

## ORGANIZED SPORTS AND RECREATION ACTIVITIES FOR PERSONS DEPRIVED OF LIBERTY (PDL): A COMPREHENSIVE SURVEY-ANALYSIS FOR CONTINUOUS EXTENSION PROGRAM PROVISION AND REINTEGRATION

### ATIVIDADES ESPORTIVAS E RECREATIVAS ORGANIZADAS PARA PESSOAS PRIVADAS DE LIBERDADE (PDL): UMA PESQUISA-ANÁLISE ABRANGENTE PARA OFERTA E REINTEGRAÇÃO DO PROGRAMA DE EXTENSÃO CONTÍNUA

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#### RESUMO

O presente estudo examinou o feedback fornecido por um total de 436 pessoas em liberdade condicional que participaram do 2º Inter-Color Sport Fest de 2024. Este evento foi organizado conjuntamente pelo Escritório de Liberdade Condicional e Liberdade Condicional de Bulacan No. 1 da Região III e pela Faculdade de Esportes, Exercício e Recreação da Universidade Estadual de Bulacan nas Filipinas. Seu objetivo principal era atender indivíduos encarcerados. O evento centrou-se na oferta de atividades esportivas estruturadas destinadas a melhorar a saúde física, o bem-estar e os resultados de reabilitação de pessoas privadas de liberdade (PDL). Por meio de uma análise abrangente da pesquisa, os participantes forneceram classificações para múltiplas facetas do programa, abrangendo o calibre e a pertinência do treinamento e da instrução, a alocação de tempo para as atividades e a eficácia geral do festival esportivo em satisfazer suas necessidades e expectativas. Os resultados revelaram um notável grau de contentamento entre os participantes, como evidenciado pela persistência de pontuações médias acima de 4,48 numa escala de 5 pontos, que corresponde à faixa de “muito satisfatório” a “excelente”. Grandes elogios foram recebidos em áreas específicas, incluindo a qualidade do ensino, a adequação do tempo para discussão, participação e a relevância e aplicabilidade percebidas do treinamento. Os resultados acima mencionados enfatizam os notáveis efeitos benéficos das atividades esportivas organizadas no bem-estar físico e psicológico dos PDLs, enfatizando assim a função essencial dos programas esportivos e recreativos estruturados em ambientes correcionais. Além disso, o presente estudo sublinha a importância da atribuição adequada de tempo e da facilitação de conversas e envolvimento irrestritos, promovendo assim uma atmosfera favorável à aprendizagem e à reabilitação. A resposta favorável dos entrevistados indica que este tipo de serviço de extensão desempenha um papel crucial no desenvolvimento abrangente e reabilitação de PDLs, apoiando assim a sua implementação e continuidade.

**Palavras-chave:** Programa de extensão, Atividades desportivas e recreativas organizadas, Pessoas privadas de liberdade (PDL), Reintegração.

#### ABSTRACT

The present study examined the feedback provided by a total of 436 parolees who participated in the 2024 2<sup>nd</sup> Inter-Color Sport Fest. This event was jointly organized by the Bulacan Parole and Probation Office No. 1 of Region III and the College of Sports, Exercise, and Recreation of Bulacan State University in the Philippines. Its primary objective was to cater to individuals who are incarcerated. The event centered around providing structured sporting activities aimed at improving physical health, well-being, and rehabilitation results for persons deprived of liberty (PDL). By means of a comprehensive survey analysis, the participants provided ratings for multiple facets of the program, encompassing the caliber and pertinence of training and instruction, the allocation of time for activities, and the overall efficacy of the sport fest in satisfying their requirements and anticipations. The findings revealed a notable degree of contentment among the participants, as evidenced by the persistent average scores above 4.48 on a 5-point scale, which corresponds to the range of “very satisfactory” to “excellent.” High commendations were received in specific areas, including teaching quality, adequacy of time for discussion, participation, and the perceived relevance and applicability of the training. The aforementioned results emphasize the notable beneficial effects of organized sports activities on the physical and psychological welfare of PDLs, hence emphasizing the essential function of structured sports and recreational programs within correctional environments. Moreover, this present study underscores the significance of appropriate time allocation and the facilitation of unrestricted conversation and engagement, hence fostering a learning and rehabilitation-friendly atmosphere. The respondents’ favorable response indicates that this kind of extension service plays a crucial role in the comprehensive development and rehabilitation of PDLs, thereby supporting their implementation and continuance.

**Keywords:** Extension program, Organized sports and recreational activities, Persons Deprived of Liberty (PDL), Reintegration.

## Introduction

Crime and the detention of individuals are important social concerns that mirror wider society processes and inequalities<sup>1</sup>. Crime frequently arises from a complex interaction of socioeconomic elements, such as poverty, inadequate education, and limited opportunity<sup>2</sup>. These fundamental factors indicate structural problems within a society that sustain recurring patterns of criminal conduct. The experience of individuals as PDL (persons deprived of liberty) after being convicted provides significant insights into a society's approach to justice and rehabilitation. The conditions within jails, availability of legal resources, and reintegration programs have a significant impact on either promoting recidivism or enabling effective transition into society<sup>3</sup>. To effectively tackle crime and ensure public safety, it is necessary to implement comprehensive changes that target the underlying causes of criminal behavior and prioritize the humane treatment of prisoners. These reforms should emphasize rehabilitation rather than solely focusing on punishment.

Physical practices, which include a variety of bodily activities and rituals, have a significant impact on the well-being of individuals who are incarcerated, affecting both their physical and mental health<sup>4</sup>. Within correctional facilities, these practices encompass organized exercise programs, sports activities, yoga sessions, and other forms of physical activity that are frequently integrated into rehabilitation programs<sup>5-7</sup>. Participating in physical exercise can offer inmates a productive means of managing stress, diminishing hostility, and enhancing general well-being<sup>8</sup>. Furthermore, engaging in these activities can cultivate a feeling of discipline, teamwork, and self-esteem, all of which are crucial for a successful reintegration into society after being released<sup>9</sup>. For numerous detainees, physical activities form an essential component of their daily regimen, aiding them in dealing with the difficulties of being imprisoned and preserving a feeling of normalcy.

In the Philippines, the crime rate has been a topic of significant concern and study, reflecting broader trends within individual regions such as Bulacan. Nationally, the Philippines has seen fluctuations in its crime statistics over recent years, with notable changes influenced by socio-economic conditions, law enforcement policies, and societal dynamics. Specifically, Metro Manila has displayed spatial patterns in violent crimes, which are often associated with demographic variables such as population density and the percentage of young males. In contrast, other areas have shown varying crime trends based on local factors, illustrating the complex nature of criminal activity across the country<sup>10</sup>.

Within the national context, specific localities like Bulacan present their own unique crime dynamics. Studies have shown varying crime rates across different municipalities within the region, indicating the influence of local governance, community engagement, and regional policies on crime trends. For example, a comparative analysis between Bulacan and Irosin municipalities in the province of Sorsogon highlighted different crime rates<sup>12</sup>, suggesting that similar variances may exist within Bulacan's municipalities as well. Such regional analyses underscore the importance of localized approaches to crime prevention and law enforcement in reducing overall crime rates within the Philippines<sup>11,12</sup>. While specific data on Bulacan were not detailed, this comparison sheds light on how individual regions contribute to the national crime landscape and how they might be addressed effectively.

Meanwhile, individuals under parole and probation face various challenges that affect their reintegration into society. Studies reveal that parolees often struggle with health issues, limited education, and economic deprivation, which are compounded by their previous incarceration conditions<sup>13</sup>. Health complaints common among parolees, such as tuberculosis and hypertension, are attributed to inadequate nutrition, insufficient sleep, and poor sanitation while incarcerated<sup>14</sup>. Once released, while their physical health might improve, economic challenges remain significant barriers to accessing healthcare and medication. The criminal

justice system and support services in the Philippines need to address these multifaceted issues to aid in the successful reintegration of parolees and probationers, considering their specific needs and the socio-economic challenges they face. This includes improving access to healthcare, providing educational opportunities, and supporting them in finding stable employment to prevent recidivism and promote their well-being after release<sup>15</sup>.

While there are limited investigations on the promotion of health and wellness through organized activities such as sports festivals for people under parole and probation in the Philippines, existing studies on the broader population suggest significant benefits of such initiatives. Organized sports activities can serve as powerful platforms for enhancing physical and mental health among diverse groups, including vulnerable populations such as those under parole and probation<sup>16</sup>. Implementing sports festivals and other physical activity programs can offer these individuals constructive opportunities to improve their health, establish positive social connections, and reintegrate into society more effectively. By engaging in structured physical activities, individuals under parole and probation can experience improvements in their physical health, reductions in stress, and a greater sense of community belonging, which are crucial factors in successful reintegration and reducing recidivism<sup>17</sup>. While direct studies in the Philippines are lacking, the potential benefits underscore the importance of incorporating health and wellness programs into rehabilitation and reintegration strategies for individuals under parole and probation, drawing on the positive outcomes observed in broader health promotion initiatives within the country<sup>18</sup>.

