

Out of School Youth Coping Mechanisms in Sports Activity in the Municipality of Tuburan: Sports Development Program

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Abstract— Sports participation fosters holistic development among out-of-school youth (OSY) and strengthens their coping mechanisms and social engagement. This study examined the coping mechanisms and their relationships with other variables among out-of-school youth in Tuburan. Using a descriptive-correlational research design, data were collected from 55 respondents through a structured questionnaire. Data analysis involved descriptive statistics, weighted means and rank correlation. The study found that most respondents were young adults aged 22–24 years. They were largely male and comprised recent students from the academic years 2022–2023 and 2020–2021. Notable sports participated in were volleyball, basketball, and badminton. This indicated a preference for team-oriented activities. The level of sports participation was moderate. Most OSYs had similar acquiescence on the types, duration, and intensity of involvement. Consequently, they varied in frequency, implying constraints such as time limitations or access to facilities. Respondents habituated mental, physical, social, and accessibility-related strategies as their coping mechanisms. They have strong cognitive and self-regulatory capacities as the mental coping strategy obtained the highest mean. Data analysis drew out that age, gender, and the last school year attended were not significantly related to sports participation or coping mechanisms. Nonetheless, the type of sport participated in was significantly associated with both sports' participation and coping mechanisms. The result elicited a strong positive correlation between sports participation and coping mechanisms. This substantiated sports engagement contributed to and augmented their personal, social, and psychological development. The conclusion of the study proved that sports participation serves as an essential avenue for strengthening coping mechanisms among out-of-school youth. It recommends that local government units, schools, and youth organizations promote diverse and accessible sports programs, leveraging regular participation and youth development.

Keywords— Coping mechanisms, Out-of-school youth, Program development, Sports participation.

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I. INTRODUCTION

Out-of-school youth (OSY) represents a vulnerable population often excluded from opportunities that promote personal growth, social interaction, and community engagement. While, Sports activities have been widely recognized as effective tools for fostering physical and mental well-being in building life skills such as teamwork, discipline, and resilience in the youths today. In the Municipality of Tuburan, where social and economic challenges persist, understanding how OSY utilize sports as a coping mechanism is essential to addressing their unique needs and fostering inclusive community development.

This study explores the coping mechanisms employed by OSY in Tuburan through their participation in sports activities. By examining their experiences, challenges, and the role of sports in promoting adaptive behaviors, the research aimed to generate actionable insights for designing a targeted Sports Development Program. Such a program could serve as a platform for empowering OSY, helping them overcome adversities, and providing alternative pathways for personal and social advancement.

Additionally, the study aligns with the municipality's vision of leveraging community-based initiatives to enhance the quality of life for marginalized groups. By grounding its framework in evidence-based findings, this research will contribute to sustainable solutions that address the physical, psychological, and social dimensions of OSY's well-being. Ultimately, the study aspires to advocate for a holistic approach to sports development that not only engages OSY but also strengthens community cohesion and resilience in Tuburan.

II. METHODOLOGY

The study utilized a descriptive-correlational research design to assess and determine the coping mechanisms of out-of-school youth in Tuburan through their participation in sports activities. This design is suited to gather both quantitative and qualitative data on the respondents' demographic profiles, their level of participation in sports, and the coping mechanisms they employ. The target population consists of out-of-school youth aged 15 to 24 years, residing in Tuburan, and participating in at least one sports activity. A purposive sampling technique was used to select respondents who meet these criteria. The sample size

will be determined using Slovin's formula or other appropriate methods to ensure representativeness.

Data collection involved the use of a structured survey questionnaire, which will be divided into sections: demographic profile, level of sports participation, and coping mechanisms. The questionnaire included a mix of Likert-scale items, closed-ended questions, and open-ended questions to gather comprehensive data. In addition, semi-structured interviews were conducted with a subset of respondents to gain deeper insights into their experiences. An observation checklist was also used to verify data on the frequency, intensity, and types of sports activities participants engage in.

Furthermore, the data analysis used descriptive statistics (such as frequencies, percentages, and means) to summarize demographic characteristics and sports participation levels. Correlation analysis was employed to determine the relationships between demographic factors, coping mechanisms, and sports participation. For qualitative data, thematic analysis was done to identify common patterns and themes from the interviews. The combination of quantitative and qualitative data allows for a comprehensive understanding of the respondents' coping mechanisms and their level of sports engagement.

