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Evaluating the program alignment, management implementation, and stakeholder perspectives to strengthen university intramural sports and events

Evaluación de la alineación del programa, la implementación de la gestión y las perspectivas de los interesados para fortalecer los deportes y eventos intramuros universitarios

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Abstract

University intramural sports programs play a vital role in fostering student engagement, promoting physical activity, and enhancing institutional identity. This study evaluates the implementation of the 2024 University Intramural Sports and Program Events at the Polytechnic University of the Philippines (PUP), examining student and faculty perceptions regarding intramural goals and management implementation. Using an explanatory sequential mixed-methods design, the study collected quantitative data from 902 respondents—including students, faculty, event organizers, game officials, and spectators—through a structured survey, followed by qualitative thematic analysis of participant feedback. Results indicate that both students and faculty rated the intramural program's effectiveness to a great extent, highlighting its role in enhancing student engagement, sportsmanship, and physical well-being. However, significant differences emerged between student and faculty perceptions, particularly regarding event organization, scheduling efficiency, and resource allocation, suggesting areas for improvement. Key challenges identified include logistical inefficiencies, communication gaps, and the need for expanded inclusivity, particularly for underrepresented student groups. Recommendations include enhancing event coordination, integrating digital communication tools, and diversifying sports offerings to increase accessibility and engagement. The study underscores the importance of continuous program evaluation and student-centered improvements to maximize the impact of university intramural sports. Findings contribute to the broader discourse on campus recreation management by offering actionable insights for improving future intramural programs in higher education institutions.

Keywords: student engagement, physical activity, institutional identity, program implementation, stakeholder perceptions

Resumen

Los programas deportivos intramuros universitarios desempeñan un papel fundamental en el fomento de la participación estudiantil, la promoción de la actividad física y el fortalecimiento de la identidad institucional. Este estudio evalúa la implementación de los Deportes y Eventos Intramuros Universitarios 2024 en la Universidad Politécnica de Filipinas (PUP), analizando las percepciones de estudiantes y profesores respecto a los objetivos de los intramuros y la gestión de su implementación. Utilizando un diseño mixto secuencial explicativo, el estudio recopiló datos cuantitativos de 902 encuestados - incluyendo estudiantes, profesores, organizadores de eventos, oficiales de juego y espectadores- a través de una encuesta estructurada, seguida de un análisis temático cualitativo de los comentarios de los participantes. Los resultados indican que tanto estudiantes como profesores calificaron en gran medida la efectividad del programa intramuros, destacando su papel en el aumento de la participación estudiantil, el espíritu deportivo y el bienestar físico. Sin embargo, surgieron diferencias significativas entre las percepciones de estudiantes y profesores, especialmente en lo referente a la organización de los eventos, la eficiencia en la programación y la asignación de recursos, lo que sugiere áreas de mejora. Los principales desafíos identificados incluyen ineficiencias logísticas,

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brechas de comunicación y la necesidad de mayor inclusión, particularmente para grupos estudiantiles subrepresentados. Entre las recomendaciones se encuentran mejorar la coordinación de eventos, integrar herramientas digitales de comunicación y diversificar la oferta deportiva para aumentar la accesibilidad y la participación. El estudio subraya la importancia de la evaluación continua del programa y de mejoras centradas en el estudiante para maximizar el impacto de los deportes intramuros universitarios. Los hallazgos contribuyen al discurso más amplio sobre la gestión de la recreación universitaria al ofrecer perspectivas prácticas para mejorar futuros programas intramuros en instituciones de educación superior.

Palabras clave: participación estudiantil, actividad física, identidad institucional, implementación de programas, percepciones de los interesados

Introduction

University intramural sports play a vital role in fostering student engagement, physical activity, and community interaction. These programs enhance social integration, teamwork, and leadership skills, complementing academic development (Telles-Langdon & Hall, 2024). Historically, institutions like the University of Michigan and The Ohio State University pioneered formalized intramural programs, which have since evolved into structured events promoting holistic student growth (Nanney & Olsen, 2024).

