believe na dili nato ma enjoy ug makita ang results kung dili nato ma experience." (R3\_P15)*

Timmons *et al.*, (2018) said that hands-on learning helps the students to develop vital abilities such as critical thinking, communication, cooperation, and creativity as a result of this approach to learning, which we refer to as the "4 C's" of 21st-century education.

#### **4. Concluding Remarks and Implications**

Cycling could be a sport, exercise, or recreational activity that significantly impacts some individuals. Nevertheless, mostly today, cycling serves as a recreational activity where cyclists can have fun while cycling. However, student cyclists faced various issues on how they will socialize, basically communicate, whilst cycling individually or in a group, considering their different experiences. The challenge is how they could effectively overcome this matter by finding an empirical solution from their experiences and integrating cycling into the physical education curriculum. In conclusion, this qualitative research will encourage a broader perspective in establishing a cycling activity experience that would greatly influence the development of practical social skills and would benefit cyclists holistically. This research serves as a resisting basis for questions that answer the unfolded social skills of each cyclist, from having good communication skills to providing mutual support and having hands-on experiences in school to be part of the physical education curriculum.

The results of this study shed light on how social skills developed through cycling. Based on the results, engaging in cycling can develop interpersonal skills and basic

communication skills, which implies that they know how to adapt and open up many experiences in life and can share knowledge about cycling. Most of the respondents highlighted the benefits of social skills, such as more excellent active listening skills, providing mutual support, and developing effective communication. In addition, this study shed light on the integration of cycling into the Physical Education curriculum. This study benefits everyone, especially the school; it promotes a healthy physical condition, alleviates stress, and improves holistic well-being.

In light of the findings and limitations of this study, the researchers may want to recommend two concepts further. First, expanding the number of respondents would significantly impact the study's accuracy and consistency. Future studies could also include respondents from diverse courses to better understand the examination and give light on issues that may be present in other areas or similar findings that would enhance the place of their research. Lastly, the emphasis of this qualitative study is solely on the social skills that cycling brings to impact one's life. The future researchers who will utilize this study are strongly encouraged by the researchers to focus on the importance of cycling in developing all perspectives along with the respondents' real-life development and overall interaction abilities, which are social skills.

Riding a bike to school, work, or the grocery store is one of the most time-efficient methods to get exercise into your daily routine. According to estimates, people worldwide use bicycles for transportation, entertainment, and sports daily. Cycling is enjoyable, beneficial to one's physical and mental health, convenient for travelling around town, and environmentally sustainable. Aside from those benefits, cycling could also develop a person's social skills, including how a person communicates with others. Through communication, individuals can build relationships that will serve as their network for coping with difficulties.

### **Conflict of Interest Statement**

The authors declare no conflicts of interest.

### **About the Author(s)**

**Jao, Kiara Shiloh T.**, Graduating Student, Bachelor of Physical Education, College of Teacher Education, University of Mindanao, Philippines.

**Maloloy-on, Germae N.**, Graduating Student, Bachelor of Physical Education, College of Teacher Education, University of Mindanao, Philippines.

**Rubio, Jevy Pauly Mae S.**, Graduating Student, Bachelor of Physical Education, College of Teacher Education, University of Mindanao, Philippines.

**Ivy V. Singson**, Faculty Member / Assistant Researcher, College of Teacher Education, University of Mindanao, Davao City, Philippines. Master of Arts in Education, University of Mindanao, Philippines.

ORCID: <https://orcid.org/0000-0002-7846-3617>

## References

- Amankwaa, L. (2016). Creating protocols for trustworthiness in qualitative analysis. *Language Teaching Research*, 19(2), 129–132. <https://doi.org/10.1177/1362168815572747>
- Analysis: Techniques, Estimates, and Implications. 2nd ed. Victoria, Canada: Victorian Transport Policy Institute. Retrieved from <http://www.vtpi.org/tca/>
- Andrews, L. (2015, May 26). *Bicycling can sharpen your thinking and improve your mood*. Psychology Today. Retrieved from <https://www.psychologytoday.com/us/blog/minding-the-body/201505/bicycling-can-sharpen-your-thinking-and-improve-your-mood>
- Bernhard, A. (2020). *The great bicycle boom of 2020*. BBC. Retrieved from <https://www.bbc.com/future/ bespoke/made-on-earth/the-great-bicycle-boom-of-2020.html>
- Blue, A. (2020, July 17). *Poor social skills may be harmful to mental and physical health*. University of Arizona News. Retrieved from <https://news.arizona.edu/story/poor-social-skills-may-be-harmful-mental-and-physical-health>
- Chang, H. W., & Chang, H. L. (2008). Students' perceptions of difficulties in cycling to school in urban and suburban Taiwan. *Transportation Research Record: Journal of the Transportation Research Board*, 2060(1), 123-130. <https://doi.org/10.3141/2060-14>.
- Cronkleton, E., Palladino, A. (2021). *Cycling benefits: 11 reasons cycling is good for you*. Healthline. Retrieved from <https://www.healthline.com/health/fitness-exercise/cycling-benefits>
- DeFranzo, S. E. (2019, May 21). *5 reasons why feedback is important*. Snap Surveys Blog. Retrieved from <https://www.snapsurveys.com/blog/5-reasons-feedback-important/>
- Doyle, A. (2020). Important of Active Listening Skills and Techniques. Retrieved from <https://www.thebalancecareers.com/active-listening-skills-with-examples-2059684>
- Frey, B. B. (2018). *Snowball sampling - SAGE research methods*. SAGE Research Methods: Find resources to answer your research methods and statistics questions. Retrieved from <https://methods.sagepub.com/reference/the-sage-encyclopedia-of-educational-research-measurement-and-evaluation/i19094.xml#:~:text=Snowball%20sampling%20is%20a%20sampling,sampling%20or%20chain%20referral%20sampling>
- Furlow, B. V. (2017, December 9). Develop decision-making skills. The Clarion Ledger. Retrieved from <https://www.clarionledger.com/story/news/2017/12/09/develop-decision-making-skills/934228001/>
- Gerard, S. (2019, October 16). *The importance of being open-minded*. The Odyssey Online. Retrieved from <https://www.theodysseyonline.com/importance-being-open-minded>
- Guell, C., Panter, J., Jones, N., & Ogilvie, D. (2012). *Towards a differentiated understanding of active travel behaviour: Using social theory to explore everyday commuting*. *Social*

