

**BENEFITS OF MENTAL SPORTS AND ITS INFLUENCE TO THE ACADEMIC
PERFORMANCE OF THE STUDENTS**

A Bachelor's Thesis

Presented to

The Committee of Oral Examiners

J.H. CERILLES STATE COLLEGE DUMINGAG CAMPUS

Dumingag, Zamboanga del Sur

In Partial Fulfilment of
the Requirements for the Degree
Bachelor of Secondary Education

by

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ABSTRACT

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Summary

This study was conducted to determine the benefits of mental sports and its influence on the academic performance of the BPED students in Dumingag, Zamboanga del Sur, Academic Year 2019-2020.

The student-participants included in the study were all BPED I and II students of JHCSC Dumingag Campus, Caridad, Dumingag Zamboanga del Sur.

The researchers utilized the descriptive-survey method with the questionnaire-checklist as the main instrument in gathering the data needed. The data gathered were analysed and interpreted using frequency counts, percentage and the Weighted Arithmetic Mean (WAM)

The result showed that half of the participants, aged between 18-19 years old, females.

The results of the study revealed that the participant's show active engagement in mental sports. All of the participants respond favorably on the benefits of mental sports. The participant's age, sex, does not affect their academic performance on the mental sports and it's influenced. However, the relationship between the participant's profile and their benefits of mental sports cannot be determined.

The Findings on the data gathered, of the study majority of the participants were females aged 18-19 years old. Mental sport that was sometimes played by the participants was manipulative games never played and computer games also never practiced by them. However, the result revealed that mahjong and puzzles under board games