



CHALLENGES ENCOUNTERED BY THE SENIOR HIGH SCHOOL STUDENT-ATHLETES OF STI COLLEGE BALAYAN: BASIS FOR ACADEMIC REINTEGRATION AND INTERVENTION PROGRAM

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ABSTRACT

Senior high school student-athletes encountered distinct challenges in balancing their academic and athletic commitments, often resulting in difficulties in time management, mental health, and academic performance. This descriptive quantitative study investigated the academic challenges and coping mechanisms of 94 purposively sampled senior high school student-athletes from STI College Balayan who participated in recent district meet competitions. Data was collected using a validated four-section questionnaire focusing on time management, mental health, academic challenges, and coping strategies, employing a 4-point Likert scale. Both descriptive statistics (mean, frequency distribution) were utilized to outline the extent of challenges and coping strategies, while inferential statistics, specifically the t-

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test for dependent samples, determined the significant difference between encountered challenges and employed coping strategies, thereby forming the basis for the proposed academic reintegration and intervention program.

The findings indicated that high school student-athletes encountered notable difficulties in managing their time, with many finding it hard to consistently organize their demanding schedules. Balancing schoolwork with sports also presents ongoing academic hurdles, compounded by some students' lower confidence in their studies and limited support from teachers. While these students utilized some coping methods, their overall effectiveness was moderate, indicating a need for more robust strategies, particularly in communication and stress reduction. Ultimately, the study revealed a clear discrepancy between the challenges faced and the current effectiveness of their coping approaches, leading to the development of an intervention program focused on time management, mental well-being, and strengthening academic abilities. The program entitled "Academic Reintegration and Intervention Program for Senior High School Student-Athletes" was crafted. This program aims to provide structured support, equipping student-athletes with practical strategies to balance their sports commitments and academic responsibilities while fostering their overall well-being.

Keywords: *Academic Reintegration, Challenges and Coping Strategies, Time Management, Academic Skills, Mental Health*

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