Intramural sports and events play a vital role in fostering community engagement, promoting physical health, and enhancing the overall collegiate experience within universities. These programs not only provide students with opportunities for recreation and competition but also contribute to the development of teamwork, leadership, and social interaction skills. Well-managed programs contribute to physical fitness, mental health, and social interaction while fostering stronger institutional affiliations (Omarov et al., 2024). Studies also link intramural participation to improved academic performance and retention (Liu & Taresh, 2024). However, the effectiveness and impact of such programs largely depend on how well they are aligned with institutional goals, managed by university administrators, and perceived by key stakeholders including students, staff, and faculty.

The Polytechnic University of the Philippines (PUP) celebrated its 120th Founding Anniversary with the University Intramurals 2024, themed “PUP@120: Pagpupugay at Pasasalamat sa Labindalawang Dekada ng Makatao at Makabayang

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Edukasyon.” This month-long event, organized by the College of Human Kinetics in collaboration with faculty and student volunteers, brought together participants from across the university—including students, faculty, and administrators—for a vibrant series of sports competitions and activities. Events such as Apolaki Orienteering, Basketball, Cheerleading, Pickleball, Street Dance, and the LGBTQIA+ Intergalactica showcased the diverse talents and interests within the PUP community.

The competitions were structured to engage both students and faculty/administrators, fostering teamwork and school spirit throughout the institution. As an integral part of PUP’s anniversary celebration, the University Intramurals underscored the university’s commitment to promoting unity, respect, and excellence, while providing a dynamic platform for personal growth, community engagement, and institutional pride

Despite its significance, challenges in logistics, organization, and participation highlight the need for program evaluation. Effective intramural sports management depends on factors such as administrative support, infrastructure, and student engagement strategies (Xue & Choong Mun, 2023). Understanding stakeholder perspectives—including organizers, officials, athletes, and spectators—is key to refining event execution.

This study applies Systems Theory (Nie, 2024), viewing university intramurals as interconnected components—including event coordinators, athletes, resources, and institutional policies—that must work in synergy to ensure success. A structured approach to coordination, resource allocation, and feedback mechanisms is essential for enhancing efficiency and participant experience.

This study aims to evaluate the current state of university intramural sports and events by examining three critical dimensions: program alignment, management implementation, and stakeholder perspectives. Through this evaluation, the research seeks to identify gaps, best practices, and opportunities for improvement that will ultimately enhance the quality, accessibility, and impact of intramural activities on campus. Enhancing intramural sports is essential to maintaining their role in promoting student engagement, well-being, and the overall success of the institution.

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The Role of Intramural Sports in Student Development

Intramural sports significantly contribute to students' physical, mental, and social well-being. Unlike intercollegiate athletics, they offer inclusive opportunities for all skill levels, promoting an active lifestyle and reducing health risks such as obesity and cardiovascular diseases (Larsen et al., 2025). Regular participation in intramural sports and similar physical activities significantly enhances endurance, strength, and coordination, leading to long-term health benefits. Studies show that engaging in sports like football, running, swimming, and cycling improves cardiovascular function, body composition, muscular fitness, and bone strength.

Research shows that involvement in sports is linked to improved psychological health, including higher self-esteem, better emotional regulation, and greater resilience as intramural sports help alleviate stress, anxiety, and depression by stimulating endorphin release, improving cognitive functions and academic performance (Adam Assim et al., 2024). They also foster time management skills as students balance academics with recreation. Socially, these activities build friendships, teamwork, and a sense of belonging, easing the transition into university life (Zhou, 2024). They instill values like sportsmanship, discipline, and resilience, preparing students for future challenges.

To maximize these benefits, universities should continuously enhance and expand inclusive intramural programs, ensuring all students can engage in structured, beneficial sports activities.

Impact of Intramural Sports on Student Engagement and Retention

University University intramural programs enhance student engagement and retention by fostering social connections, life skills, and a sense of belonging. Research shows that students involved in recreational sports are more likely to remain enrolled due to the community and institutional attachment these programs create (Cavan & Hums, 2025).

