

ABSTRACT

Title of the Research: **EFFECTS OF TECHNOLOGY IN
LEARNING PHILIPPINE
INDIGENOUS GAMES
IN PHYSICAL
EDUCATION**

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This quasi-experimental research design study was conducted to determine the effects of technology in teaching Philippine indigenous games in physical education. The participants of this study were two intact sections of Bachelor in Sports and Recreational Management, BSRM55 students, one which was the: control group and the other one was experimental group. Each group was comprised of seventeen students.

The control group was taught Philippine indigenous games using the conventional teaching method while the experimental group was taught using technology based teaching method. Both groups of respondents were given validated pre-test/post-test before and after the experiment. The mean and t-test of independent means were used in the treatment of data.

The findings revealed that the use of instructional video animation and audio technology was effective. The performances of the experimental group when compared to the control group resulted to: Practical Knowledge – Agawan ng Panyo (t-value of 35.04, significance of .000), Dakpanay (t-value

of 15.48, significance of .000), Kitikitian (t-value of 14.30, significance of .000), and Patintero (t-value of 32.74, significance of .000); Basic Skills - Agawan ng Panyo (t-value of 45.09, significance of .000), Dakpanay (t-value of 35.24, significance of .000), Kitikitian (t-value of 32.22, significance of .000), and Patintero (t-value of 34.41, significance of .000); and Interest and Appreciation - (t-value of 7.98, significance of .000).

The experimental group had higher performances compared to control group; therefore, the use of technology in teaching Physical Education is recommended. The instructional video animation and audio technology used in the experiment could be samples in the preparation of lessons in physical education. It is recommended to develop instructional video animation and audio technology for all the Philippine indigenous games. Future researchers may use different types of technology that may fit each Philippine indigenous game. Future researchers could conduct the same study in a larger group of students to support the findings of this study.