# INTRODUCTION

The academic performance of student-athletes has long been a topic of interest within educational research, especially regarding the challenges and benefits they experience while balancing academic responsibilities and athletic commitments. In Sibulan Night High School, many students are simultaneously pursuing excellence in sports and academics, which raises significant questions about how their involvement in sports affects their academic outcomes. This study aims to explore the academic performance of student-athletes in Sibulan Night High School, considering both the academic challenges they face and the advantages that sports participation might provided.

Sibulan Night High School has seen a growing number of students participating in extracurricular activities, particularly in sports programs. While involvement in sports is often celebrated for promoting physical health, discipline, and teamwork, the impact on academic achievement is less clear. Some studies suggest that participation in athletics may foster skills such as time management, focus, and determination, which could improve academic performance (Jones & Smith, 2018). Others, however, argue that the significant time commitment required for training, competitions, and travel can negatively impact students’ academic focus and lead to lower grades (Johnson & Lee, 2017).

At Sibulan Night High School, the academic success of student-athletes remains a critical concern. This study will investigate the relationship between sports participation and academic performance, taking into account factors such as time management, physical and mental exhaustion, and the availability of academic support for student-athletes. By gaining a deeper understanding of these factors, this study aims to provide a comprehensive view of how sports participation impacts academic success in the context of Sibulan Night High School

Research on the academic performance of student-athletes presents mixed findings. Some studies indicate that athletic participation can enhance academic outcomes by fostering discipline and time-management skills. Conversely, other research highlights challenges student-athletes face in balancing sports and academics, potentially leading to underperform. At Sibulan Night High School, understanding these dynamics is crucial to developing strategies that support student-athletes' success both on the field and in the classroom.

**Statement of the Problem:**

This study aims to investigate how athletic participation impacts the academic performance of student-athletes at Sibulan Night High School. It seeks to identify challenges these students encounter in balancing their dual roles and to assess the effectiveness of existing support systems. The goal is to inform recommendations for enhancing support structures to promote both athletic and academic success among student-athletes.

**Objectives:**

1. Evaluate the current academic performance of student-athletes at Sibulan Night High School.
2. Identify challenges faced by student-athletes in managing academic and athletic responsibilities.
3. Assess the effectiveness of existing academic support services for student-athletes.
4. Propose strategies to improve the academic success of student-athletes without compromising their athletic commitments.

**Significance of the Study**

This study is significant as it aims to understand how athletic participation influences the academic performance of student-athletes. By identifying the challenges they face, educators and administrators can develop strategies to help student-athletes balance their academic and athletic responsibilities effectively. This will ensure that athletic involvement enhances rather than hinders their educational success.

Moreover, the findings of this study can guide policymakers in creating balanced academic and athletic programs that promote holistic development. Recognizing the physical and mental demands of athletic participation can lead to the creation of wellness programs that support both academic and athletic performance. Effective support systems will help student-athletes achieve success in both fields.

Finally, this study can contribute to the long-term success of student-athletes by emphasizing the importance of both academic credentials and athletic achievements. Preparing them for life beyond sports will ensure they have the skills and qualifications needed for future career opportunities. The insights gained will help create a balanced and supportive environment for student-athletes to thrive.