Ethical considerations were strictly followed throughout the study. Informed consent was obtained from all respondents, and confidentiality and anonymity were ensured. Additionally, ethical approval was sought from the relevant review board, and care will be taken to minimize any distress during data collection, particularly given the sensitive nature of the study's focus on out-of-school youth.

III. RESULTS AND DISCUSSION

A. Demographic Profile

The demographic profile of the respondents reveals that most participants were aged 22 to 24 years old (27.27%), indicating that the majority belong to young adults who are likely active in physical and social activities. In terms of gender, males comprised a larger portion (56.36%) compared to females (41.82%), suggesting that sports participation is more prevalent among male respondents. The majority of respondents last attended school during the academic year 2022–2023 (25.45%), followed by 2020–2021 (14.55%), which implies that most of them are recent students and did not continue their studies. When it comes to sports involvement, volleyball emerged as the most participated sport (34.55%), followed by basketball (16.36%) and baseball (9.09%), reflecting the popularity of team-oriented and accessible sports among the youth.

Overall, the profile suggests that the respondents are predominantly young, male, and actively engaged in sports that promote teamwork, discipline, and camaraderie.

B. Level of Sports Participation

The findings showed that the respondents generally have a moderate level of sports participation, with an overall weighted mean of 2.6 interpreted as *Agree*. This suggests that most of them are involved in sports activities to some

extent. Specifically, the respondents agreed on the types (2.6), duration (2.6), and intensity (2.6) of participation, indicating that they tend to engage in particular sports regularly, maintain consistent playing periods, and show moderate effort or energy during activities.

However, the frequency of participation obtained the lowest mean (2.4), interpreted as *Disagree*, implying that while the respondents are interested in sports, they may not participate as often—possibly due to other personal responsibilities, time constraints, or limited access to facilities. Overall, the data signifies that sports play a meaningful yet not dominant role in the respondents' lifestyles, reflecting balanced participation influenced by personal and environmental factors.

C. Coping Mechanisms

The results revealed that the respondents **Often** utilize coping mechanisms across all four domains, as reflected in the overall weighted mean of 2.9 (Often). This indicates that they frequently engage in behaviors or access resources that support their personal, social, physical, and mental well-being.

Among the indicators, the mental aspect obtained the highest weighted mean of 3.0 (Often), suggesting that respondents regularly rely on cognitive strategies—such as self-reflection, using prior knowledge, or pursuing self-directed learning—to manage challenges and enhance their abilities. This demonstrates a strong internal capacity for adaptive thinking and self-guided problem-solving.

Meanwhile, the indicators on accessibility (2.9), social support (2.8), and physical skill development (2.8) also received verbal interpretations of **Often**, indicating that respondents frequently benefit from available resources, supportive relationships, and opportunities for physical engagement. These values imply that their environments offer sufficient support to help them cope with difficulties, whether through family and peer encouragement, access to learning or physical resources, or skill-building activities.

Moreover, the findings suggested that the Out-Of-School youths in Tuburan are situated in a supportive environment that promotes continuous learning, personal development, and healthy social relationships. Such an environment plays a crucial role in strengthening their coping mechanisms and fostering holistic development, enabling them to adapt and adjust more effectively to societal demands

IV. CONCLUSIONS

The results of the study conclude that sports engagement plays an essential role in enhancing the coping mechanisms of out-of-school youth in Tuburan. Although participation is not as frequent as desired, its impact remains significant. The type of sport in which OSY engage contributes to variations in both their participation patterns and coping abilities, underscoring the importance of accessible and relevant sports programs.

Demographic factors do not significantly shape their sports involvement or coping strategies, indicating that sports serve as a universal support mechanism, regardless of

age or gender. The strong positive correlation between sports participation and coping mechanisms affirms that active involvement in sports helps OSY develop discipline, teamwork, confidence, emotional regulation, and social connectedness—key components of resilience and personal development.

Overall, sports remain a powerful platform for empowering out-of-school youth, offering not only recreation but also opportunities for learning, self-improvement, and community engagement.

V. EDITORIAL POLICY

The submitting author has not previously published any papers. The same applies to the co-authors.

VI. RECOMMENDATION

The study proved that sports participation serves as an essential avenue for strengthening coping mechanisms among out-of-school youth. It recommends that local government units, schools, and youth organizations promote diverse and accessible sports programs, leveraging regular participation and youth development.

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