



Father Saturnino Urios University
TEACHER EDUCATION PROGRAM
Butuan City



**Efficacy of Video Learning Material (VLM) towards the
Improvement of Grade 8 Online Learners' Performance in MAPEH**

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ABSTRACT

Online learning has been an extreme challenge to the students as well as to the teachers especially when the pandemic began. Due to the situation, face to face classes is prohibited in all levels of education. With this, a new mode of class was introduced which is the online learning. This study determines the efficacy of video learning materials towards the improvement of Grade 8 online performance in MAPEH. The gathered data were analyzed using convenience sampling design, comprises one hundred and thirty-nine (139) grade 8 students of FSUU Morelos Campus. The researchers surveyed fifty-two (52) grade 8 students through the use of Google Form with the permission of Ms. Maria Lourdes Bernadette Sanchez, the principal. It resulted that a lot of respondents find the video learning materials (VLM) easy to understand, appropriate to the lesson, interesting to watch enough to answer the respondent's inquiry, and increased their learning which help the respondents easy to understand the lesson. However, the researchers aimed for excellency and avoidance of mislead by false information that may affect the students' performance and learning. The proposed strategies should be utilized in the class to see the efficacy of VLM in students' performance development.

Keywords: online learning, efficacy, video learning material, performance.



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ACKNOWLEDGEMENT

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To Ms. Maria Lourdes Bernadette V. Sanchez, who allows the researchers to gather data from their program;

To the faculty, staff, and student of Father Saturnino Urios University who helped the researchers in gathering the accurate data and allowing the researchers to conduct a survey in all Grade 8 students.

To the parents, who support the researchers financially, emotionally, and for the undying support, love, care, patience, and generous assistance in various ways to complete this paper;

And above all the Almighty Father who make all things possible to the researchers and for giving the researchers courage to finish the paper despite the turmoil they experienced. He really makes wonder, miracles, all things plausible, and answers prayer at the right time needed. For these, the researchers will forever be grateful.



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I. Context and Rationale

Due to Covid-19 pandemic, the global education system is in the process of transforming and adapting to new and challenging situations which test the conventional learning process of classroom human interaction and capitalize in virtual and online education (Adnar & Anwar, 2020). Asynchronous and Synchronous class become common to online learning to log on and attend classes at specific times. Synchronous online learning means that students are required to log in and participate in class at a specific time each week. On the other hand, Asynchronous online learning allows students to view instructional materials each week at any time and include any video learning materials (Scheiderer, 2021).

Video learning resources have long been acknowledged to be particularly effective in the specific field of education - skill acquisition. Using any Video learning materials in the learning process also entails taking into consideration different learning styles and individualizing learning pace, level, and the learner's individual control over the repetition of educational assignments, as well as expanding extracurricular education possibilities (Krasna & Bratina, 2014). However, there are also some other considerations in the wider application of video learning



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materials including the authenticity, appropriateness, and understandable content of the resources provided by the teacher.

Furthermore, most of the teacher gives video learning materials that are not connected to the lesson resulted to confusion of the students on what learning materials should be followed. Due to disorientation, students will be more likely to acquire poor performance in MAPEH.

The researchers aim to improve the student's performance by the help of educational video presentation that will be created by the MAPEH teachers that contains an accurate content and information based on the legitimate educational resources and demonstrate a detailed execution of skills. The teachers used this material to explain and elaborate well the lesson, and help students to understand deeper about the specific topic.

II. Action Research Questions

This action research sought to answer the following questions:

1. How does the respondents find VLM's effectiveness in teaching-learning process?



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2. How effective is Video learning material (VLM) in the Asynchronous class towards the student's performance?

3. Based on the findings, what enhancement program can be proposed?

III. Innovation, Intervention, and Strategy

With the desire of the researchers to improve the performance of the Grade 8 students in MAPEH, the selected intervention is the use of Video Learning Material (VLM), with the belief that learning and the performance of the students will be improved with the help of the said intervention.