## Methods

### Sample

The respondents for the study are parolees from the Bulacan Parole and Probation Office No. 1 of Region III who joined the 2<sup>nd</sup> Inter-Color Sport Fest organized by the said government agency in collaboration with the College of Sports, Exercise, and Recreation celebrated at City of Malolos, Bulacan, Philippines. The data were gathered from various respondents across different age groups. In this regard, data was obtained by using *purposive sampling* method. This approach entails deliberately choosing individuals or cases that exhibit particular characteristics relevant to the research study, in order to meet the goals of the investigation<sup>19</sup>. In this regard, a selection criterion was formulated to obtain the most reliable and accurate data from the respondents:

1. Either male or female; and
2. Currently a parolee and probationers of the Bulacan Parole and Probation Office No. 1

There were 700 approximate parolees joined the event. To ensure adequate statistical strength and accuracy in this study, the necessary sample size was determined with a 95% confidence level and a 5% margin of error, using the *Raosoft Sample Size Calculator*. In this context, the suggested sample size was 249. Interestingly, 436 parolees joined the survey. After the process of data cleaning, all of the responses were accepted, resulting in an overall response rate of 100.00%.

**Table 1.** Distribution table based on sex

<i>Variable</i>	<i>Item</i>	<i>N(%)</i>
Sex	Male	351(80.5%)
	Female	85(19.5%)

Source: Authors

### Instrument

In order to gather data from the respondents, survey questionnaire through the use of *paper and pencil survey questionnaire* was utilized. The survey questionnaire that was used to obtain data from the respondents is subdivided into two parts:

1. The first part obtained data about respondents' demographic characteristics (i.e., sex).
2. The Tagalog version of "Evaluation of Training/Study" (*Ebalwasyon sa Pagsasanay/Pag-aaral/* BulSU-OP-UEO-03F5) approved by the Extension and Services Office (ESO) of the Bulacan State University (BulSU) was utilized. It is a 15-item evaluation survey which measures the parolees' perception of the effectiveness of the extension program. Responses may be encoded by using 5-point Likert Scale ranging from 1- "Poor" to 5- "Excellent." In order to interpret the responses of the parolees for each item, Table 2 presents the verbal interpretation based on weighted mean. Furthermore, the normality estimates and reliability tests were conducted. Based on the normality test, the skewness and kurtosis value (2, -2) were not met, indicating that the data are not normally distributed. Lastly, after performing reliability test, the questionnaire is highly reliable with a Cronbach's Alpha ( $\alpha$ ) value of .96.

**Table 2.** Descriptive Interpretation of each item based on weighted mean

<i>Range of weighted mean</i>	<i>Verbal interpretation</i>
4.50 – 5.00	Excellent
3.50 – 4.49	Very Satisfactory
2.50 – 3.49	Satisfactory
1.50 – 2.49	Fair
1.00 – 1.49	Poor

Source: Authors

### Statistical analysis

In order to interpret the finding of the survey, *descriptive statistics* such as *mean* and *standard deviation* were utilized using SPSS version 29 in MacOS. In this regard, *survey analysis* was performed. The objective of survey analysis is to acquire a more profound comprehension of the opinions, habits, preferences, or features of the surveyed population, and to derive significant conclusions from the gathered data<sup>20</sup>.

### Ethical statement

The researchers in this study demonstrated a strong commitment to ethical standards, ensuring that all aspects of the research were carried out with a high level of honesty and consideration for the participants. Before initiating the investigation, much consideration was given to delineating the ethical framework, ensuring that approaches were in accordance with the values of autonomy, beneficence, and justice. The acquisition of informed consent was of utmost importance, since participants were provided with comprehensive information regarding the study's aims, potential hazards, and advantages. During the study, a rigorous commitment to confidentiality was upheld, ensuring the protection of the privacy and dignity of every participant. All possible conflicts of interest were openly revealed, and measures were implemented to reduce bias and guarantee the accuracy of the results. Through the adherence to stringent ethical principles, the researchers not only maintained their professional integrity but also exhibited a deep dedication to the well-being and rights of the individuals participating in the study.

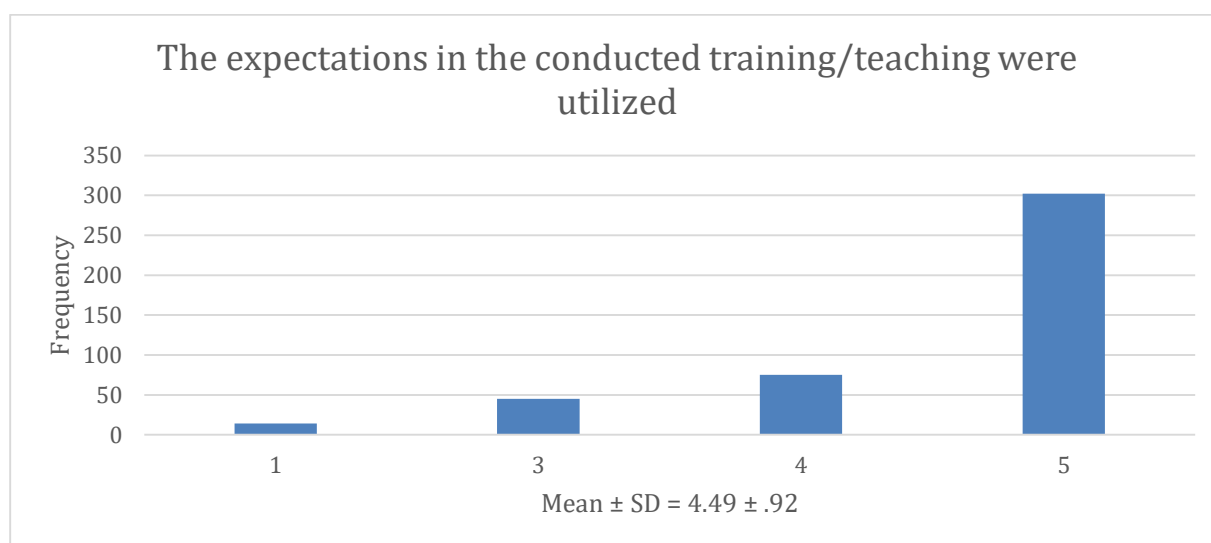
## Results and Discussion

### Question No. 1

English Version: The expectations in the conducted training/teaching were utilized.

Tagalog Version: *Nagamit ang mga inaasahan sa pagsasanay/pagututuro na isinagawa.*

The successful involvement and satisfaction of participants' expectations are shown by the high mean score of 4.49 and a standard deviation of .92 observed in the training and teaching done during the 2nd inter-color sport fest for persons deprived of liberty. The event, which is being coordinated by the Bulacan Parole and Probation Office No. 1 in collaboration with the College of Sports, Exercise, and Recreation of Bulacan State University, serves as a platform to emphasize the substantial influence that organized sports activities can exert on this particular demographic. The results align with the research conducted by Baldonado et al.<sup>21</sup>, which demonstrates that individuals who are denied of their freedom but participate in sports and physical activities experience enhanced psychological, physiological, and social well-being. This investigation provides evidence in favor of the proposition that organized sports activities play a vital role in rehabilitation, providing those who are incarcerated with both physical and mental advantages that enhance their overall contentment and well-being. Incorporating sports into their daily routine not only offers a productive means of releasing energy and emotions, but also promotes a feeling of camaraderie, enhances skill acquisition, and facilitates personal development. This highlights the importance of implementing such activities in correctional facilities.



