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RESEARCH ARTICLE

STUDENTS' AWARENESS AND PERFORMANCE IN PHILIPPINE FOLK DANCES

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Abstract

This research aimed to determine the student's level of awareness and performance in folk dance that served as basis of developing program for promotion of folk dancing skills in Bitin National High School for the school year 2017 to 2018. The descriptive research was used in the study using the Grade 9 students of Bitin National High School as the respondents. A self-made questionnaire and rubrics for dance performance were used to describe the level of awareness and dance performance skills of the respondents. Mean and standard deviation and Pearson r correlation using an alpha level of .05 were used as the statistical tools. The study revealed the following findings. Majority were 15 years old (90), followed by 14 years old (65), 16 years old (53), 17 years old (23) and the least 18 years old (10) with total number of 241. The over-all mean of 3.30 shows that the students are *Moderately Interested* about Philippine folk dances. For the Level of awareness of the students to folk dance related variables. In terms of the following variables: objectives, has an over-all mean (OM) of 3.30, strategies (OM=3.71), skills in folk dancing (OM=3.77), availability of dance materials (OM=2.88), and training (OM=3.12) were all interpreted as *Moderately Aware*. While exposure to Philippine folk dances (OM=3.43) shows that the students are *somewhat aware* to Philippine folk dances. Only the competence of the dance instructor was rated highly aware. With regard to the performance of the Grade 9 students in folk dancing fundamental skills, for the three categories given: poise and grace, timing and rhythm, interpretation of literature, most of the respondents were rated as *Moderately Aware*. The Correlation of folk-dance awareness variables as to poise and grace shows No Significant Correlation to folk dancing fundamental skills. The second category for folk dancing fundamental skills, timing and rhythm shows Negligible Correlation to folk dance awareness variables. The third category which is the interpretation of literature also shows Negligible Correlation to folk dance awareness related variables.

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Introduction:-

Dancing according to Bannon (2010), is an intellectual, physical and sensorial response to experiences of the world. Many theorists advocated that the integration of our physical, intellectual and emotional selves can occur in dancing and the holistic benefits of education can be understood through dancing.

Furthermore, it can teach children to dwell their own body and find out the untapped potential, heightening the self-awareness. Dancing finds its most proper historical and cultural collocation in the educational art context, whose area of knowledge is shared by similar arts like music, theatre and visual arts in order to develop a defined set of attitudes and competences.

In Addition, Philippine folk dance is a genre of contemporary arts of the Philippines. Many believe that folk dance can be best be defined as people's ordinary dance, dance they have learned by looking at and emulate from others.

Finally, most of the students nowadays are not fully aware of the different folk dances and its relation to their cultural heritage, the Philippines has 7,107 islands and each island has different folk dances that mirrors their beliefs, customs and traditions. Folk dance is really a way of preserving our cultural heritage and school is a very important agent on preserving that cultural heritage, that is why awareness in folk dances among high school students is a must.

Methodology:-

This study analyzed the student's awareness and performance in Philippine folk dances using the descriptive research design. According to Enriquez (2005), descriptive research is characterized as a survey or normative approach to the study of condition, which is an essential guide to one's thinking. It is used to describe characteristics of a population or phenomenon being studied.

The purpose of descriptive research is to examine a phenomenon that is occurring at specific place and time. This research design was used to describe the level of awareness and performance of the students of Bitin National High School in Philippine folk dances.

Results and Discussions:-

This chapter presents the findings of the study and their corresponding analysis together with the interpretation of the statistical treatment of data, all statistical treatments are presented in graphical form for easy interpretation of the results.

Presentation, Analysis and Interpretation of Data:

Table 1 shows the respondents perceived interest in folk dancing. The indicators that state that folk dances have been one of the most valuable ways for them to learn and experience culture and history and folk dance is an enjoyable experience were interpreted as *Satisfactory* and *Very Satisfactory* respectively. The high rating was because students were given lessons about folk dances, which include the appreciation of Philippine folk dance, indigenous and traditional dance and other dance forms. While the indicator, folk dances are only performed for foreigners and are not inviting were interpreted as *Satisfactory*.