Intramural sports foster integration by helping students build relationships with peers and faculty, thereby easing the transition to university life and reducing the risk of dropout (Picton & Baik, 2024). They also enhance academic success by promoting time

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management and discipline, while improving cognitive function and concentration (Nguri, 2024). Furthermore, these programs aid in managing stress, effectively lowering anxiety and burnout-critical factors in student retention (Prochnow et al., 2023).

To maximize these benefits, universities should continuously improve and expand accessible intramural programs, fostering a more engaged and successful student population.

University Intramurals as a Tool for Community Building

Intramural sports foster a strong sense of community by uniting students, faculty, and staff in a shared recreational space, promoting engagement, collaboration, and school spirit (Bassett & Barker, 2025). These programs integrate students from diverse backgrounds, enhancing social cohesion and inclusivity through recreational leagues, co-ed competitions, and events for underrepresented groups (Leşco et al., 2025).

Participation in intramural sports strengthens institutional pride, as students feel more connected to their university through shared experiences and friendly competition (Arey & Levental, 2024). Effective program planning, marketing, and student feedback ensure sustainability and long-term success (BURCIU & Stoica, 2024).

By investing in inclusive and well-structured intramural programs, universities can enhance student engagement, social connections, and institutional identity, creating a vibrant and supportive campus environment.

Challenges in the Implementation of Intramural Sports Programs

Intramural sports offer many benefits, but they also face significant challenges that can limit their impact. A recent example at Princeton University illustrates these issues, where intramural and club sports programs are struggling with inadequate funding, limited facilities, and administrative hurdles. As universities often prioritize varsity athletics, intramural programs frequently receive minimal resources, resulting in outdated equipment and poorly maintained venues. New budget restrictions have further tightened financial support, forcing clubs to rely heavily on fundraising and cope with stricter spending rules, which affects their ability to provide a quality experience for participants (Li et al., 2024).

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Administrative issues, including poor event management and lack of communication, frustrate students and hinder program success (Lozano & Pacadaljen, 2024). Limited awareness due to ineffective marketing also discourages participation, with some students perceiving intramurals as exclusive to skilled athletes (Liu & Endozo, 2025).

To overcome these challenges, universities should conduct regular evaluations, allocate resources effectively, and implement strategic promotional efforts (Silva et al., 2024). Enhancing program accessibility and management ensures intramural sports remain a vital component of student development and campus life.

Best Practices in Intramural Sports Program Management

Universities worldwide are enhancing intramural sports through technology, student feedback, and inclusivity. Digital platforms streamline registration and scheduling, as seen at the University of Northern Iowa, which boosted participation via a mobile app (Gottlieb et al., 2024). Web-based tools further improve accessibility by allowing students to track schedules and standings.

Student feedback mechanisms, such as surveys and focus groups, help refine programs, ensuring they align with student interests (Valderama, 2024). Virtual and hybrid sports, including esports and live-streamed events, expand participation beyond campus, promoting inclusivity (Doran et al., 2024). Gender-inclusive leagues, adaptive sports, and cultural-themed events further enhance accessibility (Saputra et al., 2024).

Effective marketing, including social media campaigns and student ambassadors, increases awareness, while incentives such as trophies and academic recognition boost engagement (Varma et al., 2024). These strategies modernize intramural sports, making them more inclusive, engaging, and sustainable.

Objectives of the Study and Hypotheses Formulation

Despite the known benefits of university intramural sports, research on their systematic evaluation remains limited. Effective intramural programs depend not only on

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participation but also on proper management, alignment with university goals, and stakeholder perceptions.

This study evaluates the implementation of the 2024 University Intramurals at the Polytechnic University of the Philippines by analyzing student, administrators and faculty member perceptions. It examines the alignment with intramural goals and the implementation of management. Additionally, it explores the students, administrators and faculty member (AdFA) perspectives for future enhancements. Findings will contribute for improving the university intramurals, ensuring their sustainability and long-term impact on student engagement and institutional identity.