**Figure 1.** English Version: The expectations in the conducted training/teaching were utilized.

Note: Tagalog Version: *Nagamit ang mga inaasahan sa pagsasanay/pagututuro na isinagawa.*

Source: Authors

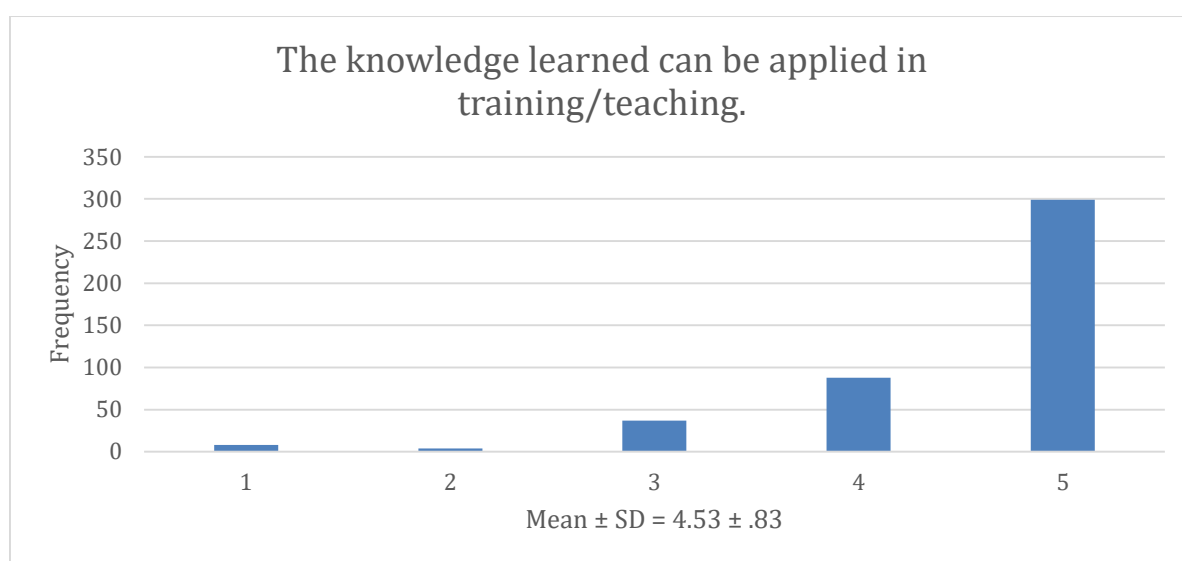
### Question No. 2

English Version: The knowledge learned can be applied in training/teaching.

Tagalog Version: *Magagamit ang mga kaalamang natutuhan sa pagsasanay/pagtuturo.*

The 2nd inter-color sport fest organized by the Bulacan Parole and Probation Office No. 1 and the College of Sports, Exercise, and Recreation of the Bulacan State University demonstrated a commendable level of knowledge application in training and teaching. This is evident from the high mean score of 4.53 and standard deviation of .83, which corresponds to “excellent.” This finding indicates that the participants effectively comprehended and applied the knowledge acquired from the planned sports activities, hence boosting their learning and

skills development. The study conducted by Harvey et al.<sup>22</sup> provides evidence for the beneficial effects of organized sports activities on this specific demographic. The authors highlight the significance of sport education in fostering ethical development and individual advancement. In addition, Gréhaigne and Godbout<sup>23</sup> examine the role of the constructivist and cognitivist perspectives in team sports in the development of tactical knowledge, which can be compared to the pedagogical methods employed at the sport fest. Organizing sporting activities not only promotes physical well-being but also facilitates psychological and social growth, which is essential for individuals who are deprived of their freedom. The results obtained from the sport festival highlight the significance of incorporating educational material into sports instruction, thereby enabling a holistic learning encounter that beyond mere physical activity.



**Figure 2.** English Version: The expectations in the conducted training/teaching were utilized.

**Note:** Tagalog Version: Nagamit ang mga inaasahan sa pagsasanay/pagututuro na isinagawa.

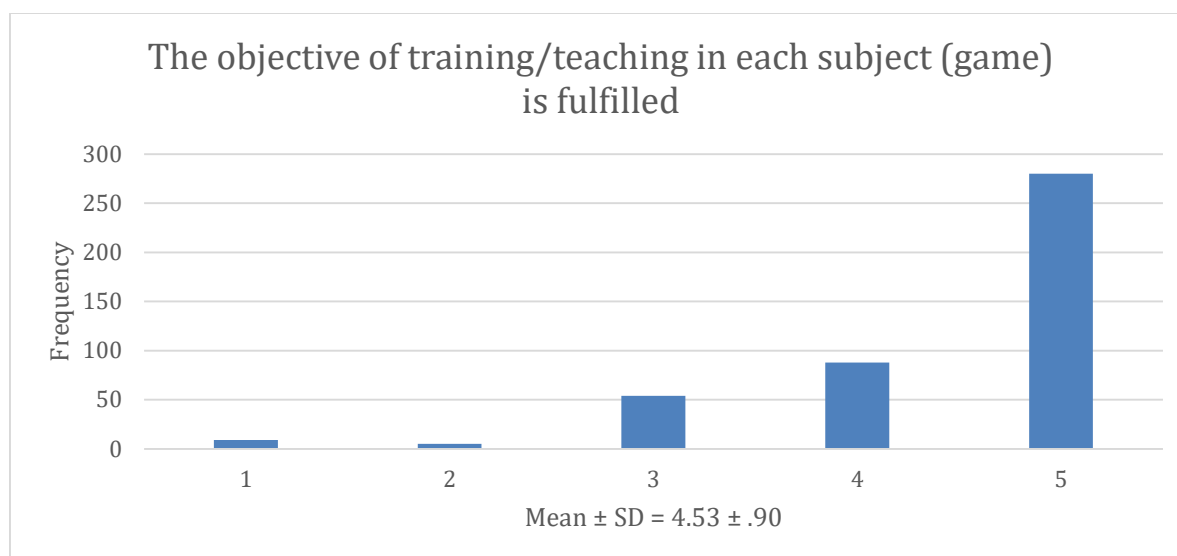
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### Question No. 3

English Version: The objective of training/teaching in each subject (game) is fulfilled.

Tagalog Version: *Ang layunin ng pagsasanay/pagututuro sa bawat paksa (laro) ay natugunan.*

The high mean score of 4.53 with a standard deviation of 0.90, indicating “excellent,” reflects the successful achievement of training and teaching objectives at the 2nd Inter-Color Sport Fest organized by the Bulacan Parole and Probation Office No. 1 in partnership with the College of Sports, Exercise, and Recreation of the Bulacan State University for persons deprived of liberty. This suggests that the event was well-structured and met its intended educational and rehabilitative goals, highlighting the effectiveness of using organized sports as a medium for learning and development among this unique population. The importance of clear and attainable objectives in organized sports programs, especially for rehabilitation purposes, is emphasized in literature. Marques et al.<sup>24</sup> illustrated that engagement in organized sports is associated with higher levels of physical activity and achieving recommended levels of physical activity among youth, indicating the potential for similar outcomes among adult populations, including those deprived of liberty. Additionally, Blauwet et al.<sup>25</sup> highlighted the positive association between participation in organized sports and employment among adults with spinal cord injuries, suggesting the transferability of benefits from physical activity to other aspects of life, which can be particularly beneficial for persons undergoing rehabilitation.



**Figure 3.** The objective of training/teaching in each subject (game) is fulfilled.

**Note:** Tagalog Version: Ang layunin ng pagsasanay/pagtuturo sa bawat paksa (laro) ay natugunan.

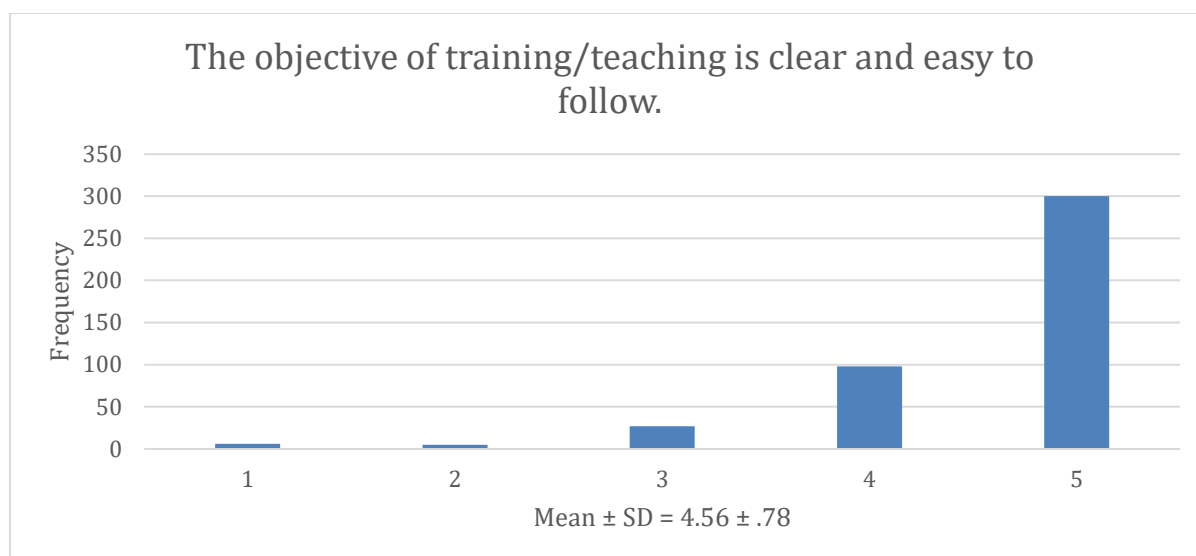
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#### Question No. 4

English Version: The objective of training/teaching is clear and easy to follow.