According to Mayer 2001 as cited by Cruse, E. (2017) that viewing, while it may appear to be passive, can involve the high-cognitive activity necessary for active learning: "well-designed video learning material can promote active cognitive processing in students, even when learners seem to be behaviorally inactive". Furthermore, according to Thorpe (2006), when video appropriately matched with specific instructional goals, video materials help more students to achieve higher levels and tend to engage more students in ways that are more compelling than printed resources.



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This means that students will be engaged if there are available video learning materials to supplement their educational needs.

The Video Learning Material (VLM) is most applicable for asynchronous classes prepared by the teacher with the help of multimedia platforms like YouTube. With this, the come-up strategy by the researchers is to create an educational video presentation to a specific lesson in MAPEH that explains the theory and the application of the topic. The video should contain an accurate content and information based on the legitimate educational resources and demonstrate a detailed execution of skills. The teachers used this material to explain and elaborate well the lesson, and help students to understand deeper about the specific topic. It also helps students to not get confused on what learning resources students should follow to improve the performance in MAPEH.

The implementation of VLM can be associated with the Cognitive Theory of Multimedia Learning of Mayer and Moreno (2003). The Cognitive Theory of Multimedia Learning articulates the goal of any learning as “meaningful learning”, which requires cognitive processing that includes paying attention to the presented material, mentally organizing the presented material into a



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coherent structure, and integrating the presented material with existing knowledge.

Prior to the implementation of the educational video presentation, the respondents will be asked to answer the survey questionnaire to identify the efficacy of the VLM to the students.

IV. Action Research Methods

This study utilized the descriptive research design. It is descriptive as it identified the efficacy of the Video Learning material (VLM) for the Grade 8 - MAPEH for the School Year 2021-2022 and aimed to create an instructional intervention to improve the performance of the students.

a. Participants and other Sources of Data and Information

The study will be conducted to Grade 8 - MAPEH consist of three (3) sections; St. Therese, St. Lucy, and St. Agnes of Father Saturnino Urios University, Basic Education, Butuan City. The participants include forty-nine (49) students from section St. Therese, forty-six (46) students from section St. Lucy, and forty-



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four (44) students from section St. Agnes. The study utilized the Convenience sampling design.

Table 1. Participants of the study

GRADE 8 - MAPEH	POPULATION	SAMPLE
St. Therese	49	13
St. Lucy	46	12
St. Agnes	44	27
TOTAL	139	52

b. Data Gathering Methods

The data will be collected in three stages. In the first stage, a letter of permission to conduct the study will be given to the Dean of Teacher Education Program and to the Principal of Basic Education of Father Saturnino Urios University for approval to conduct a survey. For the second stage, upon the approval of the letter, the Cooperating teacher will help to disseminate the Survey Questionnaire through Google Form to the respondents. Then, the intervention will be conducted immediately. Lastly, in the final stage, all the data will be collated for quantification and



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analysis. All the information and data generated will be treated as confidential.

c. Data Analysis Utilized

The results of the survey conducted to Grade 8 - MAPEH students, were used in determining the efficacy of Video learning materials (VLM). The gathered data was computed, analyzed, and interpreted based on the Likert Scale shown in the table below.

V. Discussion of Results

a. Findings

Statistically, the problems of the researcher were answered by the data gathered by the researcher.

Table 1. Efficacy of Video of Learning Material (VLM).

Indicators	St. Agnes	St. Lucy	St. Therese	Average Weighted mean	Verbal description	Interpretation



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1. I find video learning materials easy to understand	3.81	4	3.69	3.83	Agree	Very Good
2. I find video learning materials appropriate to the lesson	3.85	4.17	3.92	3.98	Agree	Very Good
3. I find video learning materials interesting to watch	3.93	3.75	3.53	3.74	Agree	Very Good
4. I find video learning materials enough to answer my inquiry	3.63	3.67	3.53	3.61	Agree	Very Good
5. I find video learning materials increased my knowledge	3.81	3.92	3.69	3.81	Agree	Very Good

As reflected in the table above, it can be observed that the weighted mean distribution of how the Grade 8 students find Video Learning material (VLM) is very good. The Video learning material (VLM) increases the knowledge of the students and helps the student easy to understand the lesson. This is supported by its average weighted mean range from 3.61 to 3.98 verbally described as agree.



