

ABSTRACT

Title: " Lubak- lubak na pangarap : a narrative inquiry of dao-batas athletic youth

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School Year: 2017-2018

The influence of the interplay of socio-cultural factors in the development of sports expertise has been largely overlooked in the research (Guinto-Adviento, 2011). Every athlete has their own socio-cultural differences but with the help of sports they are united with one purpose to bring pride in the Philippines. In 1989, the law that created the Philippine Sports Commission, tightened and formalized the development and promotion of sports as a universal language of development. The law, Republic Act 6847, bespeaks the need to make sports accessible to the greatest number of Filipinos. There has been a number of intervention

techniques such as goal setting, arousal control, and cognitive restructuring that have been reported to have effective in performance enhancement.

This case study was conducted to describe the experience of the student athlete.

The main source of this interview is participated by selected student athlete of Gen. E. Aguinaldo National High School. Litchman's 30s of qualitative data analysis was done to analyse and interpret the results of the study.

The three themes emerged from the experiences are: taking the first step, restored failures , lets finish the race.