Table 1:- Level of interest of the students of Bitin National High School in Philippine Folk Dances.

Statements	Mean	SD	Verbal Interpretation
Folk Dances for me...			
are good forms of entertainment.	4.23	0.95	Very Satisfactory
are better than any other genre of dance	3.99	0.89	Satisfactory
have very boring steps.	2.19	1.40	Less Satisfactory
are shameful experience when performed.	2.27	1.19	Less Satisfactory
is an enjoyable activity which can be enjoyed by all?	4.20	0.96	Very Satisfactory
are not inviting.	2.02	1.21	Less Satisfactory
can be a medium for cultural education among youth.	4.02	1.09	Satisfactory
are only performed for foreigners.	3.58	1.03	Satisfactory

have been one of the most valuable ways for us to learn and experience our culture and history.	3.96	1.06	Satisfactory
are too difficult to learn.	2.54	1.35	Less Satisfactory
Weighted Mean=3.30 SD=1.43 Moderately Satisfactory			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 2 shows the results got an over-all mean of 3.87 (SD=1.02) and interpreted as "Satisfactory". All of the indicators given were part of the K to 12 curriculum guides for PE aimed to achieve by their MAPEH teachers in teaching folk dances. The objectives were discussed and explained to them during their PE class which explained the results high rating.

Table 2:-Level of awareness of the students of Bitin National High School to Philippine folk dances related variable in terms of Objectives.

Statements	Mean	SD	Verbal Interpretation
The Philippine folk dance helps to...			
foster patriotism and nationalism through the study of our dances.	4.04	1.03	Satisfactory
arouse better appreciation of Philippines music and folk dances.	3.81	1.14	Satisfactory
provide, through dancing, a helpful form of relaxation and recreation.	3.99	0.95	Satisfactory
develop a graceful and rhythmic coordination of body movements that will improve posture.	3.92	0.97	Satisfactory
preserve posterity, folk dances and music indigenous to the different region of the Philippines.	4.04	1.00	Satisfactory
demonstrate the growth of Filipino culture through the evolution of Philippine dances.	4.11	0.92	Satisfactory
interpret dance literature correctly.	3.61	0.86	Satisfactory
demonstrate mastery of basic steps in folk dancing.	3.51	1.03	Satisfactory
explain the role of folk dancing in promoting physical fitness and wellness of the family.	3.88	1.17	Satisfactory
identify the meaning of the gestures and hand movements folk dance.	3.83	0.98	Satisfactory
Weighted Mean=3.87 SD=1.02 Satisfactory			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 3 indicates the perceived level of awareness of students of Bitin National High School in Folk Dance as to strategies. As shown in the results, the respondents show Satisfactory in folk dancing. Also, the respondents shows that they have enough knowledge about folk dances are performed, as they have a high level of awareness about the following indicators: time, energy, and space are the elements needed in folk dancing and the body language must be powerful, full of energy and strength. The student level of awareness in folk dance as to strategies was rated with an over-all mean of 3.71 (SD=.1.10) and interpreted as *Satisfactory*. A high rating can be explained by the teaching strategies done by the dance instructor.

Table 3:-Level of awareness of the students of Bitin National High School to Philippine folk dances related variable in terms of Strategies

Statements	Mean	SD	Verbal Interpretation
We can easily learn through the rhythm of folk-dance music.	4.08	1.09	Satisfactory
Folk dancing is a story telling using body movement.	3.73	1.01	Satisfactory
Precise movement is needed in folk dancing compared to the present dances of today.	3.70	1.13	Satisfactory
Movements/steps in folk dance are very simple and easy.	3.44	1.00	Satisfactory
Time, energy, and space are the elements needed in dancing.	4.05	1.01	Satisfactory
In folk dancing, the body movement of the dancer is poetic.	3.97	1.18	Satisfactory
In folk dancing, the body language must be powerful, full of energy and strength.	3.78	0.90	Satisfactory
Folk dances have unpredictable pattern of steps.	3.70	1.01	Satisfactory
Folk dances use symbolic movements.	3.79	0.97	Satisfactory
In folk dances, repetition of movements is a way to create rhythmic structure.	2.83	1.12	Moderately Satisfactory
Weighted Mean=3.71 Satisfactory			
SD=1.10			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

All the items given in Table 4 were all interpreted as *Satisfactory* and the over-all mean of 3.81 and standard deviation of 1.03 only shows that the MAPEH teacher which is also the respondents dance instructor is highly competent or skilled in teaching folk dance.

