

# DEGREE OF INVOLVEMENT IN LEISURE ACTIVITIES AND ACADEMIC PERFORMANCE OF UPHSL MARITIME STUDENTS



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## **Abstract**

Leisure activities are important to bring about a positive flow of energy in a person. These activities help to refresh the mind; thus, can bring physical and health benefits, reduce stress and depression, improve the quality of life, and aid positivity. This study aimed at determining the maritime students' degree of involvement in leisure activities and their academic performance. It probed into whether there is a significant difference in the degree of involvement in leisure activities when the respondents are grouped according to age, degree program, and year level. The study also determined if there is a significant relationship between the respondent's degree of involvement in leisure activities and their academic performance. This study, which involved 287 midshipmen, utilized the descriptive-correlation research design. Findings showed that the midshipmen have a low degree of involvement in leisure activities and their academic performance ranges from fairly satisfactory to satisfactory. The younger group of midshipmen are more involved in sports than the older ones. BS Marine Engineering midshipmen watched more television than the BS Marine Transportation midshipmen. The respondents' degree of involvement in playing computer games and billiards, though low, may pull down their academic performance. The less the respondents are involved in computer games and billiards, the better their academic performance can be.

## **Keywords:**

*leisure activities, degree of involvement, academic performance, maritime students*