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Table 2. Efficacy of Video learning material (VLM) towards the student's performance.

Indicator	St. Agnes	St. Lucy	St. Theres e	Average weighte d mean	Verbal descript ion	Interpreta tion
1. The Video learning materials helped me when performing a task	3.89	3.67	4	3.85	Agree	Very Good
2. The video learning materials helped me better understand the lesson	4.11	4.17	3.08	3.79	Agree	Very Good
3. The video learning materials gave me a new understanding that I didn't have after reading the written materials	3.96	4.08	3.92	3.99	Agree	Very Good
4. The video learning materials gave me more confidence in my ability to perform a task	3.59	3.75	3.53	3.62	Agree	Very Good
5. The video learning materials helped me to better understand the textbook material	3.89	3.83	5.46	4.39	Agree	Very Good

Table 2 presents the efficacy of Video learning material (VLM) towards the student's performance. The three-section find this as a big help for them to better understand the lesson and gave a new understanding that students did not have after reading the written materials. They consider it appropriate to the lesson., thus generally, claim it to be very good as evidenced by its result to



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an average weighted mean range from 3.62 to 4.39 verbally described as agree.

Problem 3: Enhancement Program for Video Learning Material (VLM)

Title: Enhancement Program for Video Learning Material (VLM)

Proponents: Albeos, Elizabeth Q.

Almirol, Herlianor B.

Bulan, Robie Mea V.

Corton, Hannah Mae S.

Dela Peña, Mary Fern T.

RATAIONALE:

This enhancement program that will be introduced to the MAPEH teachers is based on the findings in problem 1 and 2. This enhancement program aimed to improve the Video Learning Material provided by the teacher in asynchronous class in Father Saturnino Urios University. In additional, it will help students to attain excellent teaching-learning experience.



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3-day Virtual Video Making Workshop

DAY	Time Duration	Activity
DAY 1	9:00 am - 12:00 pm 1:30 pm - 4:00 pm	<ul style="list-style-type: none">• Introduction of Video Making Materials• Discussion of Open Broadcaster Software (OBS)
DAY 2	9:00 am - 12:00 pm 1:30 pm - 4:00 pm	Discussion of Video Editing Application <ul style="list-style-type: none">• VN• Capcut• Inshot• Filmora
DAY 3	9:00 am - 12:00 pm 1:30 pm - 4:00 pm	<ul style="list-style-type: none">• Video Making of Participants• Video Making Presentation of the Participants

b. Reflection

In the light of the findings discussed above, the researchers deduced that the engagement of Video Learning Material (VLM) improves the student's performance in asynchronous class better than just learning in a written material hence that MAPEH subject are more in skills that students must see to be learned during this virtual or online education. However, there is a consequence of using Video learning material (VLM) because of its wide range,



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that the students are misled or a Video learning material (VLM) that is not connected to the topic given by the teacher, this may affect the student's performance and learning because of unsure what material is covered.

In order to use this strategy effectively, the teacher should provide Video learning materials (VLM) that are aligned to the topic, which will help students understand what exactly material should be followed; accurate information, which will help students avoid being misled by false information, as multimedia platforms such as YouTube have a lot of information that is both true and false; and detailed execution of skills, which will allow students to process information more efficiently and recall information more quickly.

Since these results demonstrate that video learning materials (VLM) boost students' understanding and performance, all of this will be deployed in a class to see if it is effective in enhancing students' learning progress.



VI. References

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ANNEX 1
LETTER OF CONSENT

January 17, 2022

Ms. Maria Lourdes Bernadette V. Sanchez
Principal, Basic Education
Abp. Morelos Campus

Dear Ms. Sanchez,

Good day!

