

## **ABSTRACT**

This study was conducted at Capiz State University Burias Campus, during the first semester of the academic year 2023-2024. The purpose of this study is to determine the engagement in physical activities and self-esteem of Bachelor of Physical Education students. The respondents of the study were a sample of 71 students randomly taken from a population of 86 Bachelor of Physical Education students.

This descriptive- correlational research used a questionnaire that was developed and validated by the researchers. The data gathered were subjected to both descriptive and inferential statistical analyses such as frequency counts, percentages, means, T-test, and one way ANOVA. Pearson's R was used to determine the relationship between the engagement in physical activities and self-esteem of Bachelor of Physical education students.

The results of the study revealed that most of the respondents were female rather than male, the respondents' ages were from 20-22 years old, both parents educational attainment was high school level. The level of engagement of respondents in physical activities as a whole was very high. When grouped according to profile variable in terms of sex, age and parents educational attainment, the level of engagement in physical activities was very high. The level of self-esteem of the respondents as a whole was very high. When grouped according to profile variables in terms or sex, age and parents educational attainment, the level of self-esteem was very high.

Furthermore, there was no significant difference in the student's level of engagement in physical activities when grouped according to sex, age and parents educational attainment both mother and father. Also, there was no significant difference in the student's level of self-esteem when grouped according to profile variable according to sex, age and parents educational attainment both mother and father.

Lastly, there was a significant relationship between the student's engagement in physical activities and self-esteem.