The effectiveness and long-term impact of these programs are influenced not only by participation rates but also by the quality of management, alignment with institutional goals, and stakeholder perceptions. Therefore, it is hypothesized that the successful implementation of the 2024 University Intramurals at the Polytechnic University of the Philippines-as measured by positive student and AdFA's perceptions, strong alignment with intramural goals, and effective management-will be associated with higher student engagement and a stronger institutional identity, ultimately supporting the sustainability of the program

Methods

Research Design

This study adopts an explanatory sequential mixed methods design to evaluate the 2024 University Intramurals at the Polytechnic University of the Philippines. In the first phase, quantitative data are collected through surveys from students and administrators/faculty (Adfa) to assess the level of program implementation, focusing on intramural goals and management practices. Following this, the qualitative phase uses open-ended questions to gather participants' experiences, challenges, and suggestions for improving the event.

By integrating statistical trends from the quantitative phase with rich contextual insights from the qualitative phase, this approach ensures a comprehensive evaluation. The qualitative findings help explain and elaborate on the quantitative results, providing a deeper understanding of the factors influencing the success and areas for enhancement

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in the intramural program. This data triangulation provides a holistic view of the programs impact by ensuring that both numerical and contextual insights are considered.

Participants, Sampling Technique, and Sample Size

This study involved 942 participants, including students, and administrator/faculty (AdFA), from the 2024 University Intramural Sports at the Polytechnic University of the Philippines (PUP). Using purposive sampling, only individuals with direct involvement in planning, executing, or participating in the intramurals were selected.

The sample comprised 839 students and 103 administrator/faculty (AdFA), ensuring diverse perspectives on program effectiveness. By incorporating multiple viewpoints, the study provides a comprehensive evaluation of the intramural program's strengths, challenges, and areas for improvement.

Instruments

To effectively evaluate the implementation of the 2024 University Intramural Sports and Program Events at the Polytechnic University of the Philippines (PUP), the study utilized a researcher-made survey questionnaire as the primary data collection instrument. The questionnaire was designed to assess participants' perceptions of the intramural program's execution, specifically focusing on its alignment with university goals and the efficiency of management implementation.

The research instrument was divided into three main sections. The first section gathered demographic information, including the respondents' role in the intramurals, ensuring that the data could be categorized and analyzed accordingly. The second section assessed the extent to which the intramural program met its intended objectives, covering aspects such as student engagement, sportsmanship, and inclusivity. The third section focused on management implementation, evaluating the adequacy of facilities, event organization, rule enforcement, and overall program administration.

The questionnaire included both closed-ended and open-ended questions to provide a comprehensive evaluation. The closed-ended items used a four-point Likert scale (1 = Poor Extent, 2 = Moderate Extent, 3 = High Extent, 4 = Great Extent) to

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quantify respondents' perceptions, allowing for statistical analysis of trends and patterns. Meanwhile, open-ended questions allowed participants to share qualitative insights, such as their experiences, challenges encountered, and recommendations for improving future intramural events.

To ensure the validity of the questionnaire, its content was subjected to expert validation by three professionals specializing in physical education and sports management. Their constructive feedback was meticulously incorporated, resulting in an instrument refined for clarity, relevance, and comprehensiveness. Furthermore, the questionnaire underwent pilot testing to assess its reliability, yielding a high Cronbach's alpha coefficient of 0.941, which indicates excellent internal consistency.

In addition, the research instrument received formal approval from the university's research ethics committee, confirming its adherence to established ethical standards for data collection. By integrating both quantitative and qualitative measures, the instrument facilitated a comprehensive evaluation of the intramural program. This rigorous process not only ensured the credibility of the findings but also provided valuable insights to inform and enhance future program development.

Data Analysis

This study utilized both quantitative and qualitative analyses to evaluate the implementation of the 2024 University Intramural Sports at PUP. Descriptive statistics, including weighted mean, assessed participant perceptions using a four-point Likert scale. The Mann-Whitney U test determined significant differences between student and faculty perceptions, with a significance level of 0.05.

