



Republic of the Philippines  
Department of Education  
NEGROS ISLAND REGION

REGIONAL MEMORANDUM

No. 555, s. 2025

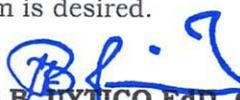
OCT 30 2025

**CONDUCT OF RELIABILITY TEST OF RESEARCH INSTRUMENT ON THE STUDY TITLED "INFLUENCE OF PHYSICAL ACTIVITIES ON SELF-CONCEPT, HEALTHY LIFESTYLE, AND RESILIENCE OF THE SENIOR HIGH SCHOOL STUDENTS: INPUT TO PHYSICAL EDUCATION ACTIVITIES EXEMPLAR"**

To: **Schools Division Superintendents of:**

Schools Division of Negros Occidental  
Schools Division of Bacolod City  
Schools Division of Bago City  
Schools Division of Cadiz City  
Schools Division of Escalante City  
Schools Division of Himamaylan City  
Schools Division of Kabankalan City  
Schools Division of La Carlota City  
Schools Division of Sagay City  
Schools Division of San Carlos City  
Schools Division of Silay City  
Schools Division of Sipalay City  
Schools Division of Talisay City  
Schools Division of Victorias City

1. This Office, through the Policy, Planning, and Research Division, disseminates the herein attached letter of request to approve the conduct of an academic research from WIRLY AMY G. MAMAR, **Influence of Physical Activities On Self-Concept, Healthy Lifestyle, And Resilience of the Senior High School Students: Input to Physical Education Activities Exemplar**.
2. Germane to this, the aforementioned schools division offices are hereby directed to allow the conduct of the academic research provided that such research adheres to the established DepEd research guidelines, ethical standards, and data privacy regulations.
3. For further coordination and concerns on this matter, contact WIRLY AMY G. MAMAR with mobile number: 0927 717 0151 and through email: [s1460125@usls.edu.ph](mailto:s1460125@usls.edu.ph).
4. Immediate dissemination of this Memorandum is desired.

  
**RAMIR B. UYTICO EdD, CESO III**  
Regional Director

Encl: As stated

Reference: As stated

To be indicated in the Perpetual Index  
under the following subjects:

RESEARCH

PPRD/JIS/Memo\_Conduct of Reliability Test .docx



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Website: <https://tinyurl.com/nir-gov-ph>



FILAMER CHRISTIAN UNIVERSITY

Autonomous status – CHED

**GRADUATE SCHOOL**

Roxas Avenue, Roxas City 5800, Philippines  
Tel. No. (036)6212-317; Fax No. (036)6213-075

November 28, 2025

**Dr. RAMIR B. UYTICO, CESO III**

Regional Director Department of Education – Negros Island Region  
West City Elementary School Compound,  
6200 Dumaguete City, Negros Oriental,  
Central Visayas, Philippines



Dear Sir,

**Greetings of peace and prosperity!**

I am Wirly Amy G. Mamar, a Doctor of Education major in Physical Education student from Filamer Christian University. I am currently conducting my dissertation entitled “*Influence of Physical Activities on Self-Concept, Healthy Lifestyle, and Resilience of the Senior High School Students: Input to Physical Education Activities Exemplar.*”

As part of the research process, I am conducting survey to statistically test the reliability and consistency of my research instrument, which includes the following components: (I) Physical Activities Questionnaire, (II) Self-Concept Questionnaire, (III) Healthy Lifestyle Questionnaire, and (IV) Resilience Questionnaire.

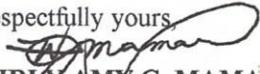
In this regard, I respectfully seek permission from your esteemed office to administer the said survey to selected senior high school students across various schools within the Province of Negros Occidental under your regional jurisdiction. The data gathered will be used solely for academic purposes and will be treated with utmost confidentiality and ethical consideration.

Attached herewith are copies of the research instrument for your review and approval.

I sincerely hope for your favorable response and support of this academic endeavor. Should you require further information or clarification, I am more than willing to provide it, please contact through my cell phone no. 09277170151.

Thank you very much for your time and kind consideration.

Respectfully yours,

  
**WIRLY AMY G. MAMAR**  
Doctoral Researcher

Noted:

  
**DR. FELIMON A. PIMENTEL, JR.**  
Adviser / Dean, Graduate Studies – FCU

Approved:

**Dr. RAMIR B UYTICO, CESO III**  
Regional Director Department of Education – Negros Island Region



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*Statement of the Problem and the Hypothesis*

The main purpose of this study was to determine the influence of physical activities on self-concept, health lifestyle, and resilience of senior high school students in senior high schools in Negros Occidental for the school year 2025-2026.

Specifically, this study sought to answer the following questions:

1. What is the extent of physical activity of the senior high school students?
2. What is the level of self-concept of senior high school students?
3. What is the level of health lifestyle of senior high school students?
4. What is the level of resilience of the senior high school students?
5. Is there a significant difference in self-concept among the extents of physical activities of the senior high school students?
6. Is there a significant difference in health lifestyle among the extents of physical activities of senior high school students?



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7. Is there a significant difference in the resilience extents of physical activities of senior high school students?

8. Are there significant relationships among physical activities, self-concept, health lifestyle, and resilience of senior high school students?