Tagalog Version: *Ang layunin ng pagsasanay/pagtuturo ay maayos at madaling sundan.*

The high evaluation score with the mean of 4.56 and SD of .78 regarding the clarity and followability of the training and teaching objectives in the 2nd Inter-Color Sport Fest reflects an exemplary level of instructional clarity and coherence. This indicates that the programs and activities were effectively structured and communicated, facilitating an environment where persons deprived of liberty could easily understand and engage with the material and exercises presented. Such clarity in objectives is crucial for educational and rehabilitative programs within correctional settings, as it aids in the participants' cognitive and emotional investment in the activities, thereby enhancing the potential for positive outcomes. According to the principles laid out by Blauwet et al.<sup>25</sup>, participation in organized sports can significantly contribute to the well-being and rehabilitation of individuals with disabilities, including those in correctional facilities. Furthermore, research by Logan et al.<sup>26</sup> emphasized the role of clear objectives and structured activities in promoting beneficial outcomes in youth sports programs, which can be analogous to programs for adults in correctional settings. The effective communication and clarity of objectives, as reflected in the sport fest's high evaluation scores, likely played a vital role in the successful implementation and positive reception of the training and teaching sessions.



**Figure 4.** English Version: The objective of training/teaching is clear and easy to follow.

**Note:** Tagalog Version: Ang layunin ng pagsasanay/pagtuturo ay maayos at madaling sundan.

**Source:** Authors

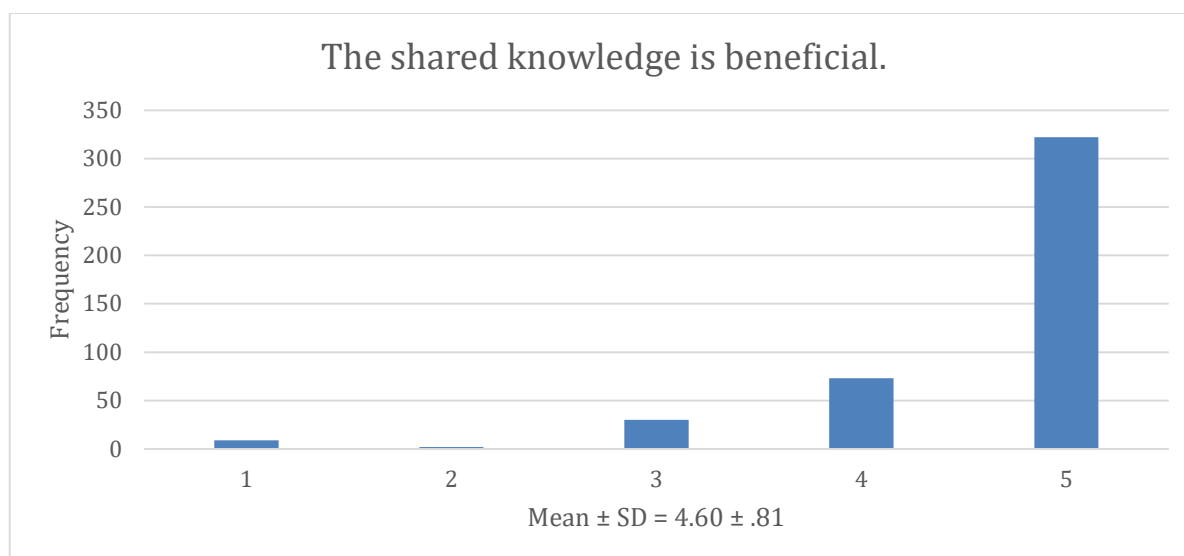
#### Question No. 5

English Version: The shared knowledge is beneficial.

Tagalog Version: *Ang ibinahaging kaalaman ay kapaki-pakinabang.*

The mean score of 4.60 and standard deviation of 0.81 for the statement “The shared knowledge is beneficial” from participants in the 2nd Inter-Color Sport Fest organized by the Bulacan Parole and Probation Office No. 1, in partnership with the College of Sports, Exercise, and Recreation of Bulacan State University, indicates the high value placed on the shared knowledge from the event by persons deprived of liberty. This reflects a common understanding that participation in such organized sports activities is not just about physical benefits but also about the exchange of knowledge, fostering a community of learning, and the development of shared understanding critical for effective teamwork and personal growth. The benefits of shared knowledge in organized sports, especially for rehabilitation and social integration, are well documented. For instance, Kermarrec et al.<sup>27</sup> highlighted the significance of shared understanding and coordination in team sports, underscoring how shared knowledge can enhance decision-making and performance. Similarly, Blaser and Seiler<sup>28</sup> show that shared knowledge and verbal communication in sports evolve through collective training, with shared knowledge often reducing the need for explicit verbal communication as a team develops. Furthermore, Gréhaigne and Godbout<sup>23</sup> discussed the acquisition and stabilization of tactical knowledge in team sports from a constructivist and cognitivist perspective, which is directly relevant to understanding game strategies and improving performance. Lastly, Eime et al.<sup>29</sup> emphasized the psychological and social health benefits of sports participation, noting how it can contribute to self-esteem and social interaction, which are crucial benefits for persons deprived of liberty engaged in organized sports activities.





**Figure 5.** English Version: The shared knowledge is beneficial.

**Note:** Tagalog Version: *Ang ibinahaging kaalaman ay kapaki-pakinabang.*

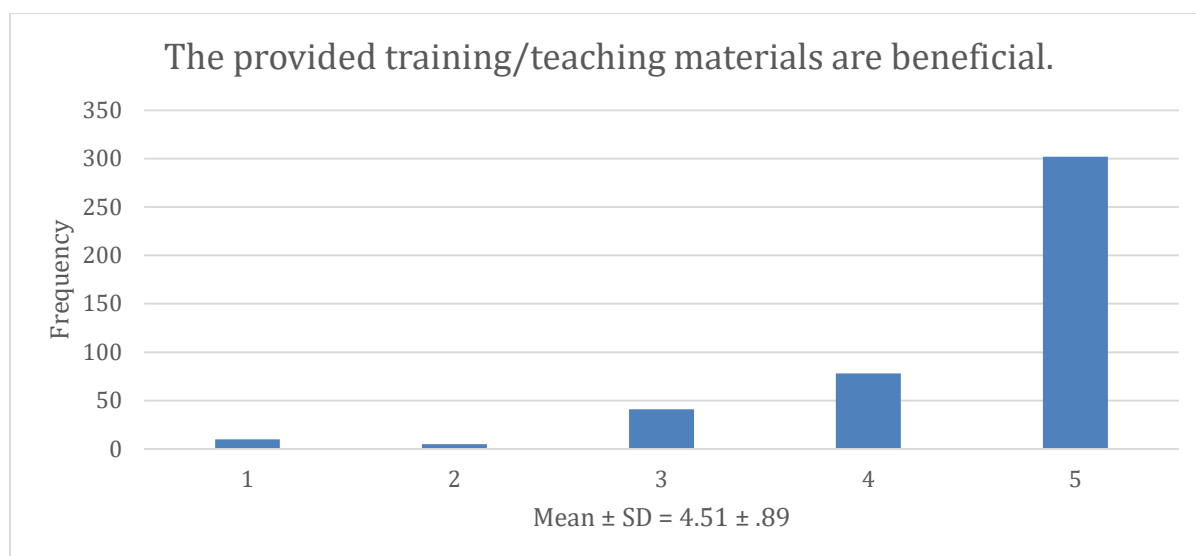
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#### *Question No. 6*

English Version: The provided training/teaching materials are beneficial.

Tagalog Version: *Ang mga ipinamahaging kagamitan sa pagsasanay/pagtuturo ay kapaki-pakinabang.*

The mean score of 4.51 and standard deviation of 0.89 for the statement “The provided training/teaching materials are beneficial” from the 2nd Inter-Color Sport Fest for persons deprived of liberty signifies that the materials were highly regarded by the participants, indicating their utility and relevance in contributing to the educational and rehabilitative goals of the program. This highlights the importance of well-designed and relevant materials in enhancing the learning experience, particularly in the context of using sports as a medium for rehabilitation and personal development for incarcerated individuals. Research suggests that well-structured physical education and sport programs can significantly contribute to various developmental domains including physical, social, affective, and cognitive areas, as highlighted by Bailey<sup>30</sup>. Moreover, organized sports activities, as outlined by Logan et al.<sup>26</sup>, offered a structured environment promoting social interaction, teamwork, and physical health, which are essential for the rehabilitation of persons deprived of liberty. Furthermore, Committee on Sports Medicine and Fitness<sup>31</sup> discussed the benefits of varied activity in youth sports, which could be extrapolated to the context of adult rehabilitation through sports, suggesting the significance of diverse and well-structured training materials in sports programs.