For qualitative analysis, thematic coding identified key themes such as event management, participation barriers, and facility adequacy. This mixed-methods approach provided a comprehensive evaluation, integrating statistical insights with in-depth participant experiences to inform future program improvements.

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Ethical Statement

This study adhered to strict ethical standards to protect participants' rights and well-being. Ethical clearance was obtained from University research ethics committee, ensuring compliance with institutional and national guidelines.

Participants provided informed consent, acknowledging the study's purpose, voluntary participation, and confidentiality measures. Data were anonymized, securely stored, and handled in accordance with the Data Privacy Act of 2012 (RA 10173).

Respect, integrity, and transparency guided all research activities, minimizing risks and ensuring unbiased data collection and reporting. These ethical considerations upheld the credibility and integrity of the study.

Results

Table 1. Assessment of Student Respondents on the Implementation of the University Intramural in Terms of Intramural University Goals

Intramurals University Goals	Weighted Mean	Verbal Interpretation
Designed to help students adopt an active lifestyle to maintain and attain fitness	3.59	Great Extent
Offered student-focused, inclusive, and enjoyable activities that maximized participation	3.55	Great Extent
Increased student engagement	3.60	Great Extent
Ensured a safe environment for competition	3.60	Great Extent
Promoted a healthy atmosphere for participants	3.59	Great Extent
Helped reduce student participants' stress and increased self-esteem	3.57	Great Extent
General Weighted Mean	3.58	Great Extent

The results indicate that the Intramural University Goals were achieved to a great extent, with a general weighted mean of 3.58. This suggests that the intramural program effectively promotes student fitness, engagement, and well-being. The high ratings for increasing student engagement (3.60) and ensuring a safe competition environment (3.60) highlight the program's success in fostering participation and safety. Additionally, the program supports an active lifestyle (3.59), a healthy atmosphere (3.59), and stress reduction (3.57), reinforcing its positive impact on both physical and mental health. While

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the program is well-received, continuous improvements in inclusivity, safety, and event management can further enhance its effectiveness.

Table 2. Assessment of Student Respondents on the Implementation of the University Intramural in Terms of Intramural University Management Implementation

Intramurals University Management Implementation	Weighted Mean	Verbal Interpretation
The games/events were conducted with adequate facilities and equipment	3.45	Great Extent
The schedule and time of the games/events were arranged and well-coordinated with coaches, players, and game officials	3.29	Great Extent
There were medical teams designated in each event for unexpected incidents like injuries and accidents during the games	3.54	Great Extent
The rules of the games/events were clearly presented and strictly followed by the management	3.52	Great Extent
General Weighted Mean	3.45	Great Extent

Student respondents rated the Intramural University Management Implementation to a great extent, with a general weighted mean of 3.45, indicating effective event organization and administration. The highest-rated indicator, medical teams designated for injuries and accidents (3.54), highlights the university's strong commitment to participant safety. Similarly, clear presentation and strict enforcement of game rules (3.52) reflect well-structured management and fair play.

The adequacy of facilities and equipment (3.45) and coordination of schedules with coaches, players, and officials (3.29) suggest that while management efforts were generally effective, improvements in scheduling efficiency and resource allocation could further enhance the intramural experience. Overall, the results demonstrate that the university's intramural management fosters a well-organized, safe, and inclusive sporting environment, with opportunities for refinement in logistical execution and event planning.

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Table 3. Assessment of Admin and Faculty Respondents on the Implementation of the University Intramural in Terms of Intramural University Goals

Intramurals University Goals	Weighted Mean	Verbal Interpretation
Designed to help students adopt an active lifestyle to maintain and attain fitness	3.70	Great Extent
Offered student-focused, inclusive, and enjoyable activities that maximized participation	3.69	Great Extent
Increased student engagement	3.69	Great Extent
Ensured a safe environment for competition	3.67	Great Extent
Promoted a healthy atmosphere for participants	3.68	Great Extent
Helped reduce student participants' stress and increased self-esteem	3.64	Great Extent
General Weighted Mean	3.68	Great Extent

Administrative and faculty rated the Intramural University Goals to a great extent, with a general weighted mean of 3.68, affirming the program's effectiveness in promoting student fitness, engagement, and well-being. The highest-rated aspect, helping students adopt an active lifestyle (3.70), highlights the program's role in encouraging physical activity. Similarly, offering inclusive and enjoyable activities (3.69) and increasing student engagement (3.69) indicate that the intramurals successfully foster participation across diverse student groups.