9. Is physical activity a significant predictor of self-concept, health lifestyle, and resilience of senior high school students?

10. What physical education activities exemplar can be drawn from the results of this study?



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The main purpose of this study was to determine the influence of physical activities on self-concept, health lifestyle, and resilience of senior high school students in senior high schools in Negros Occidental for the school year 2025-2026.

The instrument is divided into five areas in order to gather that needed data for the study.

**Demographic Profile:**

**Age:** 16 years old \_\_\_\_\_ 17 years old \_\_\_\_\_ 18 years old \_\_\_\_\_

**Gender:** Male \_\_\_\_\_ Female \_\_\_\_\_ LGBTQ+ \_\_\_\_\_

**Grade Level:** Grade 11 \_\_\_\_\_ Grade 12 \_\_\_\_\_

**Average Monthly Family Income:** Poor 10,957 \_\_\_\_\_  
Low-income 10958-21,914 \_\_\_\_\_  
Lower-middle 21,915-43,43828 \_\_\_\_\_

Please rate the following state according to the following Likert Scale below:

Scale	Description
5 - Always	The statement is true for me at all times or to the fullest extent; my behavior or belief consistently reflects this.
4 - Often	The statement is true for me most of the time; I demonstrate this behavior or belief frequently.
3 - Sometimes	I am undecided or the statement is true for me about half the time; my behavior or belief is inconsistent.
2 - Rarely	The statement is true for me only occasionally; I seldom demonstrate this behavior or belief.
1 - Never	The statement is never or almost never true for me; I do not demonstrate this behavior or belief.



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**I. THE PHYSICAL ACTIVITIES QUESTIONNAIRE**

STATEMENTS	5	4	3	2	1
I participate actively in all Physical Education classes.					
I join school sports competitions or events.					
I engage in sports or games during my free time.					
I perform warm-up and cool-down exercises regularly.					
I join group fitness activities with friends or classmates.					
I try different types of sports or physical activities.					
I engage in physical activity for at least 60 minutes a day.					
I walk or bike to school or nearby places.					
I practice sports skills to improve my performance.					
I participate in community or neighborhood sports events.					
I track my physical activity progress.					
I help organize sports or physical activities in school.					
I encourage peers to join physical activities.					
I participate in school fitness programs.					
I apply safety measures during physical activities.					
I set personal fitness goals and work towards achieving them.					
I try outdoor activities such as hiking, swimming, or jogging.					
I use fitness apps or devices to monitor my activity levels.					
I include stretching or flexibility exercises in my routine.					
I participate in dance or rhythmic movement activities.					
I join recreational games for fun, not just competition.					
I volunteer in events that promote active and healthy living.					
I practice relaxation or breathing exercises after physical activity.					
I try traditional or cultural games that involve physical movement.					



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I encourage my family members to engage in physical activity.					
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**II. THE SELF-CONCEPT QUESTIONNAIRE**

STATEMENTS	5	4	3	2	1
I feel good about who I am.					
I am satisfied with my physical appearance.					
I believe I have unique abilities and talents.					
I accept myself, including my flaws.					
I feel confident when trying new activities.					
I believe I can achieve my goals.					
I feel proud of my accomplishments.					
I see myself as a valuable person.					
I recover quickly from failure.					
I am motivated to improve myself.					
I think positively about my future.					
I feel confident in social situations.					
I believe I can overcome challenges.					
I feel appreciated by others.					
I consider myself important to my school and community.					
I believe I can make good decisions for myself.					
I value the effort I put into tasks, even if I don't succeed.					
I accept compliments from others about myself.					
I feel comfortable expressing my opinions.					
I believe I can learn from my mistakes.					
I trust myself to handle difficult situations.					
I recognize the positive qualities I have.					
I feel comfortable being myself around others.					
I believe I can contribute positively to group activities.					
I am hopeful about the person I am becoming.					

temporary.					
I find healthy ways to release stress when under pressure.					

Thank you!



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**III. THE HEALTH LIFESTYLE QUESTIONNAIRE**

STATEMENTS	5	4	3	2	1
I eat fruits and vegetables regularly.					
I drink enough water every day.					
I avoid skipping meals.					
I choose healthy snacks over junk food.					
I limit my intake of sugary drinks.					
I get enough sleep each night.					
I avoid smoking and drinking alcohol.					
I manage my stress in healthy ways.					
I schedule time for physical exercise.					
I follow a consistent daily routine.					
I practice proper hygiene daily.					
I maintain balance between school, physical, and social activities.					
I avoid overcommitting to tasks.					
I make time to relax and unwind.					
I seek help when I feel overwhelmed.					
I eat breakfast every day to start my day well.					
I limit the time I spend on electronic devices before bedtime.					
I wash my hands regularly before eating and after activities.					
I protect myself from too much sun exposure.					
I keep my surroundings clean and organized.					
I avoid eating too much fast food.					
I practice moderation in the food I eat.					
I engage in activities that boost my mental well-being.					
I maintain a regular sleep and wake schedule.					
I make health and safety a priority in daily decisions.					

**IV. THE RESILIENCE QUESTIONNAIRE**

STATEMENTS	5	4	3	2	1
I stay focused on my goals despite challenges.					
I don't give up easily when faced with difficulties.					
I see failures as opportunities to learn.					