Table 4:- Level of awareness of the students of Bitin National High School to Philippine folk dances related variables in terms of Competencies of the Dance Instructor.

Statements	Mean	SD	Interpretation
My teacher encourages us to analyze the historical development of dance forms like social, cultural, and political influences.	3.71	1.08	Satisfactory
My teacher makes us realize the importance of folk dances/traditional dancing as an expression of cultural identity	4.03	0.97	Satisfactory
My teacher believes that it is important to communicate traditional folk-dance roots as a part of common past.	3.62	1.07	Satisfactory
My teacher provides us reading materials about the Philippine cultures and folk dances.	3.42	1.03	Satisfactory
My teacher can demonstrate properly the steps in folk dances	3.74	0.93	Satisfactory
My teacher emphasizes the importance of completing a step or figure before going to the next.	3.95	1.03	Satisfactory
My teacher emphasizes the difference in men and women styling within the same dance.	4.12	1.00	Satisfactory
My teacher knows the music well for the dances she teaches.	3.93	0.99	Satisfactory
My teacher discusses how a particular costume affects the movement of a dance.	3.98	0.97	Satisfactory
My teacher knows and explains the differences between movements types like "step", "hop", "leap" and "jump".	3.59	1.06	Satisfactory
Weighted Mean=3.81 Satisfactory			
SD=1.03			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 5 reveal the perceived level of awareness in Philippine folk dance in terms of skill in folk dancing. The results show *Satisfactory* as to skills in folk dancing which was manifested by an over-all mean of 3.77 and standard deviation of 1.08. The students show skills in their Folk-Dance performance because they were given time to practice before their practical test.

Table 5:- Level of awareness of the students of Bitin National High School to Philippine folk dances related variables in terms of Skills in Folk Dancing.

Statements	Mean	SD	Verbal Interpretation
As a folk dancer, I can...			
recognize patterns and combinations steps in dancing folk dance.	3.66	1.02	Satisfactory
identify factors that can affect the quality of a dance performance (energy, focus, expression)	3.90	1.01	Satisfactory
properly execute fundamental positions of arms and feet in folk dancing.	3.56	0.99	Satisfactory
synchronize my body movements with music in folk dancing.	3.91	0.99	Satisfactory
create and perform simple folk-dance steps	4.00	1.06	Satisfactory
repeat a dance phrase shown to me and perform it accurately.	3.73	1.15	Satisfactory
warm up and cool down my body properly and safely	3.85	1.10	Satisfactory
move my body in a clear and well-defined way.	3.83	1.14	Satisfactory
use appropriate dance vocabulary when describing dances.	3.68	1.17	Satisfactory
develop, sequence, and refine movement	3.59	1.11	Satisfactory
Weighted Mean=3.77 Satisfactory			
SD=1.08			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 6 shows the perceived level of awareness in Philippine folk dance in terms of exposure to Philippine folk dances. The over-all mean of 3.43 and standard deviation of 1.19 illustrates the level of awareness of the students and was interpreted as *Satisfactory*.

Although the students show awareness to folk dances, the school still needs to encourage them to join a cultural dance presentation or contest at least once a month.

Table 6:- Level of awareness of the students of Bitin National High School to Philippine folk dances related variables in terms of Exposure to Philippine Folk Dancing.

