



INVESTING ENERGY, REAPING ACHIEVEMENT: CO-CURRICULAR INVOLVEMENT AND ACADEMIC PERFORMANCE AMONG BASIC EDUCATION LEARNERS IN A PHILIPPINE UNIVERSITY

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ABSTRACT

This study explored the relationship between co-curricular involvement and academic performance among Basic Education Department (BED) learners in a private Philippine university. Grounded by Astin's Theory of Student Involvement (1984), it examined how students' investment of time, energy, and commitment in co-curricular activities influences academic performance. Using a correlational research design, the research surveyed 220 learners selected through stratified random sampling. Data were collected through a validated questionnaire on co-curricular involvement and official academic records reflecting students' General Weighted Average (GWA). Descriptive statistics, Kruskal–Wallis tests, and Spearman's rank correlation were employed in the analysis. Findings showed that learners across Grade School, Junior High School, and Senior High School reported very high levels of involvement (median = 4), with the widest variation in Junior High School (SD = 0.641). Academic performance was strong overall, as 85.9% of students earned grades of 85 and above, and more than half (53.2%) clustered within the 90–94 range. Significant differences in co-curricular participation emerged across departments ($\chi^2 = 8.80$, $p = 0.012$) and age groups ($\chi^2 = 12.0$, $p = 0.003$), suggesting that engagement patterns evolve with student maturity.

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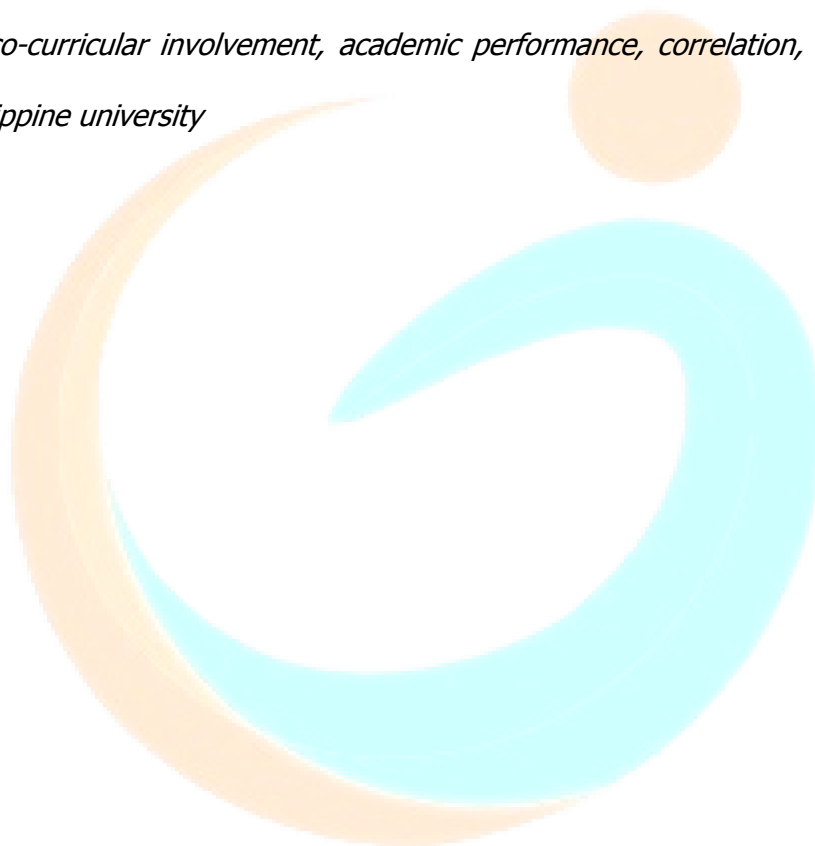
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Furthermore, a weak but significant positive correlation was found between involvement and GWA ($r = 0.143$, $p = 0.034$). The study concludes that co-curricular involvement supports strong academic performance, though its effects are modest and vary across grade levels. Structured programs at the elementary level foster consistent engagement, while adolescent learners thrive when opportunities balance autonomy and academic integration.

Keywords: *co-curricular involvement, academic performance, correlation, basic education students, Philippine university*



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