

SPORTS IN EDUCATION = LIFE SKILLS

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Life skills are among the important purposes of education. According to the World Health Organization, it is the capacity for adaptable and constructive conduct that enables people to successfully manage the demands and difficulties of daily life (Prajapati et al., 2017). These were classified into three; thinking skills, social skills, and emotional skills. Thinking skills improve the logical faculty of the brain to think analytically, creatively, and critically, as well as developing problem-solving skills and decision-making abilities. Social skills like interpersonal skills, management skills, and leadership skills improve the socialization and communication skills of an individual. Emotional skills develop self-management skills, including or coping with diverse feelings, emotions, or pressures. Hence, life skills prepare individuals with social and interpersonal skills that enable them to face the challenges of daily life in an effective way (Sharma, 2022).

The participation of students in physical education and sports in the school provides significant impacts to their thinking, social, and emotional development. Sports activities teaches harmony and cooperative behavior (Chowdary, 2020), students who engages in sports tend to give full attention in class (Daud et al., 2013), and sports strengthen relationship with other students (Aguilar Villegas, 2018). It is therefore encouraged that teachers must engage their students in sports in their schools.

In basketball, for example, a player will learn to develop team play. He or she needs to develop how to communicate and cooperate with other players of his or her team in order to win. Doing it require understanding self-capabilities, seeing the other

player as yourself thereby establishing a person-to-person cooperation, and checking your emotions, stability and expression in order to develop harmony among the team. While sports allow students to engage with others, it is actually engaging the student with himself. In playing with other students, he or she is learning, understanding, and developing himself or herself. A student now has greater self-awareness, greater life skills, and greater appreciation.

The present Philippine educational system has integrated avenues for developing life skills through sports. Aside from the mandatory subject Physical Education and Health in all levels, it has also a school-based, district, provincial, and national level competitions for students-athletes. It is therefore highly encouraged that schools must form varsities of different sports. This allows students to participate in whatever sports they are interested in and thereby providing additional avenues for life skills development.

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