Statements	Mean	SD	Verbal Interpretation
As a student, I...			
can associate costumes with the dances.	3.71	1.00	Satisfactory
can distinguish between the dance styles of different ethnic groups.	3.49	0.98	Satisfactory
have attended a summer class in folk dancing	2.22	1.32	Less Satisfactory
was encouraged by my school to dance folk dances during	3.46	1.19	Satisfactory

intermission numbers in our school programs.			
have one activity in our MAPEH subject which is folk dance presentation.	3.93	1.04	Satisfactory
can dance Tinikling, Itik-itik, Maglalatik and the likes.	3.93	1.05	Satisfactory
always join cultural dance contests in our school.	3.73	1.05	Satisfactory
am exposed more on the history and literature about folk dances and lesser on the visual arts.	3.28	1.10	Moderately Satisfactory
know that a larger amount of time in teaching folk dances are used to give us more idea about folk dancing.	3.12	1.14	Moderately Satisfactory
know that emphasis is given about the importance of preserving our culture through folk dance.	3.98	1.00	Satisfactory
Weighted Mean=3.43 Satisfactory SD=1.19			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 7 illustrates the perceived level of awareness as to the availability of dance materials. The over-all mean of 2.88 and standard deviation of 1.29. Most of the indicators got a rating of *Moderately Satisfactory*. The score shows that the presence of dance materials like speakers, music videos and video camera inspired the students in performing folk dances in spite of the limited costumes.

Table 7:- Level of awareness of the students Bitin National High School to Philippine folk dances related variables in terms of Availability of Dance Material.

Statements	Mean	SD	Verbal Interpretation
Costumes, props and accessories are readily available in our school.	2.09	1.15	Less Satisfactory
Most of the costumes use in folk dances are expensive.	2.38	1.04	Less Satisfactory
There are available videos of dances online.	4.07	0.95	Satisfactory
The school provides us with the materials use in our folk-dance presentation.	2.34	1.45	Less Satisfactory
Wearing traditional costumes make the dancer difficult to move.	2.64	0.97	Moderately Satisfactory
We have very little existing materials for folk dances like books.	3.13	1.04	Moderately Satisfactory
CD's and Videos are used by our teachers to enhance our learning in folk dancing.	3.90	1.08	Moderately Satisfactory
Needed materials like laptops, speakers, VCD players needed in teaching folk dances are all provided by our school.	2.40	1.44	Less Satisfactory
We have an appropriate place for practicing or teaching dances in our school.	2.86	1.01	Moderately Satisfactory
Our school have interesting and useful tools that could attract more students to folk dances.	2.97	1.01	Moderately Satisfactory
Weighted Mean=2.88 Moderately Satisfactory SD=1.29			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 8 manifest the perceived level of awareness in Philippine folk dance as to training. All the indicators were given high ratings most especially indicators 3 and 7. Training is important because it is the time when the students study the mental, physical, and artistic side of dance. Further, Oakes (2011) said that teacher's attitude is important in teaching folk dance. Good teachers have an enthusiastic outlook about the materials presented, the music used, the students in the class, and themselves.

Table 8:-Level of awareness of the students of Bitin National High School to Philippine folk dances related variables in terms of Training.

Statements	Mean	SD	Verbal Interpretation
Rigorous dance practice is needed to master the steps in folk dancing.	2.15	1.21	Less Satisfactory
Practicing folk dance takes more time.	2.62	1.10	Moderately Satisfactory
Our trainer has a vast knowledge about folk dance	3.20	1.01	Moderately Satisfactory
There is little time given to us in training folk dances.	3.12	1.09	Moderately Satisfactory
Our school has given us special training to be as skilled as possible in folk dancing.	2.95	1.05	Moderately Satisfactory
We are allowed to organize a dance event and/or attend a festival showing our cultural dances.	3.54	1.24	Moderately Satisfactory
specialized teacher teaches folk dance.	3.73	1.07	Moderately Satisfactory
I seem lost and demonstrates incorrect dance steps.	3.09	1.09	Moderately Satisfactory
Rigorous training by my teacher makes me demonstrate the correct dance sequence.	3.26	1.09	Moderately Satisfactory
Because of the training given to us by our teacher, we follow the entire dance sequence with no prompts from others.	3.52	1.11	Satisfactory
Weighted Mean=3.12 Moderately Satisfactory			
SD=1.19			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 9 presents the performance of the Grade 9 students in folk dancing as to poise and grace. Majority of the respondents were rated as *Satisfactory*.

