

# 11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 154

Type: **Oral**

## LEVELS OF (SAD) STRESS, ANXIETY, AND SYMPTOMS OF DEPRESSION AMONG HIGH SCHOOL FILIPINO STUDENT- ATHLETES

*Friday, October 3, 2025 11:00 AM (15 minutes)*

### Abstract

Adolescents, particularly student-athletes, face heightened vulnerability to stress, anxiety, and symptoms of depression (SAD) due to ongoing brain maturation, academic demands, and competitive pressures. Unaddressed psychological challenges can negatively impact their athletic performance, academic success, social development, and overall well-being. This quantitative study assessed SAD levels among 391 junior and senior high school student-athletes from Region 10 (Northern Mindanao), Philippines, using the Depression, Anxiety, and Stress Scale –21 Items (DASS-21). Respondents were selected through stratified random sampling based on competition level (local, regional, national). Data were analyzed using SPSS version 12, and all ethical protocols—including informed consent, assent, and confidentiality—were strictly followed. Findings revealed that student-athletes exhibited mild levels of stress, severe levels of anxiety, and mild levels of depression. These results indicate that adolescent athletes are at significant emotional risk, with anxiety emerging as the most pressing psychological concern. The study underscores the need for targeted psychological interventions, such as stress management programs, mental health awareness campaigns, and coach-led support initiatives, to reduce SAD levels among student-athletes. Addressing these concerns can enhance their well-being, academic success, and athletic performance, aligning with the goal of holistic learner development in Philippine education.

**Keywords:** Anxiety, Depression, High School, Level, Stress, Student-Athletes

**Author:** Mr HASSAN, Saidi (Mindanao State University - Maguindanao)

**Co-authors:** BARQUILLA, Manuel (Mindanao State University - Iligan Institute of Technology); SAN DIEGO, CHIEDEL (Mindanao State University - Iligan Institute of Technology)

**Presenter:** Mr HASSAN, Saidi (Mindanao State University - Maguindanao)

**Session Classification:** Physical Activity, Health, and Well-being

**Track Classification:** Physical Activity, Health, and Well-being