We, the researchers are conducting the action research entitled "Efficacy of Video Learning Material (VLM) towards the Improvement of Grade 8 Online Learners' Performance in MAPEH" . This is in partial fulfillment of our requirement in the degree of Bachelor of Physical Education.

Anent, we, the researchers, humbly ask for permission to conduct a survey via Google form to the Grade 8 students enrolled in MAPEH. The data that will be gathered in this survey will remain confidential and solely for educational purposes only.



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We believe that you are with us in our enthusiasm to finish this requirement and to develop our study for future use. We hope for your positive response on this matter.

Your approval in conducting this survey will be much appreciated.

Respectfully yours,

ALBEOS, ELIZABETH Q.

ALMIROL, HERLIANOR B.

BULAN, ROBIE MEA V.

CORTON, HANNAH MAE

DELA PENA, MARY FERN T.

Researchers

Noted by:

Arlyn M. Floreta

ARLYN M. FLORETA Ph. D.

Dean, Teacher Education Program

Approved By:

MS. MARIA LOURDES BERNADETTE V. SANCHEZ

MS. MARIA LOURDES BERNADETTE V. SANCHEZ

Principal, Basic Education



ANNEX 2

RESEARCH QUESTIONNAIRE FOR STUDENTS

Efficacy of Video Learning Material (VLM) towards the
Improvement of Grade 8 Online learners' performance in MAPEH

Name: (Optional)

Section: _____

Part 1.

Direction: Please rate the following perception based on your appreciation. Put a check mark (/) to the corresponding rating below.

Efficacy of Video of Learning Material (VLM) .					
Questions	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I find video learning materials easy to understand					



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2. I find video learning materials appropriate to the lesson					
3. I find video learning materials interesting to watch					
4. I find video learning materials enough to answer my inquiry					
5. I find video learning materials increased my knowledge					

Part 2. Direction: Kindly put a check mark (/) on the following information below which implies to you.

Efficacy of Video learning material (VLM) towards the student's performance.					
Questions	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree



1. The Video learning materials helped me when performing a task					
2. The video learning materials helped me better understand the lesson					
3. The video learning materials gave me a new understanding that I didn't have after reading the written materials					
4. The video learning materials gave me more confidence in my ability to perform a task					
5. The video learning materials helped me to better understand the textbook material					



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ANNEX 3

Cost Estimates

Item No.	Unit	Quantity	Item Description	Unit Price	Total Price
1	Gigabytes	6	Go 90 Internet Load	P90.00	P540.00
2	Piece	1	Phone Holder/ Tri-pad	P150.00/P500.00	P150.00/ P500.00
3	Meter	2	Green Screen	P60.00	P120.00
TOTAL					P810.00/ P1160.00

ANNEX 4

PLANS FOR DISSEMINATION AND UTILIZATION

The institution should conduct a workshop on implementing educational video presentation that will be created by the MAPEH teachers that contains an accurate content and information based on the legitimate educational resources and demonstrate a detailed execution of skills. The teachers used this material which will reflect in the NEO LMS to explain and elaborate well the lesson, and help students to understand deeper about the specific topic.



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CURRICULUM VITAE

I. Personal Information

Name : Elizabeth Q. Albeos

Nickname : Bebeth

Age : 22

Gender : Female

Citizenship : Filipino

Civil Status : Single

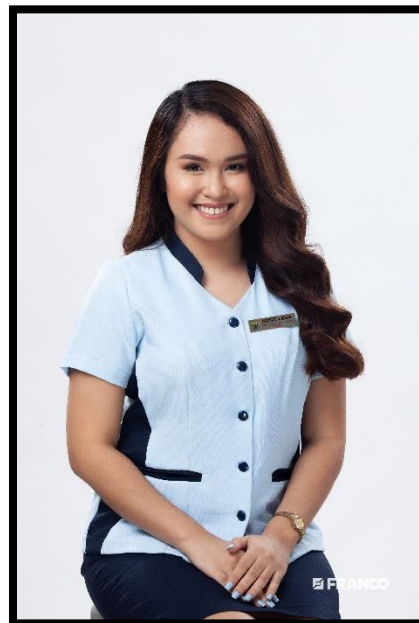
Home Address : Purok-1 Ampayon,
Butuan City

Date of Birth : October 31, 1999

Email Address : albeosb@gmail.com

Name of Father : Esteban A. Albeos Jr.

