

Computer and Outdoor Games: Effects on High School Students' Physical Fitness

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Abstract

The proliferation of and application of technology such as online computer games have directly and indirectly influenced the youth, particularly the personality of high school students toward the conduct of physical fitness. This study dealt with the effects of computer and outdoor games on high school students' physical fitness at Libon Agro-Industrial High School. It started identifying the profile referring to age, sex, access to a computer, computer games played, hours/week the students played computer games, outdoor games played, and hours the students played outdoor games; the computer and outdoor games, effects on students' physical fitness, and strategies to address the negative effects of which on the physical fitness of the respondents. Data and information were obtained through the descriptive method using a questionnaire checklist, interview, and documentary analysis. Research findings show that computer and outdoor games are both educational, and interactive, and develop motivational engagement. This research proposed an action plan meant to minimize the negative effects of computer and outdoor games and provides significant insights into the crafting of the school improvement plan (SIP).

Keywords: Physical Education, Physical Fitness, Computer Games, Outdoor Games, Strategy Games, Sports games, Fighting Games, Shooting Games, Brain Trainers, Yourself! Fitness, Eye Toy, Dance, Dance Revolution, Wii Sports, Warcraft, Edutainment, Descriptive design, Philippines, Asia