Additionally, the promotion of a safe competition environment (3.67) and a healthy atmosphere for participants (3.68) reinforce the program's emphasis on well-being and sportsmanship. The recognition of stress reduction and self-esteem improvement (3.64) further supports the psychological and emotional benefits of the intramural experience. Overall, these results validate that the university's intramural program is effectively aligned with its goals, creating a supportive, engaging, and health-promoting campus environment for students.

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Table 4. Assessment of Admin and Faculty Respondents on the Intramural University Management Implementation

Intramurals University Management Implementation	Weighted Mean	Verbal Interpretation
The games/events were conducted with adequate facilities and equipment	3.59	Great Extent
The schedule and time of the games/events were arranged and well-coordinated with coaches, players, and game officials	3.37	Great Extent
There were medical teams designated in each event for unexpected incidents like injuries and accidents during the games	3.63	Great Extent
The rules of the games/events were clearly presented and strictly followed by the management	3.56	Great Extent
General Weighted Mean	3.54	Great Extent

Administrative and faculty respondents rated the Intramural University Management Implementation highly, with a general weighted mean of 3.54, indicating effective coordination. The highest-rated aspect was medical team designation (3.63), emphasizing participant safety, followed by facility adequacy (3.59) and rule enforcement (3.56). However, scheduling and coordination (3.37) received a lower score, suggesting room for improvement in logistical planning. Overall, the university ensured safety, fairness, and resource availability, with minor refinements needed for efficiency.

Table 5. Mann-Whitney U Test: Difference Between the Assessment of the Respondents on the Level of Implementation of the University Intramurals When Grouped According to Respondents' Division

Sports and Program Event Implementation	Division	Mean Rank	Z-score	p-value	Decision	Remarks
Intramurals University Goals	Faculty/Admin	513.73	-2.5723	0.0101	Reject H_0	Significant
	Students	444.60				
Intramurals University Management Implementation	Faculty/Admin	506.15	-2.1832	0.0290	Reject H_0	Significant
	Students	445.44				

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The significant differences found between faculty/administrators and students in perceptions of Intramurals University Goals and Management Implementation align with recent literature emphasizing the distinct perspectives and experiences of these groups. Faculty and administrators tend to focus on the organizational, inclusive, and developmental goals of intramural programs, viewing them as platforms for holistic student growth, leadership development, and community building (PHE Canada, 2025). In contrast, students often encounter practical challenges related to program execution, accessibility, and engagement, which can temper their perceptions despite recognizing the benefits.

Recent studies highlight that well-structured intramural programs support physical, emotional, and social well-being, promote mental health, and foster a sense of belonging and school spirit by offering inclusive, low-pressure environments that encourage participation regardless of skill level or background (PHE Canada, 2025); these align with faculty/administrators' emphasis on management and program goals. Meanwhile, students' feedback and experience with program implementation influence their perceptions, reflecting challenges in execution and resource availability that administrators may not fully perceive.

Moreover, research shows that intramural participation contributes to self-efficacy, leadership skills, and life skills development, reinforcing the faculty/administrator focus on program benefits beyond competition (SAGE Journals, 2021). This literature supports the interpretation that faculty/administrators' higher perceptions stem from their focus on strategic management and intended outcomes, while students' lower perceptions arise from the realities of participation and program delivery.

Students also reported logistical issues, such as challenges with scheduling, limited resources, and accessibility barriers, which reflect common concerns found in recent research on intramural and recreational sports programs. Studies emphasize that these operational gaps can negatively affect student participation and satisfaction, underscoring the importance of adopting student-centered planning approaches, enhancing communication channels, and implementing continuous program evaluation to

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ensure inclusivity and effectiveness (Smith & Jones, 2023; Lee et al., 2024). By actively involving students in decision-making and regularly assessing program delivery, universities can better address these logistical challenges and foster a more engaging and accessible intramural environment (Anderson & Taylor, 2022).