Maiden Name of Mother: Dina R. Quipanes



II. Educational Attainment

Grade School: Ampayon Central Elementary School

High School: Father Urios Institute of Technology of Ampayon, Inc.

Tertiary School: Father Saturnino Urios University

Course: Bachelor of Physical Education



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I. Personal Information

Name : Herlianor B.
Almirol

N-name : Herl

Age : 22

Gender : Female

Citizenship : Filipino

Civil Status : Single

Home Address : Purok 5 Taligaman, Butuan City

Date of Birth : August 29, 1999

Email Address : herl.lorimla@gmail.com

Father's Name : Norman G. Almirol

Maiden Name of Mother: Ligaya I. Beltran



II. Educational Attainment

Grade Schhol : Butuan Central Elementary School

High School : Agusan National High School

Tertiary School : Father Saturnino Urios University

Course : Bachelor of Physical Education



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I. Personal Information

Name : Robie Mea V. Bulan

Nickname : Mea/Meyang

Age : 22

Gender : Female

Citizenship : Filipino

Civil Status : Single

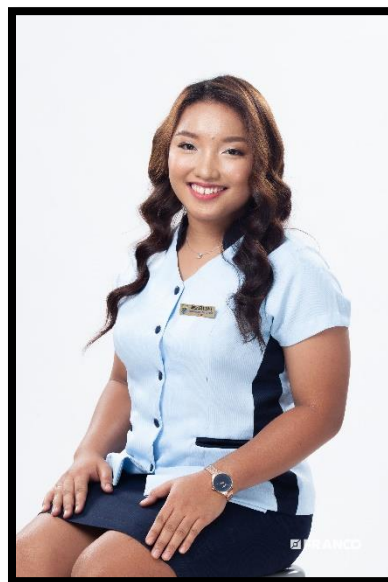
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Date of Birth : October 1, 1999

Email Address : robiemeabulan10@gmail.com

Name of Father : Rogelio D. Bulan

Maiden Name of Mother: Melba D. Villahermosa



II. Educational Attainment

Grade School : Butuan Central Elementary School

High School : Agusan National High School

Tertiary School : Father Saturnino Urios University

Course : Bachelor of Physical Education



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I. Personal Information

Name : Hannah Mae S. Corton

Nickname : Han

Age : 22

Gender : Female

Citizenship : Filipino

Civil Status : Single

Home Address : Purok2, Barangay La Suerte Prosperidad,
Agusan del Sur

Date of Birth : October 16, 1999

Email Address : hannahmaecorton1016@gmail.com

Name of Father : Agapito D. Corton

Maiden Name of Mother: Virginia R. Seguar



II. Educational Attainment

Grade School : Philippine Normal University (PNU-CTL)

High School : Agusan National High School

Tertiary School : Father Saturnino Urios University

Course : Bachelor of Physical Education



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I. Personal Information

Name : Mary Fern T. Dela Peña

Nickname : Fern

Age : 21

Gender : Female

Citizenship : Filipino

Civil Status : Single

Home Address : Purok4 Mahogany,
Butuan City

Date of Birth : January 11, 2000

Email : maryferndelapena28@gmail.com

Name of Father : Fernan Sol Dela Peña (deceased)

Maiden Name of Mother: Maria Rosanna Winer Tapales



II. Educational Attainment

Grade School : Banza Elementary School

High School : Banza National High School

Tertiary School : Father Saturnino Urios University

Course : Bachelor of Physical Education