**Figure 6.** English Version: The provided training/teaching materials are beneficial.

**Note:** Tagalog Version: *Ang mga ipinamahaging kagamitan sa pagsasanay/pagtuturo ay kapaki-pakinabang.*

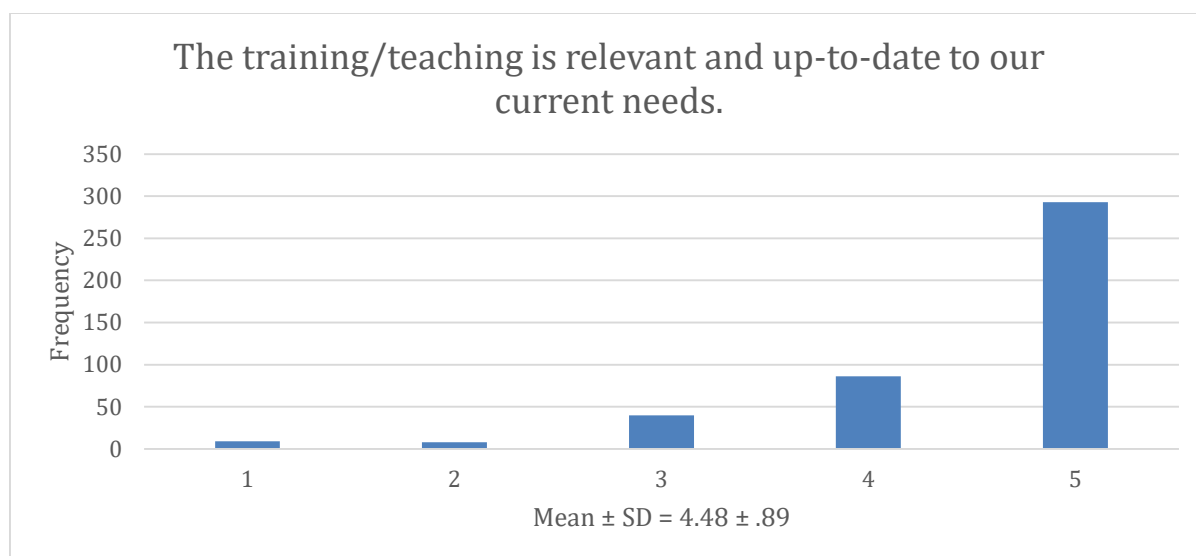
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#### Question No. 7

English Version: The training/teaching is relevant and up-to-date to our current needs.

Tagalog Version: *Ang mga pagsasanay/pagtuturo ay naayon at napapanahon sa aming kasalukuyang pangangailangan.*

The mean of 4.48 and a standard deviation of 0.89 for the statement “The training/teaching is relevant and up-to-date to our current needs” from the 2nd inter-color sport fest reflects the perception that the training provided was both current and pertinent to the participants' immediate needs. This suggests that the programs were effectively designed to address the contemporary challenges and interests of persons deprived of liberty, aligning with the rehabilitative and educational objectives of such activities. The relevance and currency of training materials and teaching methodologies in organized sports activities are crucial for maximizing engagement and learning outcomes. Committee on Sports Medicine and Fitness<sup>31</sup> emphasizes the need for sports training to be adapted to the age and development stage of participants, suggesting that appropriately tailored programs are more effective and safer. Furthermore, Maksymchuk et al.<sup>32</sup> discussed the importance of updating educational practices to meet the evolving needs and expectations of learners, a principle that can be applied to the context of organized sports for persons deprived of liberty.



**Figure 7.** English Version: The training/teaching is relevant and up-to-date to our current needs.

**Note:** Tagalog Version: *Ang mga pagsasanay/pagtuturo ay naayon at napapanahon sa aming kasalukuyang pangangailangan.*

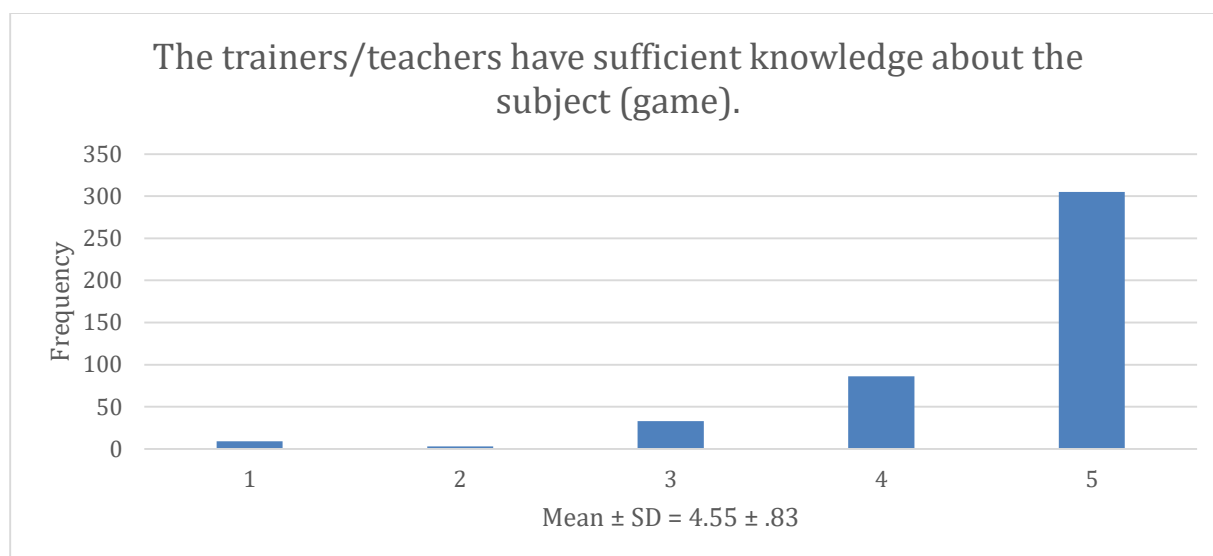
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#### *Question No. 8*

English Version: The trainers/teachers have sufficient knowledge about the subject (game).

Tagalog Version: *May sapat na kaalaman ang mga taga-pagsanay/tagapagturo tungkol sa paksa (laro).*

The mean score of 4.55 and standard deviation of 0.83 for the statement “The trainers/teachers have sufficient knowledge about the subject (game)” indicates that the participants perceived the trainers and teachers at the 2nd Inter-Color Sport Fest as highly knowledgeable and competent in their respective sports. This suggests that the educational and training components were effectively delivered and well-received by the participants, contributing positively to their experience and learning outcomes. The quality and expertise of trainers and teachers are pivotal in organized sports activities, especially for populations such as persons deprived of liberty, for whom such programs can significantly impact rehabilitation and personal development. The findings align with Mccullick et al.<sup>33</sup>, who emphasized the importance of knowledgeable teachers and coaches in providing beneficial and effective training. Furthermore, Maksymchuk et al.<sup>32</sup> highlighted the necessity of pedagogical technology in training future educators to organize sports effectively, underscoring the importance of having well-trained and informed trainers and teachers.