Table 6. Participant Suggestions for Intramural Enhancement

Indicators	Descriptive	Emerging Themes
Intramurals University Goals	Participants expressed a strong desire for increased opportunities for participation, particularly among underrepresented groups such as freshmen and students from distant campuses. They also suggested diversifying the range of sports and activities to cater to varied interests and skill levels.	Enhanced Student Engagement and Participation
	Participants highlighted the importance of creating an engaging and supportive atmosphere during intramural events. This includes enhancing audience engagement through cheerleading support, interactive elements during breaks, and clear communication to build excitement and enthusiasm.	Fostering a Competitive and Supportive Environment
Intramurals University Management Implementation	Participants emphasized the need for improved scheduling, better time management, and enhanced coordination among organizing bodies to ensure the smooth running of events. This includes announcing schedules well in advance, starting games on time, and clarifying roles and responsibilities among event organizers.	Streamlining Event Logistics and Operations
	Participants stressed the importance of clear and timely communication regarding schedules, rules, and event details. This includes leveraging social media and other channels to promote events, announce changes, and provide updates to participants and spectators. They also underscored the need for professional conduct among officials to ensure fair play and consistent rule application.	Enhancing Communication and Information Dissemination
	Participants highlighted the need for better equipment, accessible venues, and improved safety measures. Suggestions included investing in regular maintenance and upgrades, ensuring adequate seating for spectators, and addressing safety concerns in specific venues.	Improving Facilities and Ensuring Safety

Participant feedback on the PUP Intramurals highlights key areas for improvement under two domains: Intramurals University Goals (IUG) and Intramurals University Management Implementation (IUMI). For IUG, respondents emphasized the

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need for greater inclusivity, expanded sports offerings, and a more engaging, supportive environment. Suggestions included increased participation opportunities for freshmen and remote students, diversified sports events, and interactive initiatives like cheerleading support. For IUMI, logistical issues such as scheduling, coordination, and communication were major concerns. Participants recommended leveraging social media for real-time updates and enhancing facilities, seating, and safety measures.

Addressing these recommendations will improve student engagement, operational efficiency, and program inclusivity, ensuring a well-managed and impactful intramural experience.

Discussion

University intramural sports foster student engagement, promote physical well-being, and strengthen institutional identity. Participation enhances holistic development through recreation, socialization, and skill-building (Prochnow et al., 2023). Intramural programs also improve student retention and satisfaction by fostering a sense of belonging (Xue & Choong Mun, 2023) and supporting essential life skills like teamwork, leadership, and time management (Zou & Dacanay, 2024). Given their impact, continuous evaluation is essential to maximizing their benefits.

Beyond recreation, intramural sports support mental health and emotional resilience. Research links sports participation to stress reduction, improved self-esteem, and better overall well-being (Telles-Langdon & Hall, 2024). In high-pressure academic environments, these programs provide an effective coping mechanism, enhancing cognitive function and academic performance (Ivaniuta & Koriukaiev, 2024). However, accessibility, inclusivity, and management challenges can affect program success, necessitating institutional efforts to ensure participation for all students, regardless of skill level or athletic experience.

Effective management is crucial for successful intramural programs. Well-structured planning, time management, and clear communication improve event execution (Gopal, 2022). Common barriers, such as scheduling conflicts and resource limitations, discourage participation (Cavan & Hums, 2025). Universities that implement strategic scheduling and digital platforms experience higher participation rates and

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satisfaction (Gottlieb et al., 2024). Additionally, well-maintained facilities, medical support, and consistent officiating are vital for ensuring safety and fairness (Leşco et al., 2025). Addressing these factors enhances long-term engagement.

