

## 03 ORIGINAL RESEARCH

# Preparedness of Mind and Body of Athletes: Implications to Academic Performance

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## ABSTRACT

This study was conducted to determine the level of preparedness of athletes' body and mind along with physical, social, mental and emotional state and their relationship to their academic performance. Results revealed that in terms of level of preparedness of body and mind of athletes, they believed that they are physically and mentally prepared. However, they were only moderately prepared emotionally and socially. In terms of the differences between male and female athletes with their physical state, there is no significant difference between male and female athletes since the probability value ( $p = .7655$ ) is greater than 0.05. With regards to athlete's level of readiness on mental state, male athletes are more stable or ready in terms of their mental condition than the female athletes. As to emotional state, female athletes are more prepared than the male athletes in terms of their emotional condition. With regards to social state, the level of preparedness on social state or condition of male and female athletes is the same or comparable. Moreover, there is a significant moderate relationship between the physical condition of athletes and their academic performance. The level of physical readiness of athlete becomes higher; it follows that his or her academic performance becomes better as well. With regards to the relationship between mental state and academic performance of athletes, academic performance of athletes becomes better when the athletes' level of mental preparedness increases. In terms of the relationship of emotional condition and academic performance of athletes, the academic performance of athletes tends to be high when their level of emotional preparedness is high as well. However, there is no significant relationship between the academic performance of athletes to their level of social preparedness since the probability value is greater than 0.05 ( $p = 0.241$ ). Additionally, on the bases of the findings and conclusions of the study, the following are recommended: (a) since the athletes are only moderately prepared emotionally and socially, the coaches and athletes may formulate a functional action plan on how to enhance or improve their emotional and social conditions, (b) since physical, mental and emotional preparedness of athletes are found to correlates of academic performance, student-athletes must endeavor to maintain and further enhance their being physically, mentally and emotionally fit, (c) similar studies may be conducted making use of other variables to be correlated to the body and mind conditions of the athletes, (d) the copy of the results of the study may consider

providing the concerned offices/department of TAU and TSU to serve as basis in enhancing the body, mind and academic performance of their athletes, (e) to include preparation of the mind in the sports development program of the schools and Universities, (f) coaches and trainers should undergo trainings and seminars regarding this concern with the full support of the administration, and (g) faculty members handling student-athletes must also be informed about these findings.

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