The over-all mean of 3.54 with standard deviation of 1.12 illustrates the level of awareness of the students and was interpreted as *Satisfactory*. Although, the students show awareness to folk dances, the school still needs to encourage them to join cultural dance presentation or contests. This indicates that the students can execute or perform folk dance but they still need more practice in order for them to master the steps in folk dancing to get a high-performance rating.

Table 9:- Level of performance of the students of Bitin National High School in Philippine folk Dancing fundamental skills in terms of Poise and Grace.

Statements	Mean	SD	Verbal Interpretation
Execute the steps and pattern properly	3.34	1.08	Moderately Satisfactory
Associate my movement gracefully with the music	3.11	1.10	Moderately Satisfactory
Identify the distinct movement of different folk dances	3.21	1.03	Moderately Satisfactory
Catch the attention of the audiences	3.54	1.24	Satisfactory
Interpret the meaning of action in a certain folk dance	3.92	1.09	Satisfactory
Move easily and gracefully even wearing the traditional costumes	3.35	1.05	Moderately Satisfactory
Tell by poise that the steps are for male or female	3.71	1.01	Satisfactory
Demonstrate the proper poise	3.72	1.07	Satisfactory
Distinguish whether the folk dances are courtship, or war dance by simply looking at the posture.	3.86	1.01	Satisfactory
Relate the poise and grace of the dancers to their culture.	3.63	1.16	Satisfactory
Weighted Mean=3.54 Satisfactory			
SD=1.12			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 10 shows the performance rating of the Grade 9 students in folk dancing as to timing and rhythm. The over-all mean of 3.53 with standard deviation of 1.25. Most of the students were rated as *Satisfactory*. Although, the students can perform the dance, not all of them can execute the dance perfectly.

Table 10:- Level of performance of the students of Bitin National High School in Philippine folk Dancing fundamental skills in terms of Timing and Rhythm.

Statements	Mean	SD	Verbal Interpretation
As a folk dancer...			
Found it difficult to get the tempo of the steps	2.62	1.46	Moderately Satisfactory
Can move coordinately with the music	3.59	1.22	Satisfactory
Can follow the beat of the music	3.63	1.13	Satisfactory
Execute the movement timely and accurately	3.79	1.05	Satisfactory
Found it easy to follow the steps by listening to the music	3.88	1.13	Satisfactory
Can move coordinately with others	3.55	1.24	Satisfactory
Can tell whether the dance is active or passive by observing the dance timing and rhythm	3.25	1.23	Moderately Satisfactory
Can develop movement based on the rhythm	3.51	1.20	Satisfactory
Can adopt to the timing of the music and rhythm of movement	3.76	1.12	Satisfactory
Can repeat dance pattern with proper timing	3.73	1.18	Satisfactory
Weighted Mean=3.53 Satisfactory			
SD=1.25			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory

4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 11 presents the performance of Grade 9 students in folk dancing as to interpretation of literature. The over-all mean of 3.79 with standard deviation of 1.06. The majority of the students were rated as *Satisfactory*. As mentioned in the previous results, students can execute the basic movement in folk dance but with little mastery because they were not given enough time to practice. For the proper use of costumes, almost half of the respondent's population were rated as *Good*. This is because the students were given lectures about folk dances. Dancers are not just performing artists; their bodies are also the instruments.

Table 11:- Level of performance of the students of Bitin National High School in Philippine folk Dancing fundamental skills in terms of Interpretation of Literature.