Inclusivity plays a key role in intramural sports development. Universities prioritizing diverse sports offerings and fostering an inclusive environment see greater student involvement (Valderama, 2024). Programs tailored to underrepresented groups—such as freshmen, remote students, and LGBTQIA+ participants—enhance campus diversity and satisfaction (Green et al., 2023). Adaptive sports and flexible participation models further ensure accessibility for students of all abilities (Doran et al., 2024). A student-centered approach fosters an equitable culture, promoting recreational and personal development opportunities for all.

Technology integration has transformed intramural sports management. Mobile apps, online registration, and social media promotions increase participation and streamline logistics (Varma et al., 2024). Digital tools provide real-time updates, facilitate team coordination, and improve organizer-participant communication (Saputra et al., 2024). Data analytics allow institutions to track engagement and refine programs based on student feedback (Saxena & Parivara, 2024). These advancements make intramural events more efficient, inclusive, and engaging.

A well-executed intramural program strengthens institutional identity and school spirit. Research shows that students involved in university sports events develop stronger affiliations with their institutions and engage more in campus activities (Ivaniuta & Koriukaiev, 2024). This connection extends to alumni involvement and institutional support (Nguri, 2024). Competitive yet supportive sports environments also enhance faculty-student interactions, fostering social bonds (Green et al., 2023). Universities that recognize the broader impact of intramural sports can leverage them to enrich student experiences and promote holistic education.

Sustaining successful intramural programs requires continuous evaluation and improvement. Collecting and analyzing student feedback helps identify areas for enhancement (Lozano & Pacadaljen, 2024). Institutions that address logistical concerns and implement data-driven adjustments see stronger engagement and long-term program success (Silva et al., 2024). Future research should explore the effects of intramural sports

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on academic performance, mental health, and leadership development. By adopting best practices, integrating technology, and prioritizing inclusivity, universities can maximize intramural sports' role in student growth and institutional development.

Conclusion

The findings of this study underscore the pivotal role that university intramural sports play in fostering meaningful engagement among students and administrators/faculty (AdFA). These programs not only enhance participants' physical well-being but also contribute significantly to strengthening institutional identity and community spirit.

Furthermore, the study highlights the importance of clearly defining and attaining the goals of intramural programs, as well as the effective management of sports events. Successful organization and goal setting are essential for maximizing the positive impact of these programs, ensuring that they serve as inclusive platforms for engagement, personal development, and institutional pride.

It also highlights the vital role of university intramural sports in promoting engagement among students and administrators/faculty (AdFA), enhancing physical well-being, and strengthening institutional identity. Intramural programs provide structured opportunities for physical activity, social connection, and psychological wellness. Participants identified key areas to strengthen these programs, including increasing student engagement and participation, fostering a competitive yet supportive environment, streamlining event logistics and operations, improving communication and information sharing, and upgrading facilities to ensure safety. The study also emphasizes the importance of clear goal-setting and effective event management to maximize the positive impact of intramural sports, fostering inclusion, personal growth, and campus pride.

By creating an inclusive and supportive environment, these programs encourage students to adopt an active lifestyle, build relationships, and develop essential life skills such as teamwork, discipline, and time management. The results confirm that the intramural program has been effective in achieving its goals, particularly in promoting fair play, student involvement, and a sense of belonging within the university community.

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However, differences in perceptions between students and faculty/administrators indicate the need for a more student-centered approach in refining and improving future intramural events.

In conclusion, intramural sports serve as more than just recreational activities—they are essential components of student and administrator/faculty (AdFA) life that contribute to overall well-being, academic persistence, and campus unity. By addressing logistical challenges, enhancing inclusivity, and implementing innovative management strategies, universities can create a more dynamic and engaging intramural program that fosters lifelong habits of physical activity, social connection, and institutional pride. Future research should explore the long-term impact of intramural sports on student and administrator/faculty (AdFA) development, including academic and work performance, leadership skills, and post-graduation engagement, to further understand their significance in higher education. Ensuring that intramural sports programs continue to evolve in response to student and administrator/faculty (AdFA) needs will solidify their role as a vital aspect of university life, enriching the overall student experience and contributing to a vibrant, well-rounded academic environment.

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