**Figure 8.** English Version: The trainers/teachers have sufficient knowledge about the subject (game).

**Note:** Tagalog Version: *May sapat na kaalaman ang mga taga-pagsanay/tagapagturo tungkol sa paksa (laro).*

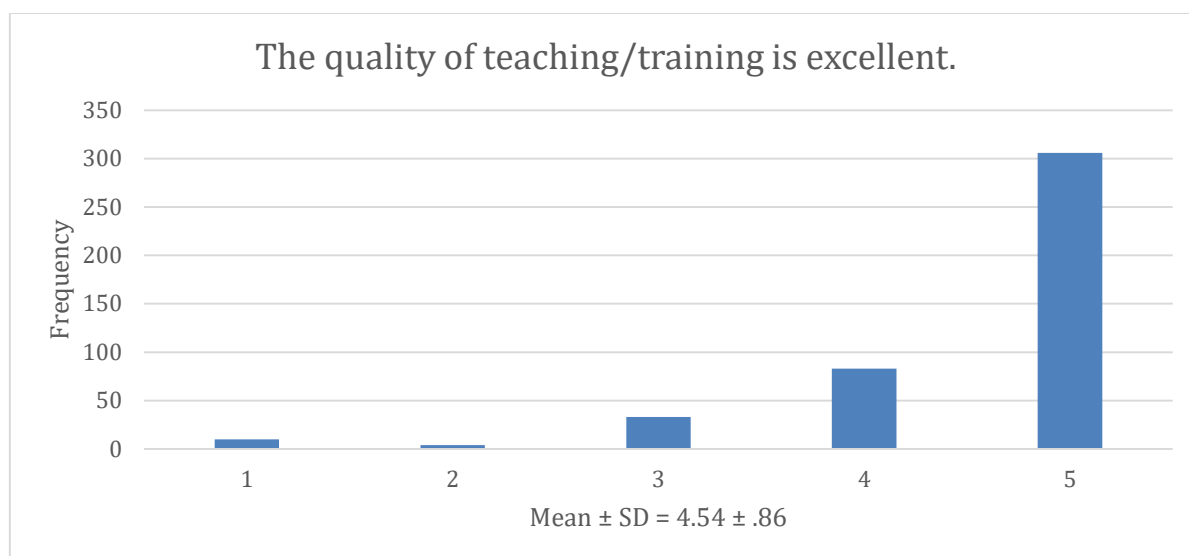
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#### Question No. 9

English Version: The quality of teaching/training is excellent.

Tagalog Version: *Ang kalidad ng pagtuturo/pagsasanay ay mainam.*

The mean score of 4.54 and standard deviation of 0.86 for the statement “The quality of teaching/training is excellent” indicates a high level of satisfaction with the teaching and training quality at the 2nd Inter-Color Sport Fest. This suggests that the trainers and teachers effectively delivered their subjects and engaged the participants, which is critical for the success of sports programs, especially for populations such as persons deprived of liberty. The positive assessment of the quality of teaching and training aligns with the educational objectives of organized sports activities, emphasizing the importance of well-prepared and knowledgeable instructors in achieving beneficial outcomes. For example, Fan<sup>34</sup> discussed the importance of quality control in teaching practices, particularly in sports training, which is essential for enhancing the overall quality of graduate education in the field. Additionally, the study by Logan et al.<sup>26</sup> underscored the importance of organized sports for children and preadolescents, highlighting that appropriate practice and game schedules, taking into account the athlete’s developmental stage and skills, are crucial for a positive sports experience.



**Figure 9.** English Version: The quality of teaching/training is excellent.

**Note:** Tagalog Version: *Ang kalidad ng pagtuturo/pagsasanay ay mainam.*

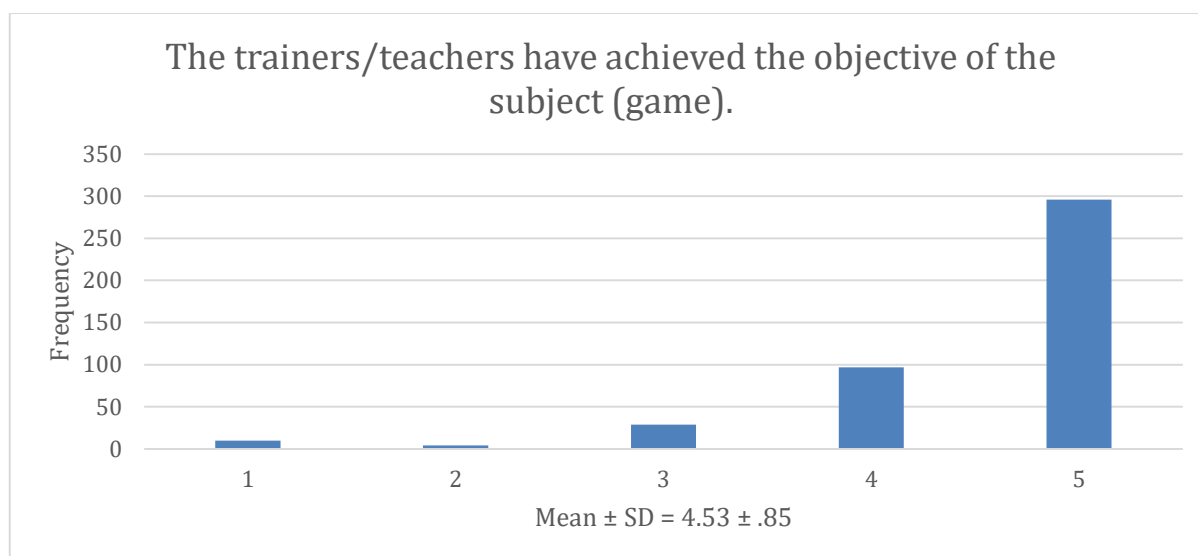
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#### *Question No. 10*

English Version: The trainers/teachers have achieved the objective of the subject (game).

Tagalog Version: *Natugunan ng mga tagapagsanay/tagapagturo ang layunin ng paksa (laro).*

The “excellent” mean score of 4.53 and standard deviation of 0.85 for the statement “the trainers/teachers have achieved the objective of the subject (game)” indicates a strong perception among participants that the objectives of the subjects and games during the 2nd inter-color sport fest were effectively met. This level of satisfaction suggests that the training and teaching methods were not only appropriate and well-received but also aligned with the goals and needs of the persons deprived of liberty participating in the event. This finding underscores the importance of aligning the educational content and sporting activities with the specific needs and conditions of the participants to maximize the benefits of such programs. The study by Maksymchuk et al.<sup>32</sup> supported this, highlighting the effectiveness of pedagogical technology in training teachers to organize sports, which can be directly related to the positive outcomes observed in the sport fest. Furthermore, Marques et al.<sup>24</sup> have shown that engagement in organized sports is associated with higher levels of physical activity, underscoring the importance of matching training objectives with participant needs for positive outcomes.



**Figure 10.** English Version: The trainers/teachers have achieved the objective of the subject (game).

**Note:** Tagalog Version: *Natugunan ng mga tagapagsanay/tagapagturo ang layunin ng paksa (laro).*

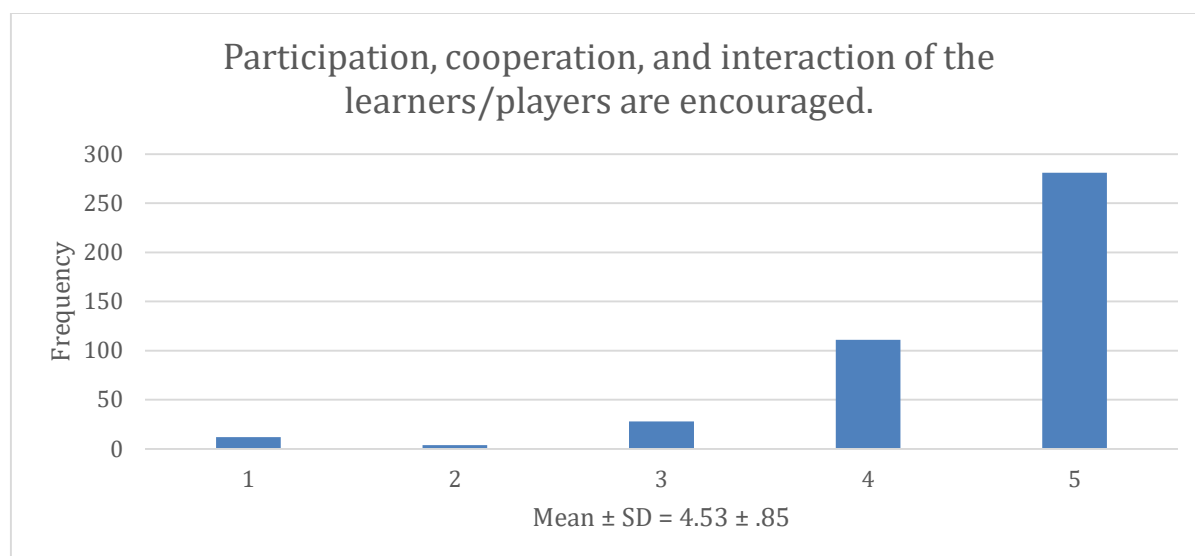
**Source:** Authors

#### *Question No. 11*

English Version: Participation, cooperation, and interaction of the learners/players are encouraged.