Statements	Mean	SD	Verbal Interpretation
As a folk dancer...			
Can understand the importance of folkdance as a way of culture preservation	4.14	0.95	Satisfactory
Can distinguish which culture is portraying in a specific folk dance	3.59	1.24	Satisfactory
Narrate the costume to its literary significance	3.76	1.01	Satisfactory
Interpret the use of props as a sign of their way of living	3.67	0.97	Satisfactory
Can appreciate that different folk dances portray different culture	3.71	1.03	Satisfactory
Can adopt to the different steps as adopting to the traditions of other people	3.56	1.12	Satisfactory
Can tell what the dance is portraying by looking to the movements	3.71	1.01	Satisfactory
Can understand the customs of other people by looking at the dance step	3.91	1.10	Satisfactory
Understand that folk dance varies from different place and beliefs	3.75	1.05	Satisfactory
Believe that Literature of folkdance is another way of story telling	4.06	0.95	Satisfactory
Weighted Mean=3.79			
SD=1.06			

Legend

Scale	Range	Description	Interpretation
5	4.20-5.00	Strongly Agree	Very Satisfactory
4	3.40-4.19	Agree	Satisfactory
3	2.60-3.39	Moderately Agree	Moderately Satisfactory
2	1.80-2.59	Disagree	Less Satisfactory
1	1.00-1.79	Strongly Disagree	Not Satisfactory

Table 12 shows the summary of the relationship between the performance of the folk dancing fundamental skills and poise and grace to the performance of the following: objectives; strategies; competencies of the dance instructor; skills in dancing; exposure to Philippine folk dances; availability of materials; and lastly training. It was show in the table of summary that the r-computed for objective is 0.895; strategies 0.993; competencies of the dance instructor 0.990; skills in folk dancing 0.990; exposure to Philippine folk dances 0.992; availability of dance materials 0.967; and training 0.984 which has a description of very high correlation, very dependable relationship and is significant at 0.05 level of significance.

Table 12:- Significant relationship of folk dancing fundamental skills and folk-dance awareness in terms of Poise and Grace.

Performance of Folk Dancing Fundamental Skills	Performance	r-computed	Interpretation
Poise and Grace	Objectives	0.985	Significant Relationship
	Strategies	0.993	Significant

			Relationship
	Competencies of the Dance Instructor	0.990	Significant Relationship
	Skills in Dancing	0.990	Significant Relationship
	Exposure to Philippine Folk Dances	0.992	Significant Relationship
	Availability of dance materials	0.967	Significant Relationship
	Training	0.984	Significant Relationship

Legend: = 0.05 significant;
 Legend: = 0 not significant;
 Legend: = -1 not significant;
 Legend: =1 significant

Scale	Interpretation
±0.00	No correlation, no relationship
±0.01 - ±0.20	Very low correlation,
±0.21 - ±0.40	Slight correlation,
±0.41 - ±0.70	Moderate correlation,
±0.71 - ±0.90	High correlation,
±0.91 - ±0.99	Very High correlation, very dependable relationship
±1	Perfect correlation, perfect relationship

Table 13 shows the summary of the relationship between the performance of the folk dancing fundamental skills and Interpretation of Literature to the performance of the following: objectives; strategies; competencies of the dance instructor; skills in dancing; exposure to Philippine folk dances; availability of materials; and lastly training. It was show in the table of summary that the r-computed for objective is 0.988; strategies 0.991; competencies of the dance instructor 0.992; skills in folk dancing 0.993; exposure to Philippine folk dances 0.980; availability of dance materials is 0.942; and training 0.961 which has a description of very high correlation, very dependable relationship and is significant at 0.05 level of significance.

Table 13:- Significant relationship of folk dancing fundamental skills and folk dance awareness in terms of Interpretation of Literature.

Performance of Folk Dancing Fundamental Skills	Performance	r-computed	Interpretation
Interpretation of Literature	Objectives	0.988	Significant Relationship
	Strategies	0.991	Significant Relationship
	Competencies of the Dance Instructor	0.992	Significant Relationship
	Skills in Dancing	0.993	Significant Relationship
	Exposure to Philippine Folk Dances	0.980	Significant Relationship
	Availability of dance materials	0.942	Significant Relationship
	Training	0.961	Significant Relationship

Legend: = 0.05 significant;
 Legend: = 0 not significant;
 Legend: = -1 not significant;

Legend: =1 significant

Scale	Interpretation
±0.00	No correlation, no relationship
±0.01 - ±0.20	Very low correlation,
±0.21 - ±0.40	Slight correlation,
±0.41 - ±0.70	Moderate correlation,
±0.71 - ±0.90	High correlation,
±0.91 - ±0.99	Very High correlation, very dependable relationship
±1	Perfect correlation, perfect relationship