- Science & Medicine* 75(1), Retrieved from Retrieved from <https://www.sciencedirect.com/science/article/pii/S0277953612001700>
- Handel, S. (2021, July 24). *Article limit – Become a member today!* The Emotion Machine. Retrieved from <https://www.theemotionmachine.com/confidence-is-important/>
- Interactive Health Technologies. (2018, December 30). *Social/Emotional learning resonates in students' cycling workout*. Interactive Health Technologies – Heart Rate Wellness Solutions for Schools. Retrieved from <https://ihtusa.com/social-emotional-learning-resonates-in-students-cycling-workout/>
- Keiling, H. (2021). Nonverbal Communication Skills: Definition and Examples. Retrieved from <https://www.indeed.com/career-advice/career-development/nonverbal-communication-skills>
- Lucas, A. (2018, December 11). *The importance of verbal & non-verbal communication*. Our Everyday Life. Retrieved from <https://oureverydaylife.com/the-importance-of-verbal-non-verbal-communication-5162572.html>
- Lynch, S. A., & Simpson, C. G. (2010). *Social Skills: Laying the Foundation for Success*. ERIC - Education Resources Information Center. Retrieved from <https://eric.ed.gov/?id=EJ945679>
- N.A (2020). The Importance of Effective Communication. Retrieved from <https://www.europeanbusinessreview.com/the-importance-of-effective-communication/>
- Panter, J. R., Jones, A. P., Van Sluijs, E. M., & Griffin, S. J. (2009, January). *Attitudes, social support and environmental perceptions as predictors of active commuting behaviour in school children*. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/19465403/> DOI: 10.1136/jech.2009.086918
- Penuel, W. R., Van Horne, K., DiGiacomo, D., & Kirshner, B. (2017). A social practice theory of learning and becoming across contexts and time. *Front Learning Research*, 4(4), 30-38. <https://doi.org/10.14786/flr.v4i1.205>
- Pitagorsky, G. (2021, May 25). *Communication responsiveness and the sound of silence*. Project Management Articles, Webinars, Templates and Jobs. Retrieved from <https://www.projecttimes.com/articles/communication-responsiveness-and-the-sound-of-silence/>
- Polit, D.F., & Beck, C.T. (2014). *Essentials of nursing research: Appraising evidence for nursing practice* (8th ed.). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins
- Portis, C. (2020). The Importance of a Strong Support System. Retrieved from [https://www.americanbar.org/groups/young\\_lawyers/projects/no-limits/the-importance-of-strong-support/](https://www.americanbar.org/groups/young_lawyers/projects/no-limits/the-importance-of-strong-support/)
- Ruegsegger, G., Booth, F. (2018). PubMed Central (PMC). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/>
- Stottler, W., & Tregoe, K. (2021, October 28). *What is problem solving and why is it important*. Kepner Tregoe. Retrieved from <https://kepner-tregoe.com/blogs/what-is-problem-solving-and-why-is-it-important/>

- Tanaka, T., & Okunishi, Y. (2015). *Social skills use of international students in Japan*. Japanese Psychological Research, 58(1), 54-70. <https://doi.org/10.1111/jpr.12097>
- Timmons, G. (2018, January 29). *Hands-on learning: A quick summary of everything you need to know*. SocialStudies.com. Retrieved from <https://blog.socialstudies.com/what-is-hands-on-learning#:~:text=Definition,books%2C%20lectures%2C%20etc.%22>
- Tiret, H. (2015, November 23). The importance of listening skills. MSU Extension. Retrieved from [https://www.canr.msu.edu/news/the\\_importance\\_of\\_listening\\_skills](https://www.canr.msu.edu/news/the_importance_of_listening_skills)
- Vilendrer et al. (2020, June 9). *The importance of negotiation skills*. Vilendrer Law, PC. Retrieved from <https://www.vilendrerlaw.com/the-importance-of-negotiation-skills/>
- Vögele, J. (2021, August 20). *Unchecked bicycle boom: These are the trends*. Ispo.com. Retrieved from <https://www.ispo.com/en/trends/unchecked-bicycle-boom-these-are-trends>



Creative Commons licensing terms

Authors will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Physical Education and Sport Science shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflict of interests, copyright violations and inappropriate or inaccurate use of any kind content related or integrated on the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons attribution 4.0 International License \(CC BY 4.0\)](#).