Tagalog Version: *Hiniyakit ang partipasyon, kooperasyon, at interaksyon ng mga nagsisipag-aral/nagsisipag-laro.*

The mean score of 4.48 and standard deviation of 0.88 for the statement “participation, cooperation, and interaction of the learners/players are encouraged” reflects a strong sense of community and team spirit fostered during the 2<sup>nd</sup> Inter-Color Sport Fest, highlighting the event’s success in promoting these essential aspects. This high level of satisfaction suggests that the event was well-structured to not only involve but also to engage persons deprived of liberty actively and cooperatively in the sports activities, which is crucial for their rehabilitation and personal development. The importance of participation, cooperation, and interaction in organized sports activities, especially for rehabilitation purposes, is supported by research that emphasizes these elements as fundamental for social learning and positive outcomes. Carlson and Hastie<sup>35</sup> discussed how sport education can lead to significant changes in student socialization, emphasizing teamwork and cooperation. Asbjørnslett and Hemmingsson<sup>36</sup> underlined the importance of being actively involved and cooperating in educational settings, particularly for young people with physical disabilities, illustrating the broader applicability of these principles. In the context of the sport fest, these principles were crucial in providing an environment where persons deprived of liberty could engage meaningfully with one another, facilitating not just physical but also social and emotional rehabilitation. This aligns with Hammel et al.<sup>37</sup> concept of participation, which includes active engagement and meaningful interaction, contributing to the participants’ sense of belonging and community.



**Figure 11.** English Version: Participation, cooperation, and interaction of the learners/players are encouraged.

**Note:** Tagalog Version: Hiniyakat ang partipasyon, kooperasyon, at interaksyon ng mga nagsisipag-aral/nagsisipag-laro

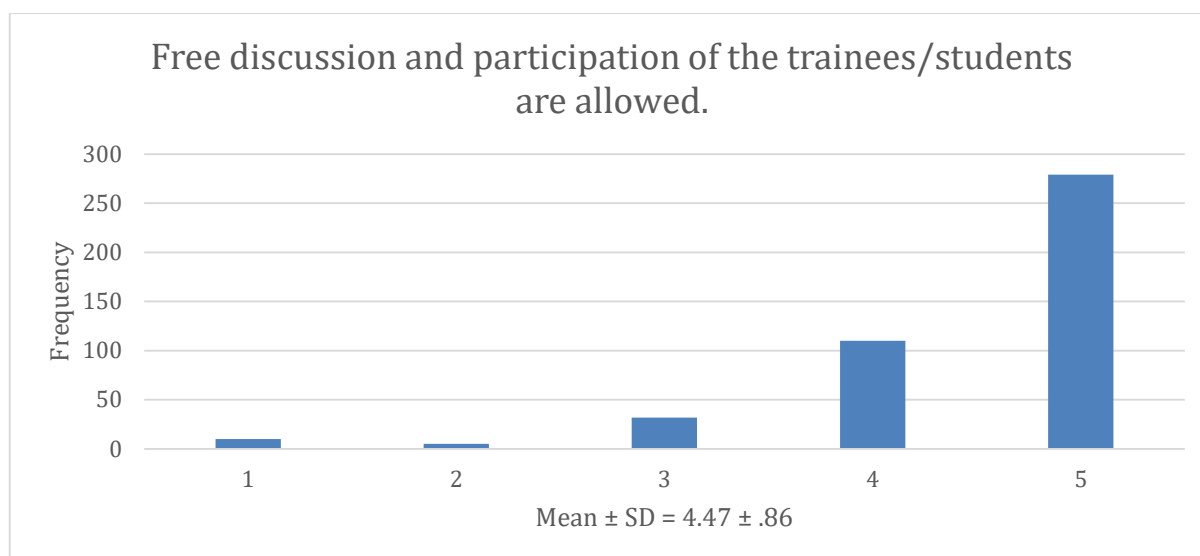
**Source:** Authors

#### *Question No. 12*

English Version: Free discussion and participation of the trainees/students are allowed.

Tagalog Version: *Ang malayang talakayan at pakikibahagi ng mga nagsasanay/nag-aaral ay pinahihintulutan.*

The mean score of 4.47 and standard deviation of 0.86 for the statement “free discussion and participation of the trainees/students are allowed” indicates that the 2nd Inter-Color Sport Fest organized by the Bulacan Parole and Probation Office No. 1 in partnership with the College of Sports, Exercise and Recreation of the Bulacan State University successfully promoted an open environment conducive to free discussion and active participation, especially for persons deprived of liberty. This suggests that the event not only focused on physical activities but also encouraged expression and interaction among the participants, enhancing their learning and rehabilitation experience. The significance of allowing free discussion and participation in organized sports activities, particularly for rehabilitation purposes, is highlighted in educational and sociological research. For example, the study by Carlson and Hastie<sup>35</sup> demonstrated that sports education can significantly change the way students socialize during class by developing teamwork and cooperation. Furthermore, the B-FREE project outlined by Ribeiro-Silva and Amorim<sup>38</sup> aimed to develop personal and social skills in adolescents deprived of their liberty through physical education classes, underscoring the transformative potential of such activities. These findings support the approach taken during the sport fest, indicating that creating an environment where trainees or students feel free to discuss and participate can lead to improved social and personal outcomes.



**Figure 12.** English Version: Free discussion and participation of the trainees/students are allowed.

**Note:** Tagalog Version: Ang malayang talakayan at pakikibahagi ng mga nagsasanay/nag-aaral ay pinahihintulutan.

**Source:** Authors

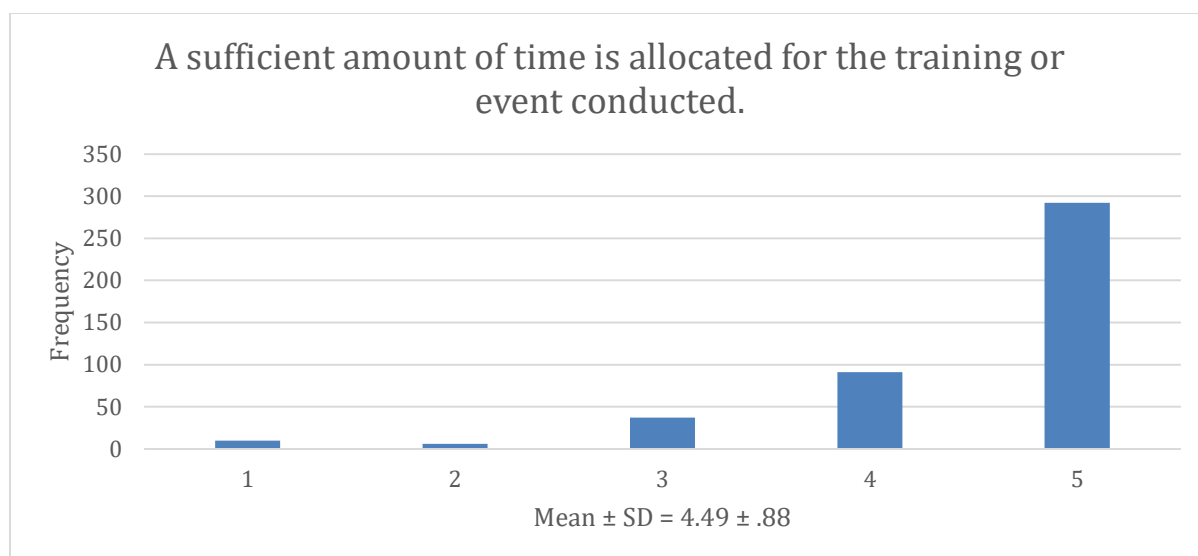
### Question No. 13

English Version: A sufficient amount of time is allocated for the training or event conducted.

Tagalog Version: *Sapat ang oras na inilaan para sa pagsasanay o kaganapan na isinagawa.*

The mean score of 4.49 and standard deviation of 0.88 for the statement “a sufficient amount of time is allocated for the training or event conducted” reflects a strong consensus among participants that the 2nd inter-color sport fest organized by the Bulacan Parole and Probation Office No. 1, in partnership with the College of Sports, Exercise, and Recreation of the Bulacan State University, effectively utilized time for the benefit of persons deprived of liberty. This suggests that the event's structure and schedule were well-designed to meet the educational and rehabilitative needs of the participants, providing them with ample opportunity to engage in and benefit from the various activities. The appropriate allocation of time for organized sports activities is critical, especially in rehabilitative settings, where participants can benefit from a structured yet flexible schedule that allows for various types of engagement and learning opportunities. Studies like those by Hallmann et al.<sup>39</sup> emphasized the importance of understanding the factors influencing the allocation of volunteer time in sport events, which can also apply to the structured participation time in sport-based rehabilitation programs. Furthermore, the study by Baldonado et al.<sup>21</sup> highlighted the positive relationship between engagement in games and sports activities and the psychological and relaxation benefits for persons deprived of liberty, indicating the importance of sufficient activity time for overall well-being and rehabilitation.