Table 14 shows the summary of the relationship between the performance of the folk dancing fundamental skills and Interpretation of Literature to the performance of the following: objectives; strategies; competencies of the dance instructor; skills in dancing; exposure to Philippine folk dances; availability of materials; and lastly training. It was show in the table of summary that the r-computed for objective is 0.980; strategies 0.988; competencies of the dance instructor 0.987; skills in folk dancing 0.993; exposure to Philippine folk dances 0.986; availability of dance materials is 0.959; and training 0.977 which has a description of very high correlation, very dependable relationship and is significant at 0.05 level of significance.

Table 14:- Significant relationship of folk dancing fundamental skills and folk-dance awareness in terms of Timing and Rhythm.

Performance of Folk Dancing Fundamental Skills	Performance	r-computed	Interpretation
Timing and Rhythm	Objectives	0.980	Significant Relationship
	Strategies	0.988	Significant Relationship
	Competencies of the Dance Instructor	0.987	Significant Relationship
	Skills in Dancing	0.993	Significant Relationship
	Exposure of Philippine Folk Dances	0.986	Significant Relationship
	Availability of materials	0.959	Significant Relationship
	Training	0.977	Significant Relationship

Legend: = 0.05 significant;
 Legend: = 0 not significant;
 Legend: = -1 not significant;
 Legend: =1 significant

Scale	Interpretation
±0.00	No correlation, no relationship
±0.01 - ±0.20	Very low correlation,
±0.21 - ±0.40	Slight correlation,
±0.41 - ±0.70	Moderate correlation,
±0.71 - ±0.90	High correlation,
±0.91 - ±0.99	Very High correlation, very dependable relationship
±1	Perfect correlation, perfect relationship

Table 15 shows the summary of the Interest of the Students of Bitin National High School in Folk dancing. It was show in the table of summary that the r-computed for Poise and Grace is 0.992 which is indeed has a description of very high correlation, very dependable relationship and found out that it is significant at 0.05 level of significance.

While on the Timing and Rhythm, the r-computed of 0.987 indicates that it is very high correlation, very dependable relationship, and is significant relationship at 0.05 level of significance.

Also, the Interpretation of the Literature the r-computed of 0.976 indicates that it is very high correlation, very dependable relationship, and is significant relationship at 0.05 level of significance.

Table 15:- Significant relationship of Interest to the performance of Bitin National high School.

Interest in Philippine Folk Dances	Performance	r-computed	Interpretation
Interest	Grace and Poise	0.992	Significant Relationship
	Timing and Rhythm	0.987	Significant Relationship
	Interpretation of Literature	0.976	Significant Relationship

Legend: = 0.05 significant;

Legend: = 0 not significant;

Legend: = -1 not significant;

Legend: =1 significant

Scale	Interpretation
±0.00	No correlation, no relationship
±0.01 - ±0.20	Very low correlation,
±0.21 - ±0.40	Slight correlation,
±0.41 - ±0.70	Moderate correlation,
±0.71 - ±0.90	High correlation,
±0.91 - ±0.99	Very High correlation, very dependable relationship
±1	Perfect correlation, perfect relationship

Conclusion:-

There is a significant relationship of folk dancing fundamental skills with folk dance awareness related variables.

Recommendations:-

In view of the findings and conclusions, the following recommendations were given:

1. Administrative supports like facilities, equipment and dance materials used in teaching folk dance may be made available for the students.
2. Teachers may give enough time and effort to trained students in folk dances and may provide literature regarding Philippine folk dances for the students to get more interested.
3. School may create more folk-dance programs outside P.E. lessons, and employ more P.E. Teachers who possessed understanding of folk dance, willingness to teach it, and readiness to provide students with more accessible dance activities.
4. School administrators may encourage and support MAPEH teachers to enhance their teaching skills in teaching the Philippine folk dances to make their students highly aware about the Philippine cultures.
5. Replication of the present study or a follow up study is recommended, considering other variables not included in this research

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