**Figure 13.** English Version: A sufficient amount of time is allocated for the training or event conducted.

**Note:** Tagalog Version: *Sapat ang oras na inilaan para sa pagsasanay o kaganapan na isinagawa.*

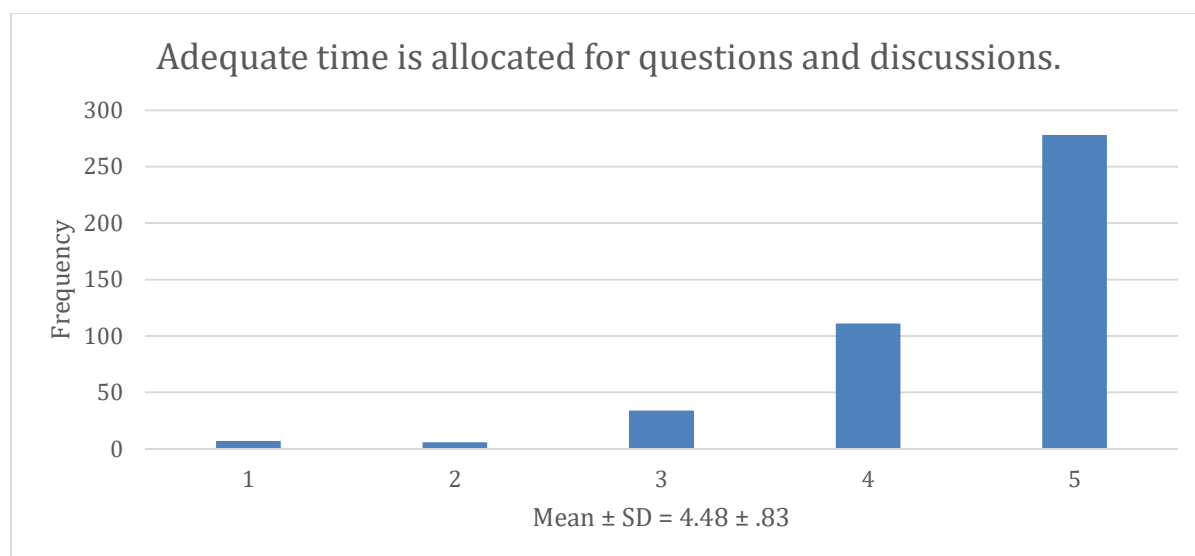
**Source:** Authors

#### *Question No. 14*

English Version: Adequate time is allocated for questions and discussions.

Tagalog Version: *Sapat ang oras na inilaan para sa mga katanungan at talakayan.*

The mean score of 4.48 and standard deviation of 0.83 for the statement “adequate time is allocated for questions and discussions” from the 2nd Inter-Color Sport Fest reflects a positive assessment of the event’s structure, particularly regarding the time allowed for interaction and engagement among participants. This indicates that the organizers effectively balanced the physical activities with opportunities for reflection, questions, and discussion, which is essential in creating a comprehensive and educational experience, especially for persons deprived of liberty. The allocation of adequate time for discussions and questions in sports and educational settings can significantly impact the learning experience and overall satisfaction of participants. Lorentzen<sup>40</sup> discussed how the allocation of playing time and involvement in discussions in team sports are vital for social interaction and inclusion, highlighting the importance of fair play and communication. Similarly, the work by Muñiz et al.<sup>41</sup> on time allocation suggests that engagement in leisure activities, like sports, benefits from balanced time management between physical activities and discussions.



**Figure 14.** English Version: Adequate time is allocated for questions and discussions.

**Note:** Tagalog Version: *Sapat ang oras na inilaan para sa mga katanungan at talakayan.*

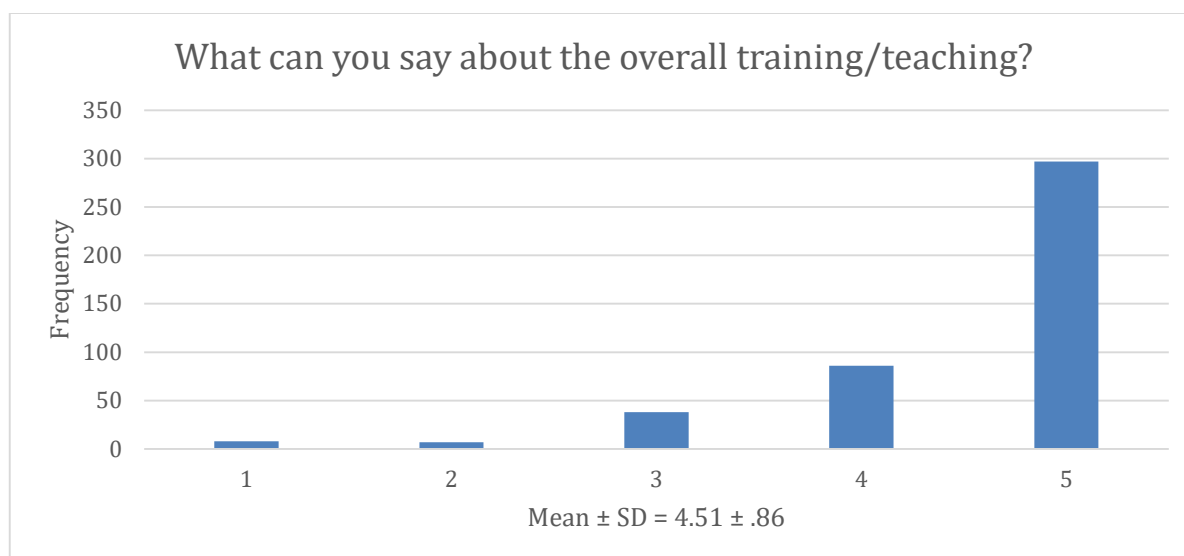
**Source:** Authors

#### *Question No. 15*

English Version: What can you say about the overall training/teaching?

Tagalog Version: *Ano ang masasabi mo tungkol sa pangkalahatang pagsasanay/pagtuturo?*

The rating with a mean of 4.51 and a standard deviation of 0.86 for the overall training/teaching quality at the 2nd inter-color sport fest indicates a highly favorable view of the program by participants. This rating suggests that the event, organized by the Bulacan Parole and Probation Office No. 1 in partnership with the College of Sports, Exercise, and Recreation of the Bulacan State University for persons deprived of liberty, was effective in meeting its educational and training objectives, providing valuable and relevant learning experiences. The importance of effective training and teaching in organized sports activities, especially for rehabilitation purposes, is well-documented. For example, Wiium and Säfvenbom<sup>42</sup> highlighted that engagement in organized sports is associated with beneficial developmental factors when participants are actively involved and the environment encourages interaction. Additionally, Sahlin and Lexell<sup>43</sup> demonstrated that organized sports could have a positive impact on activity, participation, and quality of life in individuals with neurologic disabilities, suggesting similar benefits could extend to persons deprived of liberty participating in structured physical activities. The positive feedback from the sport fest's attendees emphasizes the event's success in providing a supportive and constructive environment conducive to physical, social, and psychological development.



**Figure 15.** English Version: What can you say about the overall training/teaching?

**Note:** Tagalog Version: *Ano ang masasabi mo tungkol sa kabuuang pagsasanay/pagtuturo?*

**Source:** Authors

Based on the assessment of the training and teaching provided, it appears to be comprehensive and effective in catering to the needs of participants, particularly for the physical health and well-being of Persons Deprived of Liberty (PDL). The trainers/teachers demonstrate sufficient knowledge and provide beneficial materials, encouraging active participation, cooperation, and interaction among the learners. Free discussion and sufficient time for questions and discussions are allowed, ensuring clarity and understanding. Additionally, the allocated time for training or study seems adequate. Overall, these findings suggest that the extension services aimed at improving physical health and well-being for PDL are well-structured and capable of yielding positive outcomes.

## Conclusion

The evaluation of the 2<sup>nd</sup> Inter-Color Sport Fest organized by the Bulacan Parole and Probation Office No. 1 in partnership with the College of Sports, Exercise, and Recreation of the Bulacan State University revealed that organized sports activities have a substantial impact on the physical health and well-being of PDLs. The significance of complete and engaging sports programs in correctional settings is underscored by the high satisfaction ratings, which indicate that participants perceived the training and teaching to be of exceptional quality, relevant, and well-organized. These programs have the dual purpose of promoting physical activity and fostering social connection, cognitive development, and emotional well-being, all of which are crucial components in the rehabilitation process for PDLs. The positive feedback regarding sufficient time allocation for activities, exchanges, and general involvement indicates that these extension services are extremely important in fostering a comprehensive approach to the health and rehabilitation of PDLs. This statement highlights the potential of structured sports activities as an engine for change in correctional education and rehabilitation, making a substantial contribution to the holistic welfare and future reintegration of parolees and probationers into the community.

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